

Lingham Primary School

Healthy Eating and Drinking Policy



Lingham Primary School

Approved by *Governors*: 31st March 2015

Updated: February 2015

Review date: Spring Term 2016

OVERVIEW

As part of our commitment to the healthy growth and development of our learners we will promote healthy eating in school. We will educate learners about the importance of a healthy diet within the curriculum in science and personal and social education. We will encourage healthy eating in school by ensuring that the food and drink we provide is healthy and nutritious. We will work with parents, the LA and other agencies to extend healthy eating patterns into the wider lives of our learners.

OBJECTIVES

1. To educate children about healthy eating and drinking.
2. To help learners identify healthy foods and drinks and to encourage them to eat a balanced diet.
3. To alert learners to the dangers of an unhealthy diet.
4. To provide learners with healthy food and drinks in school.
5. To encourage parents and learners to support our work by bringing into school healthy lunches and snacks when they provide their own food.
6. To encourage learners to adopt healthy life-style and healthy eating and drinking habits.

STRATEGIES

1. To use the curriculum in science, personal and social education and health education to educate learners about healthy eating and drinking.
2. To give learners a good understanding of a healthy diet that will promote their growth and well-being.
3. To provide healthy eating and drinking options when snacks are provided.
4. To provide healthy and balanced school meals that are, where possible, contain sustainable and locally sourced produce in line with our policy for sustainable schools.
5. To make strong links between healthy eating and regular exercise through physical education and play.
6. To build strong and supportive links with parents to carry the education about healthy eating and drinking into the homes and wider lives of the learners.
7. To make good use of the external agencies for healthy eating to support our work.

OUTCOMES

We will do our best to ensure the healthy growth and development of our learners. We will do all that we can to build healthy eating and drinking patterns so that our learners thrive and lead healthy active lives.