



'Let all that you do be done in Love' 1 Corinthians 16:14

The example of Jesus Christ and the Good news that He brings inspire St George's to be a place of hope and a caring and inclusive community in which we all

Love to learn and Learn to Love.



St George's CE Primary and Nursery School Healthy Eating Policy

<u>Date agreed:</u>	December 2024
<u>Review Date:</u>	December 2025

Aim:

To ensure that all aspects of food and nutrition in school promote the health and wellbeing of pupils, staff and visitors.

Curriculum

Children in Foundation Stage, Key Stage 1 and Key Stage 2 all learn across the curriculum the importance of a balanced diet and healthy lifestyle. Science, PE and PSHE help to give our pupils the knowledge and skills to select a healthy balanced diet. Our Christian Values and Learning Powers, alongside our work on developing a Growth Mindset, contribute to the wider sense of emotional health and wellbeing.



St George's has the Gold Award for Healthy Schools.

Breakfast Club

Children are offered a healthy and nutritious breakfast each morning. This helps to promote a good start to the school day by eating well and it also helps children to develop their social skills. Toast, fruit juice, milk, Shreddies and Rice Krispies are on offer. Bagels are an alternative to toast with crumpets on special occasions eg Christmas or end of year. Sugary toppings or jams are not used.

Toast is prepared for each class to have at 8.40am in case children come into school without having had any breakfast.

Breaktime Snacks

Foundation Stage and Key Stage 1 children are provided with a fruit or vegetable snack mid-morning. Key Stage 2 children are allowed, and encouraged, to bring a fruit snack in from home to eat at morning break time.

Lunchtimes

School is aware of the importance of creating a pleasant atmosphere around eating together and children can choose where to sit.

Reception class come into the Dinner Hall earlier so they begin their lunch in a quieter environment. Midday staff are on hand to offer help with cutting food and promoting a pleasant atmosphere. Circular tables have been purchased to encourage interaction and good table manners are always praised. School will endeavour to ensure that high quality food and drink are available.

School Meals

School meals service will offer a nutritionally balanced healthy lunch, served by trained staff. All school food will meet national nutritional standards. If seconds are available then fruit and vegetables will be offered and the salad selection will be well stocked and promoted daily.

Lunch Boxes

School encourages healthy packed lunches with a good balance of foods. Ideas for simple and quick lunch box ideas are on the website. [St George's C.E. Primary School: Healthy Lunchbox Ideas \(st-georges-hyde.tameside.sch.uk\)](http://st-georges-hyde.tameside.sch.uk)

School provides workshops in conjunction with the Children's Nutrition Team for parents interested in learning more. School may speak to parents if lunchboxes are predominantly sugary based to help with other ideas.

Water

Children in KS1 and KS2 each have a supply of water in a named water bottle, to boost health and concentration. Foundation Stage children have access to a water drinking fountain and have drink intervals throughout the day.

Water is on offer at lunchtime with the school dinner as a change from cordial.

After School Clubs

Forest School, Eco Club and Cookery Clubs show School's commitment to healthy eating through the development of practical skills and knowledge about how things grow. Fairtrade helps children understand what food is grown in the UK and what comes from overseas.

Sweets

School does not encourage sweets to be used as treats or rewards. Other small non-edible items can be brought as celebrations for birthdays.

Children in Foundation Stage begin to learn about oral health and the importance of cleaning their teeth. Oral health is part of the RHSE curriculum.

33% of 5 year olds in Tameside are affected by tooth decay which is higher than the national average. Tooth decay is the most common reason for hospital admissions in 6-7 year olds and a reason for poor sleep, late arrivals at school and reduced attendance. [Oral-Health-A-Whole-School-Approach-July-2023.pdf](#) (tameside.gov.uk)

The Child Health Profile for Tameside 2023 reports a large number of children are obese. Trends in childhood continue into adolescence and adult life which impacts on long term health.

Celebrations and Special Events.

St George's Primary is a Fairtrade School and part of that commitment is using fairly traded products.

School will hold a stall at intervals throughout the year where children are able to buy a chocolate treat although non food stuffs are also available. Chocolate bought at the Fairtrade Stall is to be eaten once school is finished and not during breaks.

Key events in the church or school calendar may also be celebrated with treat foods. These times are understood to be special and therefore the foods are considered a treat, rather than the normal healthy foods offered.

Fuel4Fun

School work with Active Tameside to support families. Cook4Life courses are available to help promote healthy eating.

Hampers are available with healthy recipes and ingredients to support those families working at Early Help or social care.

Children are encouraged to attend Fuel4Fun camps in school holidays and healthy lunches are part of this programme also.