



Healthy Eating and Drinking Policy

To include EYFS

Moor Allerton Preparatory School

To be read in conjunction with policy for Health and Safety.

1. Overview

We believe that proper nutrition and fluid intake is essential to all members of the school community if they are to fulfil their potential and make constructive use of the school day. Proper nutrition is essential for good health and effective teaching and learning. As a school we play a central role in establishing and maintaining lifelong healthy and environmentally sustainable eating and drinking habits.

2. Aims

- To further develop and maintain an ethos in which a healthy choice is the easy choice
- To provide cross-curricular education that enables pupils to make an informed choice
- To involve the whole community in developing and maintaining healthy eating and drinking habits
- To provide a pleasant and sociable dining experience which enhances the social development of all children
- To encourage children to choose and enjoy foods that are rich in essential vitamins and minerals
- To encourage all children to have a balanced diet and to understand the benefits of such
- To ensure regular and sufficient fluid intake throughout the working day in order to keep children hydrated and alert
- To encourage children to choose and enjoy drinks that are hydrating and nutritious and low in sugars and fats
- To recognise and accommodate differing dietary requirements
- To ensure high standards of hygiene amongst the children
- To develop healthy eating and drinking habits that will be carried on through all steps of life
- To inform children about the use of fresh, local and sustainable ingredients

3. Implementation

Roles and Responsibilities

- The Head has overall responsibility for monitoring the Healthy Eating and Drinking Policy and its implementation. The Head will ensure that the Healthy Eating and Drinking Policy is regularly reviewed and implemented effectively.
- All staff will be responsible for monitoring children's eating and drinking habits throughout the school day and liaising with parents about any concerns.
- Staff will supervise children during snack and meal times in order to provide a good role model, encourage good manners and stimulate conversation and social interactions.

4. Teaching and Learning

- Meal times will be maximised as a time to appreciate eating together in a unit and forming social bonds. Teachers will assist with this by modelling and supervising.
- Food and cooking activities are provided through extra-curricular clubs and special events. Children are given opportunities to touch, taste, smell and try a variety of foods and to make informed choices about food and drink.
- The Science curriculum covers healthy eating and its impact. It also teaches children about eating a balanced diet and the effects of a healthy lifestyle.

5. Expectations

- The school must be informed of all food and drink allergies and will respond accordingly.
- Parents must send children to school with healthy snacks. Parents must never send children to school with nuts, sweets or chocolate. They may only be sent in if prearranged with a member of staff for a special occasion.
- Children must always have a bottle of water clearly labelled in school so that a lack of fluid intake does not have an adverse effect of their concentration and performance. Children will have access to water throughout the day.

Date	Position	Name of Reviewer	Date of Next Review
September 2018	Headmistress	Mrs A. Ewart-Jones	September 2019
September 2018	Director	Mr R. Stattersfield	September 2019