



**Bishop Loveday CE Primary  
School**

**HEALTHY FOOD  
POLICY**

Policy reviewed: September 2018

To be reviewed: September 2021

Signed: Headteacher

Signed: Chair of Governors

At Bishop Loveday School we work within an inclusive, Christian environment promoting Christian values including; Love, Respect, Courage, Friendship, Unity and Forgiveness. These permeate all aspects of school life enabling us to help every child achieve their full potential by equipping them with a feeling of self-worth, a respectful attitude towards others, an excitement for learning and an enthusiasm for life. We equip children with the skills, knowledge and understanding necessary to be able to make informed choices about the important things in their future enabling them to lead happy and rewarding lives.

Rationale:- At Bishop Loveday we promote awareness of healthy food for a healthy life.

Aims:-

- To support and educate children in understanding how nutrition can help them reach their optimum learning and physical potential.
- To help children make informed choices about the foods that they eat.
- To educate children in understanding the value of a balanced diet and that all foods should be eaten in moderation.

Break times:- During break times children are encouraged to bring in fresh or dried fruit and vegetables. **No processed food, nuts or bars are allowed.**

Lunchtimes:- Cooked lunches are provided by The School Lunch Company. They follow Oxfordshire guidelines to ensure children have a healthy choice for their cooked lunch. When children bring packed lunches we recommend that parents provide a balanced lunch box including all the food groups. We encourage foods that are not processed and that are low in sugar, salt and fat. Children can bring in fruit juice and water, but not fizzy drinks. **Chocolate and sweets are not allowed at lunch time.** Children are encouraged to follow these guidelines for out of school trips.

Drinking Water:- Children are encouraged to bring in small, clear bottles of water that they have access to during the day. Children are not allowed to drink this water during directed whole class teaching. For health and safety reasons water needs to be taken home at the end of the day and fresh water brought back the following day.

Treats:- Children are allowed to bring in sweets or chocolates as birthday treats. Staff encourage non-food based treats as rewards although occasional treats may be given to be sent home.

Milk:- From September 2006 free milk has been provided daily for the Under 5's. A fridge has been provided so that the milk remains fresh. Free School fruit is provided for Foundation and Key Stage 1 pupils.

Children may purchase healthy snacks and drinks from the tuck shop and milk can be purchased through school.

Healthy food in the curriculum:- Healthy eating is covered in many areas of the curriculum including:- Science, PSHCE, DT, PE and Literacy. Healthy food events such as designing 'Healthy Eating' leaflets, or 'Healthy Lunch Box' weeks will also be included as extracurricular activities.