

# Federation of Shevington Primary Schools

Millbrook Primary School



## Healthy Eating Policy

Approved by Governors

At Shevington Vale we are committed to encouraging and developing attitudes towards food and a healthy diet. Promoting a healthy lifestyle is integral to our curriculum and we recognise the importance of offering children the opportunity to make informed choices about what, when, where, and why they eat. As a school we endorse fresh, local food.

We know that food is fundamental to the quality of a child's life; not just in providing essential nutrition but in communicating and sharing positive values, attitudes and experiences with each other.

We believe that adults (staff, parents and carers) should be good role models and should support the children in understanding how balanced nutrition contributes to a person's health, happiness and general well-being.

This policy has been formulated to enable the school to develop and maintain a shared philosophy on all aspects of food and drink. Its key aim is to develop healthy eating and drinking activities within the school that benefit the children, staff, parents, and the whole school community.

At Shevington Vale we recognise the important connection between a healthy, balanced diet and child's ability to learn effectively and achieve high standards in school

### **Aims and Objectives**

- To improve the health of pupils, staff and the whole school community by helping to influence eating habits through increasing knowledge and awareness of food issues including what constitutes a healthy diet.
- To ensure staff and volunteers are trained so that children receive the consistent message.
- To ensure pupils are well nourished at school and that every pupil has access to safe, tasty and nutritious food and a safe, easily available water supply during the school day.
- To ensure packed lunches brought in from home provide the child with healthy and nutritious food that is food similar to food served in school, which is now regulated by national standards.

<https://www.wigan.gov.uk/Business/MetroFresh/School-meals/index.aspx>

