



St. Peter's C.E. Junior School

Stilwell Close, Yateley, Hampshire GU46 6XH.

<i>Policy Number:</i> C/8/Jan09	<i>Date Agreed:</i> 15 th January 2009
<i>Policy Title:</i> HEALTHY EATING POLICY	<i>Authorised By:</i> J H Divall
<i>Area:</i> Curriculum	<i>Due for Review:</i> January 2011
<p><i>The Governing Body believes that fairness and consistency of judgement is essential to the operation of the school. All members of the school have equality of opportunity to achieve their full potential and will not be discriminated against because of age, disability, gender, sexual orientation, nationality, race, or religion. The Governing Body believes that the school always has to be aware of the potential for unconscious discrimination, to avoid assumptions about individual members of the school based on stereotypes and to use the teaching and learning arrangements actively to encourage everyone to achieve their full potential.</i></p> <p><i>All our policies are consistent with our duty of care to protect our pupils and to provide a learning environment which is safe and healthy.</i></p> <p><i>In all our dealings, we respect the strict code of confidentiality that underpins our school ethos.</i></p>	

Philosophy

We believe that learning about healthy eating is an essential part of the children's education at St Peter's Junior School. Children with special dietary requirements due to medical conditions or religious observances are catered for. We aim for children to:

- Have a sound knowledge and understanding of what constitutes healthy eating
- Make sensible choices about their diet
- Understand the implications that an unhealthy diet has on their health.

Principles

All pupils will have opportunities to develop their skills, knowledge and understanding of healthy eating.

Opportunities may include participating in:

- Healthy eating topics in Upper and Lower School Science lessons
- PSHE lessons on keeping healthy
- Food preparation and hygiene lessons in Design Technology
- Initiatives promoted by the school caterers (HC3S)
- School-based initiatives to promote healthy eating at break times and lunchtimes
- Assemblies on the theme of healthy eating

Practice

All work in this area will be carried out by the class teacher and will be taught through the PSHE, Science and Design Technology Curriculum. Beyond the taught curriculum, opportunities for learning include school based initiatives, assemblies and visits from outside speakers.

The senior management team will ensure that all staff are made aware of this policy and practice. In-service training will aim to give staff the necessary support, assistance and guidance to teach this area. It will be the Governors' responsibility to ensure that the policy is implemented and reviewed on a regular basis.

Assessment will follow the local and national guidelines on PSHE.

Other related policies are the PSHE and Citizenship Policy and Health and Safety Policy.