

# Paisley Primary School - Healthy Eating Policy

## **Rationale**

- In 2001, 8.5% of 6 year olds and 15% of 15 years olds were obese (Chief Medical Officers Annual Report 2002)
- Children eat more than the recommended amounts of fat and sugary foods (The Health Education Authority 1995)
- 1 in 10 six year olds do not eat breakfast (Specialist Health Promotion Service of Eastern and West Hull Primary Care Trust)
- Young adults now drink an average of six cans each week around half are the 'non-diet' type containing sugar (Chief Medical Officer Annual Report 2002)
- Sweets and fizzy drinks are believed to over-stimulate children and schools who have banned them have seen improvements in behaviour (BBC News Service)
- On average 5 year olds in Hull Have 2 decayed, filled or missing teeth compared to 0.96 in a neighbouring authority.(Annual report of the Director of Public Health 1999)
- It has been estimated that eating at least 5 portions of a variety of fruit and vegetables a day could reduce the risk of deaths from chronic diseases such as heart disease, stroke, and cancer by up to 20% (Department of Health 2000. The NHS Plan. London: Department of Health)
- Fruits and vegetables are a very nutritious snack providing vitamins, minerals, and fibre

Eating fruits and vegetables in childhood can help develop good eating patterns to be carried through into adult life. Schools are in a unique position to encourage healthier eating.

## **Introduction**

At Paisley Primary School we are committed to the promotion of healthier eating and understand that the recommendation of eating more fruit and vegetables in childhood leads to better eating habits in later life, with obvious health benefits as a result. This policy sets out our position on healthy eating at playtimes and lunchtimes. It aims to reinforce our PSHE and Citizenship curriculum.

## **School Policy**

### **Playtimes**

- Milk/water/fruit juice are the only drinks offered at playtime/nursery snack times (no fizzy drinks)
- Fruit/vegetables are the only foods available at playtime either by sale or school encouragement (unless a child has specific dietary requirements)
- In the case of Early Years children, our Nursery staff should ensure that at least 3 of the snacks in any given week are fruit or vegetables.

### **Lunchtimes**

- Fizzy drinks are not allowed at lunchtime. Only water, fruit juices, dilute squash drinks and milk based drinks are permitted over the lunch period
- Parents have been given guidance on Healthy Packed Lunches
- In lessons, our children are given the correct messages and understand the term 'healthy packed lunch'. We involve outside agencies to assist us in our endeavours

**Working with parents**

This policy has been developed in consultation with our parents and governing body. The views and opinions of parents on healthy eating at playtime and lunchtime are valuable and they are welcome to inspect this policy at any time. It must be pointed out that the school is only in a position to **recommend** the contents of a healthy packed lunch. The final decision on the content of a packed lunch rests with parents and children will not be singled out if their packed lunch does not conform to school recommendations. We will give parents regular updates to ensure they are well informed of developments.

**Monitoring and review**

This policy will be monitored by Ruth Eldret (PSHE co-ordinator) and will be reviewed every two years. Governors will be kept informed of its progress and consulted if the policy changes.

Ruth Eldret  
November 2007