

Healthy Eating

The background features a dark blue gradient with several light blue stars in the upper left quadrant and several curved, swoosh-like lines in the lower left quadrant. A solid blue rectangular block is positioned in the top right corner. The overall aesthetic is clean and modern.

Healthy Eating

- ▶ Filtered water stations are freely available for staff and pupils in 2 key locations within school as well as drinking water in every classroom. Pupils are encouraged to bring their own bottles of water to school which can be refilled as necessary.
- ▶ Breakfast Club runs daily and has a Healthy Eating ethos. This is subsidised for FSM children or free for those in crisis i.e. Child Protection.
- ▶ Healthy Eating policy in place
- ▶ Gardening Club - teaches children about different vegetables
- ▶ School dinners are cooked on site using locally sourced, fresh produce. Bread and desserts usually contain some fruit or vegetables i.e. courgette bread, chocolate and beetroot pudding.
- ▶ School has a teaching kitchen and classes are expected to use this facility to make and create healthy foods (usually linked to their topic work)
- ▶ Healthy lunchbox flyers distributed
- ▶ School nursing Service supports families where food may be an issue (over eating/ under eating)
- ▶ Healthy snacks available for Key Stage 1
- ▶ Healthy snacks are encouraged in Key Stage 2
- ▶ Milk is available for the whole school and is free to under 5s.