



# Loreto Convent School

Gibraltar

## HEALTHY EATING POLICY

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*This policy reflects the ethos of Loreto Convent School and has been compiled and reviewed with the involvement of children, staff and Governors.*

### 1 Aim

- 1.1 To ensure that all aspects of food and nutrition promote the health and well-being of children, staff and visitors to our school.
- 1.2 To enable children and staff to choose healthier meals and snacks in school.
- 1.3 To help children and staff to understand the importance of a healthy and safe diet in the context of a healthy lifestyle.
- 1.4 To ensure that everyone understands what healthier choices look like.
- 1.5 To encourage healthy eating practices which will become embedded for life.

### 2 Objectives:

- 2.1 To work in partnership with agencies working with children to deliver an effective and consistent approach to healthy eating practices, and to ensure that individual cultural and dietary needs are met.
- 2.2 To raise awareness with the children and parents/carers and to develop a positive approach to food, nutrition and oral health education.
- 2.3 To promote healthy eating and to give children information in order to allow them to make independent and informed choices.

### 3. Provision:

- 3.1 The school works with Yum Yum Caterers to provide healthy options and with the children to help them make sensible choices about healthy meals.
  - Children and staff are encouraged to eat socially and without excessive time pressure.
  - Suitable facilities are available for children and staff to eat packed lunches.
  - Refill water stations provide water for the children to fill up re-useable water bottles.

- Healthier packed lunches are promoted and parents are encouraged to provide water or other suitable drinks.
- Fruity Friday is encouraged as a means to encouraging healthy eating.

**4. Curriculum:**

- 4.1 The teaching of healthy eating is lead through Science and through PSHE modules of work. All educational materials related to food are up-to-date, accurate and unbiased.

**5. Drinking Water**

- 5.1 Children and staff have easy access to drinking water. Children are permitted to drink water throughout the day and may leave the classroom to drink water at the discretion of the class teacher.
- 5.2 Children are required to bring in re-useable water bottles.

**Seen by Governing Body:**