

### Responsibilities

The Governing Body recognises the part that the school plays in promoting sustainable family health, including healthy eating.

It acknowledges the link between a healthy diet and pupil performance, and promotes the shared experience of preparing and eating food as a primary way of fostering healthy lifestyles .

### **Mission**

Our mission is to improve the health of the community by teaching pupils and the community ways to establish and maintain life-long healthy eating habits. We will do this by growing and cooking food and covering all aspects of healthy eating in curriculum time and in After School Clubs.

### **Aims**

- To increase knowledge of food production and distribution and the impact upon health and the environment.
- To ensure that pupils are well-nourished at school with access to high quality food and that there is always a plentiful supply of clean drinking water
- To make the consumption of food an enjoyable experience
- To improve the health of all stakeholders by helping to influence their eating habits including education in what constitutes a balanced diet.
- To promote practices in school to strengthen these aims and to discourage practices which negate them.

### **Methods**

- Create an environment, both physical and social, conducive to the enjoyment of safe, tasty and nutritious food
- Work in partnership with School Meals providers to promote healthy eating
- Develop further our good practice of expanding our school allotment and children's kitchen to grow and cook healthy food on site
- Continue to offer professional cookery lessons in school for the community.
- Promote positive food choices in school through competitions, art and design, science, design technology and PSHE.