

GREATHAM PRIMARY SCHOOL

Pupil Statement concerning a Whole School Food Policy

We believe that for you to grow up being healthy, happy and able to learn more easily, you need to learn about food and what it does to and for your body.

We try to do this in a number of ways:

- Through teaching you topics such as food in Victorian times
- Ensuring that you have fresh water to drink
- Encouraging you to eat healthy snacks
- Talking to you about the food in your lunch boxes
- Talking to Anji in the kitchen about her delicious and healthy school meals
- Working with your parents to keep you healthy
- Asking people to come into school to talk to us about healthy eating
- Trying out things like a food club and cooking
- Encouraging you to help us to think of new ways to keep us healthy
- Trying to make lunch times as enjoyable as possible
- Asking your teachers to go to meetings about new things happening about healthy eating
- Making sure that we remember how important eating healthily is for us all
- To teach you about the links between healthy eating and physical exercise

Remember that all the adults in school are there to keep you safe and healthy so if you have any questions about healthy eating please ask us!

October 2006

Review date October 2008