

Lees Primary School Food Guidelines

Lees Primary School recognises the importance of a balanced diet and informed choices where nutrition is concerned. We also recognise that the school has a responsibility to promote and embed nutritional information and government guidelines concerning health, wellbeing and obesity.

The aims of these guidelines are as follows:

- to promote a an approach to nutrition that is followed by all pupils, staff and volunteers in school and by parents and carers at home
- to provide a consistent programme of cross-curricular nutritional education that enables children to make healthier and informed choices
- to work in partnership with onsite catering and school staff to ensure that nutritional standards are met and maintained
- to ensure that school lunches and snacks that are well presented, appetising and value for money whilst addressing dietary and cultural needs
- to recognise and develop the socialising aspect of dining together by offering choice, pleasant dining surroundings and opportunities for parents, carers and family members to join their child/ren at lunchtimes
- to give opportunities for pupils, staff and parents/carers to be involved in decision making processes
- to monitor the curriculum to ensure any food and or nutritional information is consistent and up to date

The Promotion of Healthy & Balanced Eating

At Lees Primary School we understand that by encouraging pupils to choose a wide variety of foods a healthy and balanced diet can be achieved.

- Pupils will be encouraged to eat foods that are rich in vitamins, iron and calcium taken from fruit, vegetables, pulses, breads, meat and low-fat dairy products
- Starchy foods will be encouraged as a source of energy concentrating on complex carbohydrates such as wholemeal breads, pasta, rice and potatoes
- Foods that are high in fats, salts and sugar will be avoided where possible. Pupils will be encouraged to drink water, fruit juices, low-fat milk and sugar free juices and will have access to water throughout the school day
- We also recognise that Lees Primary School has a responsibility to support staff, volunteers, visitors to ensure that a whole school approach is maintained toward nutrition
- The school understands and recognises that a balanced diet gives the opportunity to offer treats and special foods on certain occasions

School Catering

We recognise that the subtle messages received by pupils throughout the school day and the structured learning opportunities offered in class are reinforced by the choices made available at lunch. School catering supports this by:

- Meeting with school staff and pupils to discuss the menu on offer
- Offering themed days that are linked to the curriculum or special occasions/cultural events
- All children are given a portion of vegetables as part of their meal and are encouraged to try it
- Adjusting portion sizes to address the difference in calorific requirements of different age groups
- Offering children with special dietary requirements healthy alternatives

Packed Lunches

The school provides suitable storage facilities for packed lunches and all lunch boxes are left with any leftovers inside to enable parents/carers to see what their child has eaten.

In line with general information on health and well-being a packed lunch should consist of the following:

- Protein – in the form of cheese, meat, fish and milk/yoghurt products should be offered daily.
- Complex carbohydrates – brown breads, pasta, wraps, crackers or fruit breads
- Vegetables and fruits – these can be fresh, tinned or dried
- Water or diluted juice/fruit juices to drink

Packed lunches must not contain:

- Canned drinks/sweet, sugary or fizzy drinks
- Crisps
- Chocolate bars such as Mars Bars
- Nuts or nut products such as peanut butter

Snacks

Fruit is provided for Reception and KS1 children free of charge. Children in other year groups may bring a healthy snack into school for morning break.

Drinks

Milk is provided free of charge for children up until their 5th birthday. After this milk is available to pre-order for all children for at a small cost.

Water is provided via water fountains in the cloakroom areas and water bottles for children that are kept in class. It is also provided during lunchtimes at the dinner tables. Children are encouraged to drink water throughout the day.

Ethos, Organisation and Environment

At Lees Primary School we recognise that the way lunchtime break is organised affects the behaviour of pupils and that the lunchtime process offers learning opportunities for children to develop their social skills and table manners.

The catering and support staff work to create good dining room ambience and staff are encouraged to share their lunchtimes with pupils.

To ensure consistency of the healthy school message sweets are not used as rewards and the school works to promote the message of balance with regards to other areas of school life for example; after school clubs, special occasions and cultural celebrations.

Sweets/treats for special occasions

We understand that some parents may wish to provide treats for the class for certain special occasions e.g. their child's birthday. As we do have children in school with allergies/intolerances, we have a policy of not handing out these treats in class. Should you wish to give treats to your child's classmates on a special occasion we ask that you give them to the child's parent/carers (in the playground) in case of allergies/intolerances.

Curriculum, Teaching & Learning

Lees Primary School provides a closely linked curriculum providing teaching and learning through core subjects and PSHE. In science children learn how to keep their teeth healthy, they learn about different food groups and how nutrition affects their well-being. In design and technology children get the chance to make their own healthy sandwich. All class groups benefit from specific input during Healthy Schools Week and throughout the year through the PSHE curriculum and assemblies. Good practice is shared and

disseminate with other schools where appropriate and similarly Lees School accepts such information accordingly.

Involvement of Parents, Carers, Families and Local Community

- All new parents are invited to our New Parents Information Evening where advice on school lunches is made available
- All children in Years Reception & KS1 are provided with free school meals and are encouraged to continue with school lunches in KS2
- Information about school catering is provided to parents on a regular basis
- Parents, carers and family members are given opportunities to come into school and have school lunch with their child/ren
- Feedback from parents/carers is encouraged

Free School Meals

Lees Primary School recognises the value of free school meals to families on low incomes. If a child qualifies for free school meals this may also entitle them to other support. Parents/carers are given information regarding free school meals when their child/ren start school.

Please note that all children in Reception & KS1 receive a free school meal regardless of family income but an application for free school meals needs to be made if children are to continue to receive free meals in KS2 and free milk after their 5th birthday.