



SOMERIES JUNIOR SCHOOL

HEALTHY EATING POLICY

RATIONALE:

At Someries Junior School, we recognise that good nutrition is essential if our pupils are to achieve their potential in life. We will help pupils to develop a positive attitude to healthier eating through the curriculum, food provision and links with families and the community.

AIMS:

- To enable pupils and staff to choose healthier meals and snacks in school that are low in fat, sugar and salt and free of harmful additives.
- To encourage a happier and calmer population of children and young people.
- To ensure that all packed lunches brought from home and consumed in school are equally healthy (including packed lunches prepared for school trips).
- To help pupils and staff to understand the importance of a healthy and balanced diet.
- To ensure that pupils and staff are fully hydrated throughout the day.
- To ensure that staff and pupils are aware of basic food hygiene.

OBJECTIVES:

- There will be a whole school approach to ensure that this policy is widely implemented.
- A planned programme of food and nutrition will be delivered as part of the curriculum, which will include work on positive body image and food safety.
- Healthy eating will be promoted in a consistent way by all the teaching and non-teaching staff in the school.
- The dining room menu will be devised to meet the relevant healthy food plan.
- Suitable facilities will be available for pupils and staff to eat packed lunches.
- Healthier packed lunches will be promoted and consistency between packed lunches and food provided by schools will both adhere to national standards set by government.
- Pupils and staff will have access to drinking water.
- All educational materials related to food will be up to date accurate and unbiased.
- The 'five a day' fruit and vegetable message will be promoted throughout the school.

GENERAL GUIDELINES:

Healthy eating is actively encouraged and taught throughout the children's stay at school.

- It is taught through PHSCE, Science, Design and Technology and PE.
- Pupils are encouraged to bring in a piece of fruit or healthy cereal bar for break time.
- Pupils are able to purchase a cereal bar at break time.

- All staff and children have access to drinking water. Pupils are encouraged to bring in a water bottle to enable them to drink throughout the day, when appropriate.
- Parents and guardians are kept informed about healthy eating through newsletters, displays and the school website.
- School dinner menus are available to view on the school's website and noticeboard. Fresh fruit, salad, yoghurts and homemade bread are available daily.
- Parents are informed about how to make their child's packed lunch healthier.
- Hand sanitizer is available throughout the school and pupils are actively encouraged to use it before and after handling food.

PACKED LUNCH GUIDELINES:

- The school will provide facilities for pupils bringing in packed lunches.
- The school will advise parents to abide by the standards listed below for packed lunches.
- As fridge space is not available in school, pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible to stop the food going off (particularly during warm weather.)

Packed lunches should include:

- At least one portion of fruit and one portion of vegetables every day.
- Meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus and falafel) every day
- Oily fish, such as salmon, sardines, tuna, trout and mackerel at least once every three weeks.
- A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other types of cereals every day.
- Dairy food such as milk, cheese, yoghurt, fromage frais or custard everyday
- Only water (still or sparkling), fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and low sugar smoothies.

Packed lunches should not include:

- Snacks such as flavoured crisps -instead, include seeds, raisins, fruit bars, savoury crackers or breadsticks (no added sugar, salt or fat) are a better choice and plain crisps occasionally.
- Confectionery such as chocolate bars and sweets. Instead, cakes and biscuits, e.g. fruit loaf, scone, cereal bar (low sugar).
- Meat products such as sausage rolls, individual pies, corned meat and sausages/chipolatas should be included only occasionally.

SPECIAL DIETS AND ALLERGIES

- Pupils with special diets will be given due consideration.
- Caution is needed if peanut butter is included as certain children may be seriously allergic to peanuts.
- There is also vegetarian option available daily.