

# Healthy Eating Policy



## **The Overall aim of this policy**

Our aim is to ensure that all packed lunches and snacks brought from home and consumed in school (or on school trips) provide pupils with healthy and nutritious food that is similar to food served in schools, which is now regulated by national standards. Research by The National Child Measurement Programme, who measured the height and weight of around one million school children in England last year, provided a detailed picture of the prevalence of child obesity. The latest figures, for 2015/16, show that 19.8% of children in Year 6 (aged 10-11) were obese and a further 14.3% were overweight. Of children in Reception (aged 4-5), 9.3% were obese and another 12.8% were overweight. This means a third of 10-11 year olds and over a fifth of 4-5 year olds were overweight or obese. Delph Side Community Primary School aims to educate children about making healthy choices, which set the foundations for a healthy lifestyle in the future.

## **Our School**

Delph Side Community Primary School recognises that our children come from diverse home backgrounds, cultures and ethnic groups. Our school aims to meet the needs of all children and ensure equality of provision whilst taking account of this diversity and difference. We understand that some children are 'fussy' eaters and that it is a major step to get some children to eat anything at all. We would want parents to let us know if this is the case so that we can deal with such children sensitively and with encouragement and praise for what they have eaten.

We will provide a safe, healthy and appealing eating environment for pupils eating snacks and packed lunches, and ensure fresh drinking water is available at all times. We will encourage all pupils to eat and drink as much of their morning snack or lunch as possible. As fridge space is not available in school, parents are advised to send in packed lunches in a cooler bag or food that does not require refrigeration.

## **Our Curriculum**

We regard healthy eating education as a whole-school issue, and we believe that opportunities to teach about the importance of living a healthy lifestyle occur throughout the curriculum. Healthy eating education forms an important part of our school's curriculum. The importance of balanced nutrition and healthy food choices is explicitly taught through the Science, D.T. and PHSE (Jigsaw) curriculum. All pupils have the opportunity to learn about safe food preparation and to learn about where food has come from. Pupils learn about the requirements for plant growth, the food chain and the components of a healthy diet through the Science curriculum.

## **Water**

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It has been recognised that children's concentration and behaviour improves when children drink water throughout the day. Dehydration can give children headaches and make them tired. Therefore, we encourage all pupils to bring a plastic bottle of water to school each day. These can be kept at school or taken home on a daily basis. All children also have access to a water fountain to use during the school day.

**The following guidelines for snacks and lunchbox contents may help parents and ensure health and equality for all children.**

## **Packed lunches may include:**

- At least one portion of fruit and or vegetable (this could include dried fruit)
- Meat, fish or other source of non-dairy protein (e.g. lentils, chick peas, hummus)
- A sandwich that includes a savoury filling (e.g. egg, tuna, cheese, cooked meat)
- A starchy food such as bread, pasta, rice, noodles
- Dairy food such as cheese, yogurt, fromage frais
- A smoothie or yogurt drink
- A bottle of water
- Crisps (baked or other low fat options if possible) or other such snack such as seeds, savoury crackers, breadsticks etc.

## **Packed lunches should avoid:**

- Confectionery such as chocolate bars, chocolate coated biscuits and sweets.
- Sausage rolls and pies should only be included occasionally.
- No fizzy drinks.

**Nuts and nut products (e.g. peanut butter) should never be sent to school because of allergy concerns. Neither are children allowed to share food items for this same reason. A record of allergies is kept in school; however it is the parents' responsibility to inform the school of any changes relating to dietary requirements and food allergies.**

Treats that are sent into school to celebrate birthdays are allowed. Where possible these will be distributed at home time so parents are able to monitor this.

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## Morning Break

Fruit – If your child is unable to peel the fruit, please peel for them and wrap or store in a suitable way.

Water

Cereal bars

Wholemeal toast with low fat spread (available to buy for 20p a day from school)

Mini malt loaf bars (available to buy for 20p a day from school)

**No chocolate, sweets or fizzy drinks should be sent to school at any time please. Crisps should only be sent to school as part of a packed lunch and not eaten at snack time.**

## Afternoon Break (KS1)

Fruit- Provided free of charge for children in KS1 and EYFS

Milk- Provided by the school for KS1 and EYFS children (At a cost of £6 per half term)

## Monitoring healthy eating

On a daily basis the staff in school see what children have in their lunchboxes whilst supervising in the dining hall. This is an opportunity for them to talk with the children about their lunchboxes and to encourage healthy eating and drinking. However, we may send parents a reminder of this policy if lunchbox contents regularly fall short of the expectations in this policy. We want to work with parents to educate our children about healthy dietary choices so that they can make their own informed choices independently when they are older. If your child has not eaten enough of their lunch, we will wrap it up and send it home in their lunch box in order for you to see.

This policy will be reviewed Spring 2019