



# Cranford C E Primary School

## Health Eating Policy

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| Date First Issued: June 2021                         | Date Last Reviewed: | Review Frequency: |
| Written by:<br>Richard Albert                        | Approved by:<br>AGC |                   |
| Committee Chair Signed/Date: <i>Gynade</i> 15/7/2021 |                     |                   |

### Scope

This document is applicable to the following:

|                          |                             |                          |           |                          |                     |
|--------------------------|-----------------------------|--------------------------|-----------|--------------------------|---------------------|
| <input type="checkbox"/> | Parents & Carers            | <input type="checkbox"/> | Staff     | <input type="checkbox"/> | Community           |
| <input type="checkbox"/> | Children                    | <input type="checkbox"/> | Governors | <input type="checkbox"/> | Volunteers/Visitors |
| <input type="checkbox"/> | Contracted external support | <input type="checkbox"/> |           | <input type="checkbox"/> |                     |

## Introduction

Our school is dedicated to providing an environment that promotes healthy eating and enables pupils to make informed food choices. This will be achieved by a whole school approach to food provision and food education as documented in this policy.

## Aims

The main aims of our school food policy are:

- To provide a range of healthy food choices throughout the school day and in line with the mandatory School Food Standards
- To support pupils to make healthy food choices and be better prepared to learn and achieve
- To ensure a consistent approach to healthy eating across the school community including pupils, staff and parents/carers

## School Lunches

School meals are provided by ABM and served in the dining hall. The school meals meet the mandatory requirements of the School Food Standards 2015.

School meals are planned on a 3 week cycle and always contain a meat/fish and vegetarian option. The school meals menu can be found on our school website.

## Packed Lunches

The school's packed lunch policy is developed using guidance from the Children's Food Trust. The guidance aims to support pupils to have a balanced lunch and best prepare them for learning in the afternoon. Packed lunches should aim to include:

- Some starchy foods such as bread (sliced bread, pitta bread, wraps, bagels), pasta, potatoes, couscous; choose wholegrain where possible
- 1 portion of fruit and 1 portion of vegetables or salad
- Dairy food such as cheese or yoghurt
- Meat, fish, or another source of protein such as eggs, beans and pulses, hummus, falafel
- Oily fish once every 3 weeks e.g. sardines or salmon

As a treat you may wish to include one of these items per day:

- Cake bar
- Crisp
- Biscuit

Packed lunches should not include:

- Sweets
- Chocolate including bars, chocolate-covered biscuits
- **We are a nut-free school, which includes peanut butter and chocolate-spreads, because of the life threatening risk to pupils who have severe allergies.**

The school provides water for all pupils at lunchtime; therefore there is no need for packed lunches to include a drink.

For further ideas on how to have a healthy, balanced diet and to help you decide what to put in your child's lunch box, please visit:

[www.nhs.uk/change4life/recipes/healthier-lunchboxes](http://www.nhs.uk/change4life/recipes/healthier-lunchboxes)

## **Snacks**

All children in KS1 and Reception receive a free piece of fruit or vegetable everyday as part of the Government's School Fruit and Vegetable scheme. As children move up into KS2, if they wish to have a break time snack, they can bring in something from home. Below are guidelines from the [NHS](#) and [Change4life](#) on healthy snacks. We ask for your support to help us adhere to these guidelines.

Some ideas for **Healthier Break Time Snacks** are below:

- **Chopped up raw vegetables**– e.g. carrots, cucumber or peppers
- **Chopped up fruit / Whole fruit** – e.g. apple, Satsuma, strawberries, halved grapes, melon slices
- **Breadsticks**
- **Wholemeal crackers**
- **Malt loaf, tea cakes, fruit breads**

## **Drinks**

We are a water only school, with the exception of the free milk entitlement. Water is available around the school whenever needed.

## **School trips**

A packed lunch will be provided for those children who have an ABM meal booked on the trip day (they must select the sandwich option). Children are welcome to bring their own packed lunches on trips, however, these lunches must adhere to the same food and drink guidance described above.

## **Rewards and special occasions**

### **Rewards**

The school does not give food items as a reward for good behaviour or achievement. Other methods of positive reinforcement are used in school.

### **Celebrations**

The school recognises the importance of celebrating birthdays and special occasions. As such, it will use discretion if children wish to share individual items (to consume off site) on these days.

For celebration events, we welcome a variety of foods from different cultures, for children to try. Class teachers will provide parents/carers with lists of celebration food before any events and may ask for contributions to ensure that we have a wide variety of food choices available.

As part of our fundraising, the school itself or its FOCS group may organise events that offer opportunities to purchase “treat” food and drinks (e.g. cake sales, discos). As a school, we will work with FOCS and parents to ensure that there is a balanced offering of food at FOCS events to support our healthy eating policy. We will continue to run cake sales and other such initiatives keeping our healthy eating policy in mind. This is an opportunity for us to educate the children around moderation and the idea of “treats” as part of a balanced diet. It is a key part of their education that they learn to regulate their own eating habits and eating choices.

### **Curricular and extra-curricular activity**

Food and nutrition is taught at an appropriate level throughout the school in science, PSHE and Design Technology (cooking and nutrition). The ‘Eatwell’ model (appendix 1) is used throughout the school as a model of understanding a balanced diet.

There are also opportunities for our pupils to attend after-school clubs to support the teaching of food and healthy eating and include e.g. cooking and gardening. Any staff involved in delivering cooking sessions and clubs have achieved relevant qualifications in Food Safety and Hygiene.

### **Special dietary requirements**

The school does everything possible to accommodate pupils’ specialist dietary requirements including allergies, intolerances, religious or cultural practices. Individual care plans are created for pupils with food allergies with these displayed in a sensitive way around the school.

### **Expectations of staff and visitors**

The school expects staff to contribute to and support this food policy across the school day. Staff and visitors will be expected to model good practice behaviour around food and drink and in line with the policy, when in the company of pupils.

Teaching staff are welcome to purchase a school lunch and are invited to sit with pupils in the dining hall.

### **Parents, carers and family members**

Our relationships with parents/carers is very important and we aim to support them with information and advice around food, so that they are best prepared to make healthy choices for their families.

Coffee mornings, events and food related workshops are delivered throughout the year for family members to attend.

## **Monitoring and review**

We fully respect individual parent's food choices for their children and understand that there are many different needs and tastes. However, if snacks or lunch boxes regularly fall short of the expectations in this policy, we will send a reminder home to parents. We want to work with parents to educate our children about healthy dietary choices so that the children, through the understanding of a balanced diet, will develop a greater appreciation of a healthy lifestyle.

## **Dissemination of the policy**

The policy will be available on the school website and new parent information.

The school will use opportunities such as assemblies, new parent meetings, INSET days and Healthy Lifestyle activities in school to promote this policy as part of a whole school approach to healthier eating.

All school staff, including teaching, pastoral, catering staff will be informed of this policy and will support its implementation.

# The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.

