



Whole School Healthy Eating Policy

Galatians 5:13-Through love serve one another

A balanced diet in childhood is not only important for growth but for learning and promoting positive habits towards healthy eating. The development of healthy eating practices and physical activity can prevent disease and support a lifetime of good health. At Hurst Knoll St James we teach our children about food groups, what a balanced diet looks like and encourage healthy eating choices.

This policy has been developed with the support of the Tameside and Glossop Children's Nutrition Team and in consultation with the Primary Leadership Team.

Aims:

- To promote an understanding of a balanced diet in which some foods play a greater role than others
- To encourage children to develop positive attitudes towards food through the curriculum and all the other learning opportunities that are provided in the school.
- To provide children with positive healthy eating experiences in order to promote their well-being.

Genesis 1:29:

God said, "Look, I have given you all the plants that have grain for seeds. And I have given you all the trees whose fruits have seeds in them. They will be food for you."

1. Formal Curriculum

The school provides educational opportunities to address healthy eating issues within the formal curriculum.

2. Breakfast / Breakfast Clubs

Children should be encouraged to have a healthy nutritious breakfast every day. By offering a breakfast club we hope to ensure children obtain a healthy breakfast, encourage a high rate of punctuality and attendance, promote consistent messages around healthy eating and to provide opportunities for children to develop social skills.

3. Break time Snacks

Pupils should bring in healthier foods that are sugar free and lower in fat and salt such as nuts, seeds, vegetables and fruit, savoury crackers or breadsticks.

Curriculum work will support pupils to understand the need for a balanced diet. Healthy snacks are available to buy at school.

4. Dining Room

The school is aware of the importance that the physical environment of the school dining room can have on the eating of a healthy diet. Pupils and staff are encouraged to eat at school and interact with one another. In order to do this the school will endeavour to ensure that only high quality food and drink are available and that the dining room is inviting.

5. School Meals

School meals will offer a nutritionally balanced healthy lunch to pupils, served by professional trained staff. All school food will meet national nutritional standards (both food and nutrient based). The school will actively promote the take up of school meals.

6. Packed Lunches

The school knows it is very important that pupils eat a healthy packed lunch with a good balance of foods. The school will encourage children to bring a healthy lunchbox from home.

See *Appendix 1 on Healthy Packed Lunches*

7. Water Provision

The school realises that a constant supply of water can have a positive effect upon health and well-being. It reduces tiredness, irritability and distraction and can help concentration. Pupils are encouraged to drink water throughout the day and fresh drinking water is provided.

8. Sweets, Rewards, Treats and Celebrations

The school does not encourage sweets to be used as rewards or treats. Pupils should not bring sweets into school as a break time snack or in lunch boxes.

Any food sent in for celebrations (such as cakes or biscuits) will be given to the children to take home to eat. Parents are encouraged to celebrate birthdays with healthier alternatives such as raisins, fruit or a book for the class.

Appendix 1 Healthy Packed Lunches

To ensure that all packed lunches brought from home and consumed in school (or on school trips) provide the pupil with healthy and nutritious food that is similar to food served in schools, which is now regulated by national standards. This applies to all pupils and parents providing packed lunches to be eaten within school, or on school trips, during normal school hours.

Food and Drink in Packed Lunches

- The school will work with parents to ensure that packed lunches meet the standards listed below.
- Wherever possible the school will ensure that packed lunch pupils and school dinner pupils will be able to sit and eat together.
- The school will provide facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is readily available at all times.
- As fridge space is not available in school, pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible, to keep the food fresh.

Involvement of Parents/Carers

Pupils are normally expected to eat the lunch provided by the school. However, parents of pupils wishing to have packed lunches for a particular reason are expected to provide their children with packed lunches which conform to the packed lunch policy.

Packed Lunches Should Include:	Treat items
<ul style="list-style-type: none"> • A starchy food such as any type of bread, pasta, rice, couscous, noodles or potatoes every day. • Meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, houmous, peanut butter and falafel) every day. • Oily fish, such as salmon, at least once every three weeks • At least one portion of fruit and one portion of vegetables every day. • Dairy food such as milk, cheese, yoghurt, fromage frais or custard every day. • Only still water or fruit based drinks • Cakes and plain biscuits are allowed but encourage your child to eat these only as part of a balanced meal 	<p>The new Eatwell Guide advises that we should eat treat items less often and in smaller quantities. https://www.gov.uk/government/publications/the-eatwell-guide</p> <p>At the moment one treat item is allowed in packed lunches each day.</p> <p>These include:</p> <ul style="list-style-type: none"> • Crisps • Chocolate bars • Cereal bars • Chocolate-coated biscuits • Yoghurts with any form of chocolate. • Sausage rolls • Individual pies • Corned meat and sausages. (Chipolatas should only be included occasionally.)

Special Diets and Allergies

The school recognises that some pupils may require special diets that don't exactly conform to the school food standards. So parents should take extra care to ensure those packed lunches are as healthy as possible and discourage their children from swapping food items.

Assessment, Evaluation and Reviewing

Packed lunches will be reviewed every half term by members of the Primary Leadership Team (PLT). Healthy lunches will receive a certificate in their lunch box. Parents and pupils who do not adhere to the packed lunch policy will receive a leaflet in the packed lunch giving suggestions for healthier swaps. If a child regularly brings a packed lunch that does not conform to the policy then the school will contact the parents to discuss this.

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