

# WISBOROUGH GREEN PRIMARY SCHOOL



## HEALTHY EATING POLICY AND PACKED LUNCH GUIDANCE

Approved by the Senior Leadership Team: January 2023

Next Review due by: January 2025

## Healthy Eating Policy and Packed Lunch Guidance

### **Introduction**

Wisborough Green Primary School is dedicated to providing an environment that promotes healthy eating and enables pupils to make informed food choices. This will be achieved by the whole school approach to food provision and food education documented in this policy. The policy was formulated through consultation between members of staff, governors, pupils, and our school nurse. This school healthy eating policy is co-ordinated by Mrs Casimiro (Healthy Eating Leader).

### **Aims**

The main aims of our school food policy are:

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

### **Food throughout the school day**

#### **Breakfast**

Breakfast is an important meal that should provide 25% of a child's energy requirement and supports pupils to be ready to learn at the start of each day. Please ensure that your child has eaten breakfast before coming to school.

#### **School lunches**

School meals are provided by Chartwells and served 11:45am – 1:00pm 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**

Following guidance from the Children's Food Trust, our aim is to support parents with providing pupils with a healthy balanced lunch. This will help to best prepare the children for learning in the afternoon.

- As fridge space is not available, pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible.
- Wherever possible the school will enable pupils eating packed lunches and pupils eating school lunches to sit together.

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
- A drink of water, fruit juice, smoothie or milk

Packed lunches may occasionally include:

- Cakes and biscuits, but encourage your child to eat these as part of a meal

Packed lunches should not include:

- Crisps or high salt content snacks
- Nuts
- Sweets
- Chocolate

### **Snacks**

The school understands that healthy snacks can be an important part of the diet of young people. In the Early Years and Key Stage One, snacks are provided during the morning. This includes: carrots, bananas, raisins, apples, satsumas, pears and sugar snap peas.

Pupils are able to bring their own fresh fruit or healthy low sugar content snacks into school to eat at break-times.

### **Drinks**

Children are asked to bring water bottles to have available in the classrooms. We ask that these are only filled with water for use throughout the school day. These can be refilled in either their classrooms or the water fountains located in the playground on school corridors.

Water is also available in the Hall at lunchtime.

### **School trips**

A packed lunch will be provided by the school, for all children who usually have a school meal. 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 allow food to be used as a reward for good behaviour or achievement. Other methods of positive reinforcement are used in school including: Team points, stickers, sharing work with the head teacher, extra play time, etc.

#### **Celebrations**

The school recognises the importance of celebrating birthdays and special occasions. For birthday celebrations, all children will be allowed to come to school in their own clothes and are welcome to wear birthday badges. We welcome any parents who would like to send in fruit for their child to share with the class on their birthday. We do not permit the sharing of chocolates, sweets and cakes for birthdays in school.

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

Occasional fund-raising events may include the sale of treat food such as cakes, but the inclusion of other foods will also be encouraged.

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

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

Any Cooking Clubs offered will also support the teaching of food and healthy eating.

### **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. Pupil's food allergies are displayed in a sensitive way allowing adults serving food to pupils to gain access to this information.

### **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 also encouraged to occasionally model eating a healthy lunch and sit with pupils in the dining hall at our Top Table.

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

Our relationships with parents/carers are 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. Please take a look at the links below for more information.

<https://www.nhs.uk/live-well/healthy-weight/childrens-weight/healthy-weight-children-advice-for-parents/>

<https://www.nutrition.org.uk/life-stages/children/>

<https://www.nidirect.gov.uk/articles/healthy-eating-children>

## Monitoring and review

This policy has been developed in consultation with staff, pupils and governors. The policy will be reviewed every 2 years.

Date policy implemented: December 2022

Review Date: December 2024

## Appendix 1

# 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.

