

Eatock Primary School



School Food Policy

April 2019

Introduction

At Eatock Primary School we recognise the importance of a healthy lifestyle and diet, and understand that establishing a balanced diet in childhood helps establish healthy eating habits for life. We also recognise that there is a strong link between a healthy diet and effective learning. The staff and parents at Eatock work together to support healthy lifestyles.

Rationale

Our school is an accredited healthy school. It is important that we consider all elements of our work to ensure that we promote health awareness in all members of the school community. We can provide a valuable role model to pupils and their families with regard to food and healthy-eating patterns.

Through effective leadership, the school ethos and the curriculum, all school staff can bring together all elements of the school day to create an environment that supports a healthy lifestyle.

Aims and Objectives

- To ensure that we are giving consistent messages about food and health
- To give our pupils the information they need to make healthy choices
- To promote health awareness
- To contribute to the healthy physical development of all pupils

Breakfast club

The school runs a breakfast club on a 'needs' basis. The aim of the breakfast club is to provide a healthy and nutritious breakfast to children in receipt of the PPG or disadvantaged children.

Snack

All FS and KS1 classes include a morning break time snack of cut and washed fruit to all children. We take part in the Government initiative to provide all infants with free fruit and vegetables during the day. Key Stage 2 children are encouraged to bring in a healthy snack.

School lunches

Our school meals are provided by Bolton authority which has a Healthy Food policy. Children are provided with a vegetarian and non-vegetarian option, both of which pay regard to nutritional balance and healthy options.

Packed lunches

Many children bring a packed lunch to school. Parents are requested not to send in foods such as thickly covered chocolate biscuits or any foods which are high in **sugar, fat or salt**. **Sweets, chocolate bars and fizzy drinks are not allowed**. We also suggest that **nut or nut products** (although they can be very healthy) are not included in your child's packed lunch because of the danger to other children with allergies. A small packet of crisps is allowed. If any lunch boxes contain any foods that are high in fat, sugar or salt then they will be sent home with your child.

We recommend packed lunches to 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, at least once every three weeks
- A starchy food such as any type of bread, pasta, rice, crackers, breadsticks, couscous, noodles, potatoes or other type of cereals every day
- Dairy food such as milk, yogurt (low sugar), cheese, fromage frais every day
- Water (non flavoured), fruit juice, plain milk (semi skimmed or skimmed)

Water for all

Water is freely available throughout the school day to all members of the school community. Children may drink water at any time except during the 15 minute assembly. EYFS children are also reminded to drink water at their snack time, which is provided in plastic beakers.

Special diets

The school recognises that some pupils may require special diets that do not allow for the standards to be met exactly. In this case parents are asked to make sure that packed lunches are as healthy as possible. For these reasons pupils are also not permitted to swap food items.

Special Occasions

Very occasionally, celebratory foods will be allowed.

Dissemination of the policy

The policy will be available on the school's website and will be incorporated into the school prospectus and assemblies. The school will use opportunities such as parents evenings and Healthy Living weeks to promote this policy as part of a whole school approach to healthier eating. All school staff, including teaching and catering staff and the school nurse, will be informed of this policy and will support its implementation.

Review and revision of policy

This policy has been jointly formulated with school staff and parents. The policy is ratified by the Governing Body.

Policy written by A Flannery (HT) and parents.

Approved and adopted by the Full Governing Body May 2015

Reviewed April 2017

Reviewed April 2018

Reviewed April 2019

