

**Shinewater
Primary
School**



Healthy Eating Policy

| Approval Date | Policy Reviewer | Title | Chair of Governors |
|---------------|-----------------|--------------------|--------------------|
| January 2025 | Miss L Crane | Deputy Headteacher | Patricia Mephram |

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| Frequency of Policy Review | Annually |
| Version | 6 |

Introduction

Shinewater Primary School and Nursery 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, parents, pupils and health professionals.

Aims

The main aims of our healthy eating policy are:

1. To provide a range of healthy food choices throughout the school day.
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 in being ready to learn at the start of each day. The school's breakfast club is run independently for pupils from 7.50am – 8.40am. The school is also part of the National School Breakfast programme.

School Lunches

School meals are currently provided by Nourish and are served between 11.45am and 1.15pm in the dining hall. The school meals meet the mandatory requirements of the School Food Standards 2015.

School meals are planned on a 4-week cycle and always contain both a meat and vegetarian option with a jacket potato offered as an alternative. A self-service salad bar provides a wide range of salads and vegetables to encourage children to try new healthy foods. Menus are available on the school website.

Packed Lunches

The school strongly encourages all pupils to have a school lunch, as this ensures they are receiving a nutritionally balanced diet across the whole week. If parents/carers choose to supply their own packed lunch, they must adhere to Shinewater's Whole School Food Policy. The following requirements for packed lunches have been developed in accordance with guidance from the Children's Food Trust.

Packed lunches should include:

- Some starchy foods such as bread (sliced bread, pitta bread, wraps and bagels), pasta, potatoes, couscous or rice (choose wholegrain where possible)
- At least 1 portion of fruit and 1 portion of vegetables or salad. One portion of vegetables/salad is roughly a handful (child-size handful for a child's portion).
- Dairy food such as cheese or yoghurt.
- Meat, fish, or another source of protein such as eggs, beans and pulses, hummus or falafel.

Packed lunches should not include:

- Sweets or chocolate. (You may include an extra low fat / low sugar snack such as a fruit scone, a plain biscuit, plain breadsticks, rice cakes or crackers).

For additional guidance, please see the packed lunch suggestion sheet. (Appendix 1)

Snacks

The school understands that healthy snacks are an important part of the diet of young people. Early Years and Key Stage 1 children are all provided with a piece of fruit/vegetables during the morning. All pupils are encouraged to bring fruit/vegetables into school to eat at break-times or as an after-school snack.

Drinks

Water is freely available in the school and named water bottles are provided for pupils in Nursery. Other pupils should bring in a named water bottle each day. Children are encouraged to refill their water bottle from the water cooler. Children should not bring in drinks other than water. Children are actively encouraged to drink water regularly throughout the day.

Special Occasions

The school recognises the importance of celebrating birthdays and special occasions. Parents/carers are requested to support the school's policy by refraining from distributing sweets or cakes at school. For celebration events organised in school, we welcome a variety of healthy foods from different cultures for children to try. Parental consent will be sought, including allergy alerts.

Curricular and extra-curricular activities

Our curriculum supports the whole school food policy. There is a strong emphasis on the teaching of healthy lifestyle choices in all curriculum areas across the school. The Eatwell Guide is used throughout the school to support children's understanding of a balanced diet. (See appendix 2)

Lunchtime, as well as after-school activities and clubs also support the teaching of healthy lifestyle choices.

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. Pupils' food allergies are recorded in the school office and the school kitchen.

Expectations of staff and visitors

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

Parents, carers and family members

Our relationship with parents and 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.

Appendix.1

How to pack a lunch box...in four steps

| Step 1: Main Course | | |
|---------------------------|---------------------|---------------------|
| Tortilla roll-up | Bagel sandwich | Grilled chicken |
| Hummus and pita | Cheese and crackers | Hard-boiled egg |
| Turkey sandwich | Tuna Salad | Pastas salad |
| Pizza muffins | Soup (in a thermos) | Falafels & dip |
| Step 2: Fruits & Veggies | | |
| Mini tomatoes | Dried fruit | Snap peas |
| Apple slices | Raspberries | Broccoli |
| Raisins | Strawberries | Salad |
| Oranges | Blueberries | Celery sticks |
| Banana | Watermelon | Carrot sticks |
| Step 3: Snacks and treats | | |
| Cheese stick | Cheese crackers | Fruit snacks |
| Cottage cheese | Pretzels | Low fat chips/salsa |
| Dry cereal | Popcorn | Apple sauce |
| Step 4: Drink | | |
| WATER | | |

Appendix. 2 -The Eatwell Guide

