



Pauntley C of E Primary School

Healthy Eating Policy

School Mission Statement Stepping out boldly with God

'Jesus said, follow me.' Matthew 9.9

Pauntley is an inclusive and caring school of choice. We are child-focussed, with core values to enable us all to follow Jesus's example and so flourish and contribute to the local community and the world God loves.

Introduction

We recognise the important connection between a healthy diet and a child's ability to learn effectively and achieve high standards. We also recognise the role we can play, as part of the larger community, to promote family health. Our school is dedicated to providing an environment that promotes healthy eating and enables children to make informed choices around their food. Our food and healthy lunchbox policy is sets out to ensure all aspects of food and nutrition in school promote the health and wellbeing of children, staff and visitors.

Aim

- To help establish a healthy lifestyle within the school community through exercise and the promotion of healthy diet and lifestyle.
- To promote the health and well-being through food and nutrition
- To improve health of everyone on our school by influencing their eating by increasing their knowledge and awareness of food issues
- To ensure children are well nourished and that every child has access to safe tasty and nutritious food and water
- To ensure children/families who bring in packed lunches, reflect the healthy lifestyle ethos we promote in school

Rationale

- The short term effects of unhealthy diet can include poor growth, tooth decay, obesity, anaemia, constipation, poor concentration and behavioural problems which may have an impact on a child's attendance and learning
- The longer term effects of a poor diet in childhood can be an increased risk of stroke, cancer, heart disease and diabetes in adulthood.

Objectives

- To improve the nutritional quality of packed lunches in schools and the eating habits of children at lunchtimes.
- To develop an awareness in children, parents, staff and the wider community that the school takes a proactive approach to promoting healthy eating.
- To encourage healthy eating habits in childhood that can influence health and well-being in later life, through explicit teaching (PSHE and Science) modelling and encouraging children to drink plenty of water throughout the school day
- To ensure that food brought into school (packed lunches) reflects and meets school food standards.
- To continue to promote a healthy lifestyle though regular physical activities

Food throughout the school Day

Breakfast

We recognise the importance of eating a balance breakfast and realise that it is hard to concentrate on learning and to maintain energy levels without it. Breakfast should provide 25% of a child's energy requirement.

Snack Time

Children in EYFS and Years 1 & 2 are provided with free fresh fruit or vegetables daily through the School Fruit & Vegetable Scheme administered by the Department of Health.

Free school milk is available to our children under the age of five and is subsidised for children between 5-11 as part of the School Food Plan. Milk provides a number of health benefits so if you are keen to join this, please speak to one of our office staff.

Children in Years 3-6 are encouraged to bring a healthy snack to school each day, for example a piece of fruit, yogurt or cheese. We really do not encourage crisps or sweets

School Lunches

Children in EYFS – Year 2 are provided with a free school meal which is cooked fresh daily on site, meeting the mandatory requirements of the School Food Standards. For children in Years 3-6 the cost is currently £2.20 (prices have stayed the same since 2016) which includes a main meal and a pudding. The school menu is on a three week cycle and always contains a meat and vegetarian options. The menu is changed termly and has some 'Special Themed' Days, for example in celebration of the Chinese New Year or American Independence Day.

Packed Lunches

A few of our children choose to bring in packed lunches from home but school still promote a 'Healthy Lunchbox' and we encourage families when making packed lunches to include item from the main food groups:

Bread, rice, potatoes, pasta (good source of slow releasing energy), perhaps a wholemeal sandwich or rice/pasta salad.

Fruit and Vegetables (combat germs and keep the body regular) maybe carrot or cucumber batons, cherry tomatoes or seasonal fruit.

Milk and dairy foods (helps maintain healthy strong teeth and bones) e.g. yoghurt, fromage frais, milk, cheese.

Meat, fish, eggs, beans (supports growth) filling in a sandwich or wrap or addition to a salad.

Drinks - lunchbox drinks should only include either plain water, semi-skimmed milk, unsweetened fresh fruit juice, diluted fresh fruit juice, fruit or dairy based smoothies.

See Appendix 1 for lunchbox ideas

Restricted Items:

We only want the best for our children so limiting high fat and sugar foods will help protect them from becoming overweight as well as helping prevent tooth decay, heart disease, stroke and diabetes. We also need to think of children who may suffer from life threatening allergies (anaphylactic) and do our best to keep them safe and well.

Therefore **please do not send** your child to school with any of the following:

- Sweets (high in sugar)
- Chocolate (including chocolate spread)
- Fried crisps (high in fat and salt)
- Cereal bars (generally contain nuts)

- Toffee/ salted popcorn (salt/sugar content)
- Fizzy drinks (high in sugar)
- Nuts and nut based products (life threatening allergies)

Packed Lunch Containers

It is the responsibility of the parents/carers to provide an appropriate packed lunch container where food items can be stored securely and appropriately until the lunchtime period. Parents are advised to include an ice pack as food products prepared and stored in warm temperatures after a period of time can have increased levels of bacteria in them.

Storage of packed lunches

The school will provide storage area/facilities for packed lunch bags, in the most convenient and appropriate place possible. However the school cannot provide cooled storage areas and therefore cannot take legal responsibility for foods prepared at home and then brought into school.

School Trips

Children bring their own packed lunches on school trips unless children qualify for free school meals. We stipulate to parents to pack a healthy packed lunch and refrain from including anything from the above list.

After School Clubs

Snacks and drinks that children bring to after school clubs follow the same guidelines as the healthy lunch boxes.

Water Provision

All children have access to fresh drinking water, water bottles can be purchased at school or children are allowed to bring in their own.

Whole School Curriculum Provision

All through primary education children are taught about healthy living, for a more in depth look please refer to the termly overview available on our website.

PSHE	Developing and understanding healthy lifestyles and making healthy choices
Science	Learning about healthy teeth, bones and heart and the importance of exercise
RSE	Healthy relationships and coping with body changes
PE	General exercise, the importance of warming up and cooling down

Whole School Community

Occasionally children bring in cake to share with their class friends to celebrate their birthday, or sweets as a leaving gift, whilst this is a lovely gesture, these offerings are sent home with the children for parental permission, as it does not fit with our Healthy Eating Policy.

Appendix 1

Packed Lunch Ideas



Tortilla wrap with lettuce, cucumber and sweet red pepper batons

Or

Granary roll with lettuce and tomatoes slices

Or

Cooked and cooled pasta, light dressing, diced cucumber, sweetcorn and red peppers

Or

Couscous with additional roasted vegetables (onion, pepper, carrot) and sultanas

Or

Cooked and cooled rice salad with additional sweetcorn, kidney beans and chick peas



Any of the above items can be enhanced with the following filling choices

Grilled chicken

Sliced ham

Tinned tuna or salmon



A popular salad bar choice in school is:

Cherry tomatoes

Pineapple chunks (drained from fruit juice)

Carrot batons

Cucumber sticks

Sugar free fruit jelly

Top up with seasonal fruit, or low fat yogurt

Bottle of water