



# Wood End Primary School

## Healthy Eating Policy

Committee with oversight of this policy	Behaviour, Ethos & Wellbeing
Policy last reviewed	September 2021
Policy due for review	July 2024



# Wood End Primary School

## Healthy Eating Policy

This policy is designed to ensure that packed lunches brought in 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.

### The Policy:

- The school will encourage healthy eating
- The school will provide appropriate & attractive facilities for pupils eating packed lunches
- The school will ensure that fresh drinking water is readily available
- The school will work with parents and carers to encourage packed lunches to meet the standards listed below
- Wherever possible the school will enable pupils eating packed lunches and pupils eating school lunches to sit together
- Wherever possible all uneaten food and waste will be kept in the lunchbox and returned home with the child so that parents are able to monitor their child's food consumption

### Before coming to school

Many studies have shown the health benefits of eating a healthy breakfast. It **improves your energy levels and the ability to concentrate.**

### Breakfast ideas:

- Porridge
- Low sugar, fortified cereals - cereals such as Weetabix, shredded wheat and bite size shredded wheat. No added sugar muesli, puffed oats, puffed rice are also great as (if fortified)
- Yoghurt, fruits and oats
- Toast and toppings - mashed banana, scrambled egg, jam or honey
- Vegetable omelettes - a great way to get some veggies in at the start of the day.
- Overnight oats- Such a quick one in the morning. Fill a jar or bowl with oats and other ingredients, top it with milk and leave it in the fridge. The next morning it'll be good to go!

### Packed lunches should include:

We ask that all packed lunches be based on the School Food Trust's standards and should contain the following:

- **Fruit and vegetables** – at least one portion of each
- **Protein** – meat, fish, egg or other source of non dairy protein (eg lentils, kidney beans, chickpeas, hummus and dhal)
- **Oily fish** – tinned or fresh mackerel, sardines, salmon and fresh tuna
- **Carbohydrate** – starchy food such as bread, pasta, rice, couscous, noodles, potatoes, chapattis, pitta
- **Dairy** – milk, cheese, yoghurt, fromage frais
- **Drinks** – water, pure fruit juice (no added sugar), semi skimmed or skimmed milk yoghurt, milk drinks and smoothies

**Foods to limit** – crisps, cakes, chocolates and biscuits. As we limit chips to Fridays for school lunch, a small packet of **crisps will only be allowed on Fridays for children who have a packed lunch.**

Meat products such as sausage rolls, individual pies, corned meat and sausages/chipolatas. These items should be included in packed lunches no more than once each week.



# Wood End Primary School

## Healthy Eating Policy

**Packed lunches MUST not contain:** Fizzy or sugary drinks, confectionery such as chocolate bars and sweets, peanuts and peanut products. **Please do not include nuts of any sort in your child's packed lunch box. Some children have severe nut allergies and even sitting next to a child eating nuts may cause an allergic reaction.** Some pupils may suffer severe allergic reactions to other foods. Where the school has been made aware of this by parents and carers, photos of the children are given to staff and an auto-injector (epipen) is kept in school. Photos of children with severe allergic reactions are also displayed in the staff room.

To support parents and carers to closely monitor their child's nutrition, children are not allowed to swap food.

Packed lunches will be regularly reviewed by midday supervisors and healthy lunches may be rewarded. If a child regularly brings a packed lunch that does not conform to the policy then the school will contact the parents/carers to discuss this.

Pupils with special diets will be given due consideration with the prior agreement of the headteacher.

Wherever possible we like pupils to eat the lunch provided by the school. However, parents and carers of pupils wishing to have packed lunches for a particular reason are expected to provide their children with lunches which conform to the packed lunch policy. We appreciate parental support in this – we all want to see healthy children.

### Break Time Snacks

KS2 Children are welcome to bring in a healthy fruit snack or raw vegetables for break times. Early Years and KS1 children have a fruit or vegetable snack provided each day by the school.

### Birthday Treats

Please do not send in birthday treats for your child to hand out to their class. As a school we are encouraging healthy eating and many chocolates may contain nuts.

### Involvement of parents/carers:

- All children at Wood End Primary School in Reception, Year 1 and Year 2 are entitled to a free school meal under the government's Universal Free School Meal Scheme. The school encourages all parents to make use of this service. However, parents and carers of pupils wishing to have a packed lunch are expected to provide a packed lunch that conforms to the packed lunch policy.
- The children's food trust have a range of suggestions for healthy packed lunches, please visit their website: <http://www.childrensfoodtrust.org.uk/childrens-food-trust/schools/schools-resources> a link is also available from the school website.

### Dissemination of the policy:

- The school will inform all current parents and carers of the policy via email.
- The policy will be available on the school's website.
- All school staff, including catering staff, will be informed of this policy and will support its implementation.

### Policy review:

- This policy will be reviewed as part of the school's agreed policy to review process. In addition, any major legislative or governmental changes regarding school food may lead to this policy being amended