



HEALTHY EATING POLICY (February 2018)

We have developed a policy that tries to promote general and dental health within the school.

1. We ask that the children do not bring sweets or sweet foods as rewards.
2. We do not use sweets or sweet foods as a reward.
3. Dental Health and Healthy Eating activities are included in the school curriculum.
4. Birthdays are celebrated without sweets. A child will receive a birthday card from school and will have happy birthday sung to him/her in class.
 - Parents are not obliged to send anything into school for their child's birthday, but if they decide to do so, it must be in line with our Healthy Eating Policy. Some possible suggestions are balloons, pencils or rubbers etc. Alternatively, a parent may wish to donate a book for the school library, in recognition of their child's birthday.
5. All Early Years and Key Stage 1 pupils are provided with a third of a pint of milk to drink during the morning.
6. All Early Years and Key Stage 1 pupils are provided with a piece of fruit or vegetable for their morning snack.
7. Key Stage 2 pupils are only allowed to bring in a piece of fruit or vegetable for their morning break snack. Water and fruit is available to purchase at break times.
8. All pupils are allowed to drink water in class.
9. Our school catering services provides a varied choice of healthy, nourishing school meals that meet the Government's 2006 Nutritional Standards.

Children who do not have school dinners should be provided with a packed lunch that tries to meet the Government's 2014 Nutritional Standards.

More information regarding Healthy packed lunches can be found at: <http://www.childrensfoodtrust.org.uk/parents>

Government packed lunch advice

The UK government produced packed lunch guidance to support the implementation of new school food standards for school lunches and ensure that all children benefit from eating quality food during the school day.

The guidelines are:

- One portion of fruit and one portion of vegetable or salad every day to be included in packed lunches
- Meat, fish or another source of non-dairy protein should be included every day. Non dairy sources of protein include lentils, kidney beans, chickpeas, hummus, peanut butter and falafel
- An oily fish, such as salmon, should be included at least once every three weeks
- A starchy food, such as bread or pasta, rice, couscous, noodles, potatoes or other cereals, should be included every day
- A dairy food, such as semi-skimmed or skimmed milk, cheese, yoghurt, fromage frais or custard should be included every day
- Free, fresh drinking water should be available at all times
- Include only water, still or sparkling, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies
- Snacks such as crisps should not be included. Instead, include nuts, seeds, vegetables and fruit (with no added salt, sugar or fat). Savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice
- Confectionery such as chocolate bars, chocolate-coated biscuits and sweets should not be included. Cakes and biscuits are allowed but these should be part of a balanced meal
- Meat products such as sausage rolls, individual pies corned meat and sausages / chipolatas should be included only occasionally