

Palace Wood Primary School

Healthy Eating Policy



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| Written by | Serpin Childs |
| Ratified by Governors | Summer 2022 |
| Date for Review | Summer 2024 |

This policy has been impact assessed by Serpin Childs in order to ensure that it does not have an adverse effect on race, gender or disability equality

Introduction

At Palace Wood Primary School, we are committed to encouraging and developing positive attitudes towards food and a healthy diet. As a school, we know that food is fundamental to the quality of a child's life, not just in providing essential nutrition but in communicating and sharing positive values, attitudes and experiences with each other.

Break Time Snacks

The morning session at school runs from 8:45 until 12:15. This is a long time for the children between breakfast and lunch, and most children will find that they will need a snack that they can eat at break time. Snacks at break time **MUST** be healthy, and so must be:

- A piece of fruit
- Some vegetables
- Plain raisins

The fruit and vegetables must be 'real' fruit and not concentrated fruit that comes in packets. The exception for raisins has been made as we sometimes receive raisins as part of the government's free fruit and vegetable initiative for children in KS1.

If a break time snack is not from the above list, then children will be asked to return it to their bag or lunch box to be eaten later.

Water

Children are encouraged to bring water bottles into school. Children require 6-8 glasses of fluid a day to stay healthy. Even small levels of dehydration can lead to reduced levels of concentration and affect behaviour. Personal water bottles can be kept in the classroom and refilled as needed. Bottles should go home regularly to be washed.

School Meals

The hot meals service is supplied by Caterlink catering services. The weekly menu is available on Caterlink's website www.mycaterlink.co.uk/kcc/menus and we send home menus to every child each time the menu changes. The menu offers a variety of healthy choices as well as the availability of salad and fresh fruit every day.

Children are encouraged to develop good eating skills and table manners at lunch time and are given plenty of time to eat. Parents and carers will be informed if their child is not eating well.

No child is made to finish all the food that they are offered because we know that appetites vary from person to person. However, we do actively encourage the children to "try a little bit more" if they can to ensure that they are not hungry later on in the day.

Packed Lunches

We encourage parents and carers to provide children with a balanced packed lunch. This should include the following, and is taken from The Children's Food Trust:

- Fruit and Vegetables; at least one portion of fruit and one portion of vegetables
- Protein; meat, fish, egg or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus or dhal)
- Oily Fish; such as tinned or fresh mackerel, sardines, salmon, tuna
- Carbohydrate; starchy food such as bread, pasta, rice, couscous, noodles, potatoes, chapattis and roti.

- Dairy; food such as milk, cheese, yoghurt, fromage frais, or calcium fortified Soya products, reduced fat versions of these should be used where possible.
- Drinks; water, pure fruit juice (no added sugar), semi-skimmed or skimmed milk, reduced fat and sugar yoghurt, milk drinks or smoothies. NO FIZZY DRINKS

Foods to avoid or limit:-

- Crisps, cakes and plain biscuits
- Meat products such as sausage rolls, individual pies, corned meat and sausages.

These items should be included in packed lunches no more than once per week.

Packed lunches should not include any of the following:-

- Fizzy/sugary drinks in cartons, bottles or cans (including diet or energy drinks which can contain high levels of caffeine and other additives which are not suitable for children)
- Confectionary such as chocolate bars and sweets
- Chocolate spread as sandwich filling
- All nuts and nut products.

TOP LUNCHBOX TIPS

- instead of chocolate bars or cereal bars, pack lower-sugar alternatives like scones, malt loaf, fruit bread, plain popcorn or fruit in sugar-free jelly
- instead of processed fruit snacks, choose fresh fruit
- instead of crisps, try plain rice cakes, oat cakes or breadsticks with cheese
- get children involved in choosing and preparing what goes into their lunchbox, to help encourage them to eat it
- pre-prepared fruit and veg are generally more expensive than doing it yourself, so get some small pots and prep them yourself to cut the cost
- using leftovers as part of packed lunches is a good way to cut down the prep time, but make sure it's cooled and stored properly
- make sure that what you pack is easy for little fingers to open, and to eat
- children often love a bit of DIY – wraps and pots of fillings can be more exciting if they get to put them together
- dipping foods rule for many kids, so give breadsticks or toast fingers, veg sticks and a pot of hummus or our fabulous fish pate a try.