

Eastnor Primary School - Healthy Eating Policy 2022

Introduction

Good health is vital and healthy eating, being one of many contributors to this, can influence physical, mental and social well-being. At Eastnor Parochial primary, the staff are dedicated to helping parents and children understand the role of healthy eating in achieving good health. We also recognise that healthy eating does not mean having no treats, but means having them at appropriate times and as part of a balanced and nutritious diet. Eastnor C of E primary school is aspiring to achieve Healthy School Status and needs the whole school community on board to achieve this.

Therefore school will: -

- provide opportunities for each child to access knowledge, understanding and skills related to healthy eating so they can make informed choices
- raise awareness of the concepts of 'healthy eating' and 'balanced diet' and their importance in maintaining a good health
- ensure children develop a positive attitude towards their eating habits
- provide opportunities within school for children to make healthy food choices
- help children to understand that some foods should be eaten in moderation
- work in partnership with catering staff to ensure nutritional standards are met

We will require parents to: -

- support the school's vision of ensuring all children value and understand the importance of healthy eating by adhering to this policy
- ensure children eat a nutritious breakfast so that they can perform to the best of their ability during morning lessons
- provide a mid-morning snack of fruit, dried fruit, vegetables or cheese
- recognise that healthy eating does not mean having no treats, but means having them at appropriate times and as part of a balanced and nutritious diet, which will include a 'special snack' once a week
- ensure children do not bring fizzy drinks, chocolate bars or sweets to school on any occasion
- provide a named water bottle which their child can use in school on a daily basis

Early Years Foundation Stage and Key Stage One

Subsidised milk (until the age of 5) is available for children in class one. Children who are 5 years or more can also have milk daily. This must be ordered by parents from the 'cool milk' website.

<https://www.coolmilk.com/>

There is a selection of fruit and vegetables available each day. Children will be encouraged to select their mid-morning snack from the snack basket in their class. If your child is bringing in their own snack from home, please follow the guidance set out in this policy.

Key Stage Two

Children in Key Stage Two can still have milk daily. This must also be ordered by parents from the 'cool milk' website (as above)

Your child will need to bring in a healthy mid-morning snack from home. If your child does not have a mid-morning snack which follows the guidance in this policy, they will be encouraged to select something from the 'healthy snack' basket in their class.

Mid-morning snack guidance

Children may bring a healthy snack from home for their mid-morning snack. This must include: -

- Fresh or dried fruit
- Vegetables (e.g. cherry tomato, carrot, pepper, cucumber)
- Cheese

Other such items such as sweets, crisps, biscuits, etc. will not be allowed on a daily basis.

Please note that we do want to educate children about having a balanced diet which does include treats. For this reason, on a Wednesday, when all children will be taking part in active sports lessons, children can bring in a 'special snack' such as a cereal bar, biscuit or packet of crisps.

Please note that fizzy drinks, chocolate bars and sweets of any kind are not permitted in school at any time.

A healthy lunchbox

Children in the Early Years Foundation Stage and Key Stage One are able to take advantage of the government's 'Universal Free School Meal' scheme. Each child is entitled to a healthy and nutritious cooked school meal. In years 3 – 6 these meals are charged at £2.20 per day.

At Eastnor, our meals are supplied by Elite Catering, a local company based in the town of Ledbury. Their home cooked food is prepared using the best locally sourced seasonal ingredients. Additives and processed food are avoided, fried foods, high quantity sugar products and confectionery in puddings are also strictly restricted.

If your child is bringing in a packed lunch from home then please see our recommendations which have been taken from national healthy school guidance and NHS England.

According to NHS choices a balanced lunchbox should contain:

- Starchy foods like bread, rice, potatoes or pasta
- Protein foods like meat, fish, eggs or beans
- A dairy item, like cheese or yogurt
- Vegetables or salad and a portion of fruit

Drinking Water

Water is available throughout the school day. All children should bring in a water bottle to school daily; these will be stored in their classrooms and will be easily accessible at all times.

Birthday Celebrations

As we are working towards achieving 'Healthy School Status' and are dealing with a variety of different food allergies and intolerances in school, we request that birthday cakes and birthday sweets are saved for birthday teas and birthday parties outside school.

Monitoring and Evaluation

Monitoring and reviews of the impact of this policy on healthy eating will be carried out through observation, and on-going discussion with staff, parents and children.