

St Mary's Healthy Eating Policy

Introduction

At St Mary's Primary School we aim to educate our children with the skills, knowledge and understanding to enable them to make informed healthy lifestyle choices. To do that effectively, we need to work in partnership with parents and carers in securing the very best for every child and we welcome your support with the implementation of this policy.

Aims

- To ensure children have a suitable mid-morning snack (if needed) to help maintain energy and focus throughout the morning
- To ensure children have a suitable midday meal that sustains and prepares them for afternoon learning
- To provide a safe, healthy and appealing eating environment for pupils bringing in packed lunches and ensure that free, fresh drinking water is available at all times
- To help children develop an understanding of healthy eating
- To promote the Children's Food Trust guidelines and national standards for healthier eating
- To support parents and carers in providing a healthy packed lunch that meets the same standards as food provided in school dinners and abide by the regulations of the British Nutrition Foundation

Guidelines for a healthy snack (break times)

All children in KS1 and Reception receive a free piece of fruit or vegetable everyday as part of the Government's School Fruit and Vegetable scheme. As children move up into KS2, if they wish to have a break time snack, they can bring in something from home. Below are guidelines from the *NHS* and *Change4life* on healthy snacks. We ask for your support to help us adhere to these guidelines at St Mary's.

Healthier Break Time Snacks

- **Chopped up raw vegetables**— e.g. carrots, cucumber or peppers
- **Chopped up fruit/Whole fruit** – e.g. apple, Satsuma, strawberries, halved grapes, melon slices
- **Breadsticks and wholemeal crackers**
- **Malt loaf, tea cakes, fruit breads**

Dried fruit is not recommended as a snack between meals as it is high in sugar and can be bad for teeth (but this is ok when eaten as part of a meal).

Guidelines for a healthy lunch box

Healthier Lunch boxes

- Based on starchy carbohydrates (bread/potatoes/rice/pasta)
- Include fresh fruit and vegetables/salad
- Include a source of protein such as beans and pulses, eggs, fish, meat, cheese (or dairy alternative)
- Include a side dish such as a low-fat and lower-sugar yoghurt (or dairy alternative), tea cake, fruit bread, plain rice/corn cakes, homemade plain popcorn, sugar-free jelly
- Include a drink such as water, skimmed or semi-skimmed milk, sugar-free or no-added sugar drinks

For further ideas on how to have a healthy, balanced diet and to help you decide what to put in your child's lunch box, please see the following links:

[Eat well Guide](#)

[Change4Life](#).

Please do not send in cake, sweets, chocolate, cereal bars, biscuits, crisps or fizzy drinks for either a mid-morning snack or in lunch boxes.

Drinks

- All children should have a water bottle in school each day which they will have access to in their classroom.
- There are a number of water fountains around school for the children to use at break time and lunch time.
- All children have access to water in the lunch hall (both school dinners and packed lunches)

School Lunches

Our school adheres to the guidelines set out by the government on what can be included in school dinners provided by schools. For further information please see the link below:

<https://www.gov.uk/school-meals-healthy-eating-standards>

FoSM Events

As part of our fundraising for the school, FoSM will organise events that include purchasing food (e.g. cake sales). As a school, we will work with FoSM to ensure that there is a balanced offering of food at FoSM events to support our healthy eating policy. We will continue to run cake sales and other such initiatives keeping our healthy eating policy in mind. This is an opportunity for us to educate the children around moderation and the idea of “treats” as part of a balanced diet. It is a key part of their education that they learn to regulate their own eating habits and eating choices.

Monitoring and Evaluation

We fully respect individual parent’s food choices for their children and understand that there are many different needs and tastes. However, if snacks or lunch boxes regularly fall short of the expectations in this policy, we will send a reminder home to parents. We want to work with parents to educate our children about healthy dietary choices so that the children, through the understanding of a balanced diet, will develop a greater appreciation of a healthy lifestyle.

Dissemination of the policy

The policy will be available on the school website and new parent information.

The school will use opportunities such as assemblies, new parent meetings, INSET days and Healthy Lifestyle activities in school to promote this policy as part of a whole school approach to healthier eating.

All school staff, including teaching, pastoral, catering staff will be informed of this policy and will support its implementation.