



# HEALTHY EATING POLICY

*“At the Parkland Federation, we strive for excellence in all we do. Learning is exciting, inclusive, dynamic and challenging. The highest standards of behaviour are always promoted. Here, the children are supported to succeed through taking risks and learning from mistakes. Pupils are prepared to become responsible, informed and creative global citizens who will contribute with insight, understanding and compassion to the rapidly changing world we live in (School Vision Statement June 2019).”*

Approval Date	Policy Reviewer	Title	Chair of Governors
28th January 2021	Ms Sally Simpson	Head of School	Jane McCarthy-Penman



## **Introduction**

The Parkland Federation is dedicated to providing an environment that promotes healthy eating and enables pupils to make informed food choices. This will be achieved by the whole school approach to food provision and food education documented in this policy. The policy was formulated through consultation between members of staff, governors, parents, pupils and health professionals.

## **Aims**

The main aims of our school food policy are:

1. To provide a range of healthy food choices throughout the school day
2. To support pupils to make healthy food choices and be better prepared to learn and achieve
3. To ensure a consistent approach to healthy eating across the school community including pupils, staff and parents/carers

## **Food throughout the school day**

### **Breakfast**

Breakfast is an important meal that should provide 25% of a child's energy requirement and supports pupils to be ready to learn at the start of each day. The schools' Breakfast Club is run independently for pupils from 7.45am – 8.45am.

### **School Lunches**

School meals are currently provided by Pabulum and are served between 11.45 am and 1.15pm in the dining hall. The school meals meet the mandatory requirements of the School Food Standards 2015.

School meals are planned on a 3 week cycle and always contain both a meat (no pork) and vegetarian option with jacket potato offered as an alternative. A self-service salad bar provides a wide range of salads and vegetables to encourage children to try new healthy foods. Menus are available on the school website.

### **Packed Lunches**

The school strongly encourages all pupils to have a school lunch as this ensures they are receiving a nutritionally balanced diet across the whole week. The following requirements for packed lunches have been developed in accordance with guidance from the Children's Food Trust.

Packed lunches should include:

- Some starchy foods such as bread (sliced bread, pitta bread, wraps and bagels), pasta, potatoes, couscous or rice (choose wholegrain where possible)
- At least 1 portion of fruit and 1 portion of vegetables or salad. One portion of vegetables/salad is roughly a handful (child size handful for a child's portion)
- Dairy food such as cheese or yoghurt
- Meat, fish, or another source of protein such as eggs, beans and pulses, hummus, falafel

Packed lunches should not include:

- Sweets or chocolate

You may include an extra low fat / low sugar snack such as a fruit scone, a plain biscuit, plain breadsticks, rice cakes or crackers.

The school provides water for all pupils at lunchtime and throughout the school day. For guidance, please see packed lunch suggestion sheet (Appendix 1)

### **Snacks**

The school understands that healthy snacks are an important part of the diet of young people. Early Years and Key Stage 1 children are all provided with a piece of fruit/vegetable during the morning. All pupils are encouraged to bring fruit/vegetables into school to eat at break-times or as an after school snack.

### **Drinks**

Water is freely available in the school. Pupils should bring in a named water bottle each day. Children are encouraged to refill their water bottle from the water cooler. Children should not bring in drinks other than water. Children are actively encouraged to drink water regularly throughout the day.

### **Special Occasions**

The school recognises the importance of celebrating birthdays and special occasions. Parents/Carers are requested to support the school policy by refraining from distributing sweets or cakes at school. For celebration events organised in school, we welcome a variety of healthy foods from different cultures, for children to try. Parental consent will be sought, including allergy alerts.

### **Curricular and extra-curricular activity**

Our curriculum supports the whole school food policy. There is a strong emphasis on the teaching of healthy lifestyle choices in all curriculum areas across the school. The Eatwell Guide is used throughout the school to support children's understanding of a balanced diet. (Appendix 2)

Lunchtime and after-school activities and clubs also support the teaching of healthy lifestyle choices.

### **Special dietary requirements**

The school does everything possible to accommodate pupils' specialist dietary requirements including allergies, intolerances, religious or cultural practices.

Individual Care Plans are created for pupils with food allergies. Pupils' food allergies are recorded in the school office and the school kitchen.

### Expectations of staff and visitors

The school expects staff to contribute to and support this food policy across the school day. Staff and visitors are expected to model good practice around food and drink in line with the policy, when in the company of pupils.

### Parents, carers and family members

Our relationship with parents/carers is very important and we aim to support them with information and advice around food, so that they are best prepared to make healthy choices for their families.

## Appendix.1

### How To Pack a Healthy Lunch in 4 Steps

Step 1: Main Course		
Tortilla roll-up	Bagel sandwich	Grilled chicken
Hummus and pita	Cheese and crackers	Hard-boiled egg
Turkey sandwich	Tina salad	Pastas salad
Pizza muffins	Soup (in a thermos)	Falafels & dip
Step 2: Fruits & Veggies		
Mini tomatoes	Dried fruit	Snap peas
Apple slices	Raspberries	Broccoli
Raisins	Strawberries	Salad
Oranges	Blueberries	Celery sticks
Banana	Watermelon	Carrot sticks
Step 3: Snacks and treats		
Cheese stick	Cheese crackers	Fruit snacks
Cottage cheese	Pretzels	Low fat chips/salsa
Dry cereal	Popcorn	Apple sauce
Step 4: Drink		
WATER		

# Appendix. 2-The Eatwell Guide

