

Kirk Smeaton CE Primary Healthy eating policy



Updated Sept 23

Overall aim of the policy:

To ensure that all food brought from home and consumed in school (or on school trips) provide the pupil with healthy and nutritious food that is similar to food served in schools, which is now regulated by national standards.

How and why the policy was formulated;

At Kirk Smeaton CE Primary School, we ensure the 'Every Child Matters Agenda' is given a high profile. This includes making healthy choices around food. If pupils & parents support us in our quest it will support Kirk Smeaton CE Primary School make a positive contribution to children's health and Healthy Schools Status.

- To encourage a happier and calmer population of children and young people.
- To promote consistency between packed lunches and food provided by schools. Please visit https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/788884/School-food-in-England-April2019-FINAL.pdf for more information.
- To contribute to the self-evaluation for review by Ofsted.

All food provided by school is regulated by National standards. Water are provided with all meals and children have access to drinking water throughout the day. Below is a list of foods that are accessible within the school day.

- **Breakfast club-** Breakfast cereals and a range of fresh fruits are available in the breakfast club.
- **After school club-** Children have access to fresh fruit.
- **Snacks-** children in KS1 and EYFS are provided with a piece of fruit daily. Children in KS2 are encouraged to bring a piece of fruit for a snack if they wish.
- **School dinners-** NYCC catering provide school dinners, which are regulated by National standards.

Packed lunches

Packed Lunches and dinners sit together in the dinner hall, there is no segregation.

Children can opt to bring a healthy packed lunch. We advise parents on the following;

- At least one portion of fruit and one portion of vegetables every day.
- A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day.
- Dairy food such as milk, cheese, yoghurt, fromage frais everyday
- Only water, (still) which is provided at the table or can be brought in the child's water bottle.
- No snacks such as crisps. Instead, include seeds, vegetables and fruit (with no added salt, sugar or fat). Savory crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice.
- No confectionery such as chocolate bars, chocolate-coated biscuits and sweets. Cakes and biscuits are allowed but encourage your child to eat these only as part of a balanced meal ie. Soren bars and not chocolate biscuits.
- Meat products such as sausage rolls, individual pies, corned meat and sausages / chipolatas should be included only occasionally.
- As fridge space is not available in school, pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible to stop the food going off.

Special diets and allergies

Be aware of nut allergies. We recommend you visit the www.allergyinschools.co.uk website for accurate, reliable information on managing allergies in schools.

The school also recognises that some pupils may require special diets that do not allow for the standards to be met exactly. In this case parents are urged to be responsible in ensuring that packed lunches are as healthy as possible. For these reasons' pupils are also not permitted to swap food items.

‘Let God's love shine as we care for each other and learn together.’

Assessment, evaluation and reviewing:

Packed lunches will be regularly reviewed by staff.

Please note: pupils with special diets will be given due consideration

Involvement of parents/carers:

Parents of pupils wishing to have packed lunches for a particular reason are expected to provide their children with packed lunches which conform to the packed lunch policy.

School dinner choices

Staff monitor the food that children eat and if a child is not eating well, it is communicated to parents and parents can opt to have a jacket potato. We offer an alternative to children/families who don't eat meats.

Food waste

We try and reduce waste down, we have a composting area that for the cook to add veg and peels. Staff are encouraged to compost any waste in school such as teabags, coffee grains etc.

Growing food in school

The school has an allotment area where a range of fruit and vegetables are grown. The produce is used with the children and where possible are sent to the kitchen to prepare with school dinners as part of a healthy diet.