



Policy for <b>Healthy Eating</b>		 
Date of policy:	January 2023	Committee: Premises and Health & Safety
Next review:	January 2024 Review period - Annually	

## 1. Introduction

The policy has been formulated:

- To make a positive contribution to children's health
- To encourage a happier and calmer population of children and young people
- To promote consistency between packed lunches and food provided by the school (adhering to the national standards set by government)
- To contribute to the school's self-evaluation for review by Ofsted

## 2. Healthy Eating

As part of our healthy eating:

- children are not allowed to bring sweets into school in lunchboxes or to eat at break times – sweets are only permitted on special occasions such as Christmas, Easter, WOW/Movie Nights and birthday celebrations
- fizzy drinks and gum are never permitted
- children are not allowed to eat chocolate bars (including chocolate-covered biscuits) or crisps
- lollipops are not allowed in school due to the potential hazards they pose (choking etc.)
- children are encouraged to eat fruit at break times

## 3. Drinks in School

### Milk

In EYFS and KS1 a carton of milk (which is kept refrigerated) can be supplied for the children – supplied by Cool Milk ([www.coolmilk.com](http://www.coolmilk.com)) on a daily basis – paid for termly in advance.

### Water

There is considerable evidence that dehydration causes tiredness and a lack of mental alertness in children. To help remedy this situation in schools, the "Water is Cool in School" campaign has publicised the need for children to have access to water in class. The campaign has found that the best way to keep children hydrated is for them to sip water at their desks.

Accordingly, children are encouraged to bring a drink of water from home (in addition to the drinks they normally bring for lunchtime). The water should be in a reusable plastic bottle with non-spill cap (no sports caps) and labelled with the child's name.

#### 4. Mid-Morning Snacks

EYFS and KS1 children currently receive a piece of fruit each day under the Department for Education (DfE) scheme. The fruit is eaten during the morning break. Parents are asked to inform the school if their child is allergic to a particular fruit.

All children are welcome to buy a mid-morning snack during the morning break. However, they will be limited in the amount of snacks they will be allowed to buy. Parents are able to order a mid-morning snack via ParentMail. School operates completely cashless and charges for breaksales are taken via ParentMail.

#### 5. Packed Lunches

Packed lunches should include:

- at least one portion of fruit and one portion of vegetable every day
- meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus and falafel) every day
- meat products such as sausage rolls, individual pies, corned meat and sausages/chipolatas should be included **only occasionally**
- a starchy food such as any type of bread, pasta, rice, couscous, noodles, savoury crackers, breadsticks, potatoes or other types of cereal every day
- dairy food such as milk, cheese, yoghurt, fromage frais or custard every day
- only water (still or sparkling), fruit juice, semi-skimmed/skimmed milk, yoghurt/milk drinks or smoothies

**PLEASE NOTE WE HAVE A NUMBER OF CHILDREN IN SCHOOL WITH ALLERGENS THEREFORE NO FOOD ITEMS CONTAINING NUTS WILL BE ALLOWED TO BE BOUGHT INTO SCHOOL AS PART OF A PACKED LUNCH.**

Cakes and biscuits are allowed, but parents are asked to encourage their children to eat these only as part of a balanced meal and be provided only as part of a healthy packed lunch.

As refrigerator space is not available in school, children are advised to bring their packed lunches in insulated bags with freezer blocks (where possible) to ensure the food remains fresh.

Children who bring in unhealthy packed lunches will be offered a healthy school meal which is chargeable on ParentMail. Parents will be reminded of the school's healthy eating policy and food standards in school.

#### 6. School meals

School lunches and food served at breaktimes are intended to provide the children with the energy and nutrition they need across the whole school day. They also aim to help children to develop healthy eating habits which will serve them well outside school.

As part of the School Food Plan, a new set of standards for all food served in schools was launched by the DfE. They became mandatory in all maintained schools, and new academies and free schools from January 2015. Meals provided at St. Modwen's follow these standards. For more information, please visit <http://www.schoolfoodplan.com/standards>

## **7. Evaluation and Review**

- Parents and children who do not adhere to the Packed Lunch policy (see section 5, above) will receive a leaflet informing them of the policy
- If a child regularly brings a packed lunch that does not conform to the policy, then the school will contact the parents directly to discuss this

**Note:** Due consideration will be given to any children who are subject to a special diet.