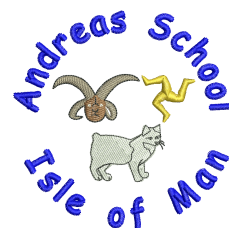


# Andreas School

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## Andreas School Healthy Eating (Draft)

### Rationale

This policy is founded within the vision of Andreas School. Good health is vital and healthy eating, being one of many contributors to this, can influence physical, mental and social well-being. At Andreas Primary School, the staff is dedicated to helping each child understand the role of healthy eating in achieving good health. We recognise the importance of food in our lives. We know that healthy eating is vital for good health and we understand that there is a strong link between a healthy diet and effective learning.

Our healthy eating policy recognises that the consumption of fruit and vegetables is needed for healthy growth and also to help prevent chronic diseases. It also recognises that the frequent intake of sugary foods and drinks causes tooth decay.

This policy has been drawn up in consultation with pupils and staff.

### Aims

- To provide opportunities for each child to access knowledge, understanding and skills related to healthy eating so that they may make informed choices.
- To raise awareness of the concepts of 'healthy eating' and 'balanced diet' and their importance in maintaining good health.
- To develop a positive attitude towards their eating habits.
- To provide opportunities within school to pursue a healthy diet, making healthier choices, easier choices.
- To help the children understand that some foods should be eaten in moderation.
- To limit the consumption of foods which are high in sugar, salt and fat.

### Curriculum Organisation and Delivery

In Foundation Stage, KS1 and KS2, healthy eating is addressed through:

- Cross-curricular links
- Discussion between the teacher and pupils and between the pupils themselves
- Whole class projects
- Assemblies

### Drinks

Drinking water has been proven by science to improve brain function. Studies show that even mild dehydration can impair many aspects of brain function and have a negative effect on mood. We encourage our pupils to drink regularly and water is available throughout the day. All children are encouraged to bring a named water bottle to school daily: these are stored in their classrooms, are easily accessible at all times and can be refilled from our water fountains. Pupils should bring their bottle home each day to be washed and refilled. As well as water, milk can be purchased through the school office for the children to drink at morning break.

It is important that children only fill their bottles with water. Fruit juice and squash are high in sugar, which can cause tooth decay. Also, because sugary drinks can be high in energy (calories), having these drinks too often can also lead to weight gain and obesity. NHS England states that the best drinks to give children are **plain** water and milk and that, if children do have sugary/sweet drinks, these should be limited to mealtimes rather than given as snacks in between meals.

At lunchtime, children bringing a packed lunch bring their own drink but it must not be a fizzy or energy drink. Children having a school lunch are provided with milk, fruit juice or water.

### **Lunchtime**

Children may choose to bring a packed lunch to school or they may purchase a meal prepared in the onsite kitchen. Children are encouraged to eat all their lunch but are never forced to eat anything. We gently encourage and will inform parents of pupils aren't eating.

### School Dinners

Our school meals service provides a good range of healthy meal choices in order to fulfil some of the daily nutritional requirements of primary school children. Meals meet minimum requirements for protein, zinc, iron and vitamins and don't exceed maximum recommended levels of salt, sugar and fat.

Menus are on a 4 week cycle and are completely changed twice a year, in the autumn and spring, to ensure pupils enjoy a variety of foods.

### Packed Lunches

For children who opt to have a packed lunch, we ask that packed lunches are in a named, airtight container. No sweets, nuts, or fizzy drinks are permitted. Packed lunches should include some fruit or vegetable e.g. piece of fruit, dried fruit, cherry tomato, raw carrot, cucumber wedge. Parents are encouraged not to include too many high sugar items. However, puddings can include a sweet treat e.g. a biscuit, a cereal bar, small chocolate bar or cake. The school provides a suitable storage area for lunch boxes. Any uneaten food is returned in the children's packed lunch boxes so the parents and carers can be aware of what the child has eaten whilst at school.

### **Snacks**

Children, especially young children, need to eat regularly, so nutritious snacks between meals are an important part of their daily food intake. Children are allowed to bring a snack for morning break. This snack should be stored in the classroom, not in the child's lunchbox which is often some distance from the classroom.

Sugar can damage teeth if eaten too often and large amounts of salt can cause long-term health problems, such as high blood pressure. Sugar-free, low-salt snacks are therefore recommended. Please see Appendix 1 for a list of appropriate items.

### **Prizes, Rewards and Treats**

Occasional treats, such as cakes, may be given out if they are part of the curriculum or for a special event. We believe that allowing some treats is important as it teaches the children about a balanced diet and approach to food. Such treats will be discussed and referred to as treats with a clear message that they are fine occasionally and in small amounts.

Staff try to ensure that classroom prizes and rewards are in line with the healthy food messages that are given in the rest of the school curriculum. Therefore, sweets and chocolate are not generally used as rewards, although occasional special rewards may be used at the Head's discretion. There is no requirement for children to bring treats back from holidays for their class. If pupils want to share their holiday memories they are encouraged to bring in a postcard to show their friends.

### **Tuck Shop**

We run a tuck shop on a Friday. The items sold here are low cost and are classed as treats so may include small sweets or crisps. They are discussed with the children in the terms referred to in the previous section. There is always a healthy option available e.g. raisins or bananas.

### **Staff**

Although staff may make their own choices about their food consumption in the Staff Room, they are encouraged to be a healthy role model when eating or drinking in front of the children.



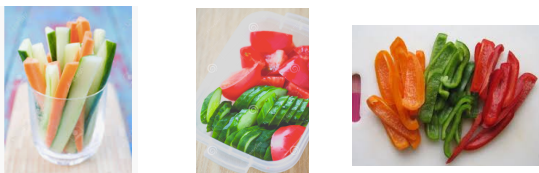











### **Equal Opportunities**

This policy is in line with the Department's policy on Equality.

**Date :** February 2019

**Review:** Annually. In addition, this policy will be reviewed as and when necessary based on on-going monitoring

## Appendix 1 - Snack guidance

These snacks are allowed	These snacks are not allowed
<p><b>Fresh Fruit</b></p> 	<p><b>Crisps (high salt and fat content)</b></p> 
<p><b>Fresh vegetables</b></p> 	<p><b>Chocolate bars, sweets, brioche and cakes</b></p> 
<p><b>Bread sticks/crackers (take care that they aren't salty)</b></p> 	<p><b>Biscuits</b></p> 
<p><b>Dried fruit (plain or covered in yoghurt)</b></p> 	<p><b>Cereal bars/rice krispie bars (high sugar content)</b></p> 
<p><b>Cheese</b></p> 	<p><b>Chocolate covered raisins/ dried fruit</b></p> 
<p><b>Rice Cakes (plain, not covered in chocolate or salt)</b></p> 	<p><b>Bear yoyos/fruit winders (high sugar)</b></p> 
	<p><b>Peperami (high salt content)</b></p> 
	<p><b>Nuts (due to possible allergies)</b></p> 
	<p><b>Yoghurt tubes/yoghurt on a stick (often high sugar but also single use plastic).</b></p> 

## Appendix 2 : Lunchbox ideas

It can be difficult coming up with new and different ideas for lunch boxes, but change for life lunchboxes have some great ideas (<http://www.nhs.uk/Change4Life/Pages/healthylunchbox-picnic.aspx>). Here are some example menus. You will see that there are still some 'cake' items that are still allowed.

### Monday

Banana sandwich with wholemeal bread

Tomato

Boiled egg

Low-fat fruit yoghurt

Small box of raisins

Semi-skimmed milk

### Tuesday

Tuna and sweetcorn wholemeal roll

Reduced-fat cheese triangle

Satsuma

Biscuit or cereal bar

Apple juice, unsweetened

### Wednesday

Pasta and sausage salad (with spring onion and red pepper)

Stewed apple and blackberry with crumble top

Reduced-fat natural yoghurt

Bottle of water

### Thursday

Edam cheese, ham and lettuce pitta pocket

Tomato

Small flapjack or biscuit

Nectarine

Reduced-fat yoghurt drink

### Friday

Humous, red pepper and grated carrot wrap

Grapes

Creamed rice pot

Slices of malt loaf or cake

Bottle of water