



Talavera Junior School
HEALTHY EATING POLICY

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Signed: Naomi Catterall (Policy Owner)

Print Name: Naomi Catterall

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Signed: _____ (Governor Approval)

Print Name: _____

Approval Date: _____

POLICY STATEMENT

Talavera Junior School is committed to the health and well-being of the children in our care. We believe that healthy eating is vital to their physical health and increases their chances of success in school. As such, our recommendation for all children is that they eat school lunch each day. We understand that the excess of sugar, salt and fat in many foods are contributing to the increase in obesity, diabetes and tooth decay in children; this has become even more important following the release of information that childhood obesity has increased during lockdown. We also understand the increasing weight of evidence that says that good diet directly affects school performance. We believe that we would be failing in our duty to provide the best possible education for our children if we did not recommend healthy school lunches for all.

We recognise that some parents will want to provide a packed lunch and these guidelines are intended to support parents in ensuring that these are as healthy as possible.

AIMS

- To ensure that all packed lunches brought from home and consumed in school (or on school trips) provide pupils with healthy and nutritious food that is similar in quality to food served in schools, which is required to meet national standards.
- To support the wider provisions of the Whole School Food policy, of which this is part.
- To support the government in their drive to curb childhood obesity

OBJECTIVES

- To promote consistency between packed lunches and food provided by schools which must adhere to national school food standards
- To make a positive contribution to children's health, reducing the risk of obesity, diabetes and tooth decay
- To encourage a happier and calmer population of children and young people
- To make clear what foods should NOT be brought into school

IMPLEMENTATION

This policy applies to all packed lunches brought into school for eating within school or on school trips. It has been shared and discussed with children, parents, staff and governors and is based on a template from the Children's Trust.

THE POLICY

- The school will provide appropriate and attractive facilities for all pupils when eating their lunch and ensure that free, fresh drinking water is available at all times.
- The school will work with parents to encourage packed lunches to meet the standards listed below.
- As fridge space is not available, pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible.
- The school will enable pupils eating packed lunches and pupils eating school lunches to sit together.
- Packed lunches **should include**:
 - ✓ At least one portion of fruit and one portion of vegetables **every day**.
 - ✓ Meat, fish, eggs or a non-dairy protein (e.g. lentils, kidney beans, chickpeas, houmous, falafel) **every day**.
 - ✓ Oily fish, such as salmon or tuna, **at least once every 3 weeks**.
 - ✓ A starchy food such as any type of bread (white or wholegrain rolls, pitta bread or wraps), pasta, rice, couscous, noodles, potatoes or another cereal **every day**.
 - ✓ A drink of water, fruit juice, or smoothie (maximum portion 150mls), semi-skimmed, 1%fat or skimmed milk, yoghurt or another milk drink.
- Packed lunches **can occasionally include**:
 - ✓ Meat products such as sausage rolls, individual pies, corned meat and sausages.
 - ✓ Cakes and biscuits, but encourage your child to eat these as part of a meal
- Packed lunches **should not include**:
 - ❖ Salty snacks such as crisps- instead include seeds, vegetables and fruit with no added salt, sugar or fat.
 - ❖ Confectionary such as chocolate bars, chocolate- coated biscuits, chocolate coated cereal bars, processed fruit bars and sweets.
 - ❖ Any type of nut due to pupils who suffer with serious nut allergies.

- ❖ Sugary soft drinks, such as squash and fizzy drinks (even if labelled as 'sugar-free', 'no- added sugar' or 'reduced sugar' as these drinks can contribute to tooth decay and provide little nutritional value).

HEALTHY EATING WITHIN THE WIDER SCHOOL DAY

- During break times, we encourage children to bring a snack with them and this should be either a piece of fruit or vegetables. Cereal bars (that do not contain yogurt or chocolate coating) and healthy oat based snacks are also allowed.
- Children will not be offered unhealthy food rewards as incentives for exceptional work. The school's reward system for good work and behaviour will be enforced by all teachers.
- Foods will only be used occasionally in lessons where it will serve a strong educational purpose. Where possible, foods used will follow the school's recommended guidelines and only on very few occasions may non-listed foods be used.
- The school understands that some children may still like to offer the class sweets on special occasions such as their birthdays. This will still be permitted as long as parents fully support the school's healthy eating guidelines throughout the year.
- In the event that a special occasion were to take place where unhealthy foods may be served (e.g. leavers' parties), parents will be informed and permission will be sought.

STAFF INVOLVEMENT

- Teachers will deliver planned lessons on healthy eating to provide children with the appropriate knowledge needed for them to make wise and informed choices. These lessons will also help pupils to understand the origin of different food products.
- Staff will encourage children to try new foods and create a comfortable environment/ atmosphere for all children to enjoy their lunch.
- Staff will monitor lunch boxes to ensure that each child has a healthy and satisfying lunch provided.
- Staff will liaise with parents where necessary to support them in following the school's guidance for healthy eating.
- Lunch time caterers/supervisors will have opportunities to regularly meet with School Council Representatives to monitor the success of lunchtimes and the healthy eating policy.

- Staff will adhere to the policy themselves and will not eat/drink non-recommended food substances while in the presence of children.

INVOLVEMENT OF PARENTS/ CARERS

We encourage all children to eat school lunches. However, parents of pupils wishing to have packed lunches for a particular reason are expected to provide their children with packed lunches which are in line with our packed lunch policy. In turn, the school will keep the parents informed through regular updates on the school newsletter and website.

SHARING THE POLICY

The school will ensure that all parents are aware of the school's healthy eating guidelines via the school newsletter and website.

The school will use parents' evenings to promote this policy as part of a whole school approach to healthier eating.

The policy will be shared with all school staff, including teaching and catering staff.

Linked Policies:

- PSHE Policy (including SRE and Drugs)