



Brindle Gregson Lane

Healthy Eating Policy

Leader	Date of issue	Review date	Other documents	Headteacher Signed	Chair of Governors Signed
Mrs Wilson	March 2023	March 2024		L.Wilson	A.Mills

At Brindle Gregson Lane Primary School, we strive to educate our children with the skills, knowledge and understanding to enable them to make informed, healthy lifestyle choices. We aim to work in partnership with parents and guardians in securing the best food choices for every child.

Aims:

- To help children develop an understanding of healthy eating.
- To ensure children have a suitable midday meal/mid-morning snack that sustains and prepares them for personal development and learning.
- To promote national standards for healthier eating (DfE: School Meals Food Standards).
- To provide fresh drinking water throughout the day including meal times.
- To support parents and guardians in providing a healthy packed lunch/snack.

Water:

At Brindle Gregson Lane Primary School, we aim to promote the drinking of water throughout the day. As a general rule of thumb, children aged 4-13 should drink 6-8 glasses of water per day.

Children should bring in water bottles filled with water only. Any flavoured water or juice will be sent home and instead, children will be provided with fresh drinking water and a cup to use throughout the day.

During lunch time, all children will have access to water. Jugs and cups will be provided on every table for children to 'play their part' and serve themselves and others.

Midday Meal:

School dinners, which promote national standards for healthier eating, are available daily. Our school adheres to the guidelines set out by the government on what can be included in school dinners provided by schools.

For further information please see the link below:

<https://www.gov.uk/school-meals-food-standards>

Please contact the school office if you wish to discuss how you can order a school meal for your child.

Children can choose to bring in a packed lunch. Brindle Gregson Lane Primary School monitor school lunches to ensure that they are balanced, healthy and are in line with this policy.

The contents of a healthy lunch box should consist of:

- protein
- carbohydrate
- fruit/veg
- a small, sweet treat (equivalent to what children would receive on a school lunch for example a cookie, a small cupcake)

Children may choose to bring in crisps, on occasions, as part of a balanced diet, however alternatives with no added salt, sugar or fat content are recommended. Savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice.

Packed lunches should not include:

- Confectionery such as chocolate bars and sweets.
- Drinks
- Hot food (due to health and safety guidelines)

Jugs of fresh water and cups will be provided over lunch for all children to drink water.

Mid-morning/afternoon Snacks:

All children in KS1 receive a piece of fruit or vegetable everyday as part of the Government's School Fruit and Vegetable Scheme. This is provided as part of afternoon playtime snack.

Toast is available from Year 1-6 as a mid-morning snack. If you wish for your child to have toast, please notify the school office.

EYFS

In EYFS, we recommend all children take part in our rolling snack programme which is a payable item through School Spider. The rolling snack provides a range of healthy snack for children to try. It encourages children to try new foods they may not be willing to try at home. This programme is in addition to the fruit they will also receive in the afternoon through the Government scheme. However, if you do not wish your child to take part then they can also bring in a snack. The guidelines for snack from home are outlined below.

Snack from Home

Children may want to bring in a mid-morning snack in from home. Children will only be allowed to eat 1 snack during morning break.

Please do not send your child into school with more than one snack.

All snacks must be placed into the snack box at the beginning of the school day. Children will not be permitted to go into their lunch boxes and get out their snack during break times.

Below are items taken from the NHS and Change4life guidelines on healthy snacks. We ask for your support to help us adhere to these guidelines at Brindle Gregson Lane:

Snack items:

- Chopped up raw vegetables– e.g. carrots, cucumber or peppers
- Chopped up fruit/Whole fruit – e.g. apple, satsuma, strawberries, halved grapes, melon slices
- Breadsticks
- Toast- payment made payable through School Spider.

Dried fruit is not recommended as a snack between meals as it is high in sugar and can be bad for teeth (but this is ok when eaten as part of a meal).

Mid-morning Snacks should not include:

- Chocolates, crisps or sweets.
- Larger food items that are classed under “midday meal” such as a sandwich.
- High sugar content snacks such as a cereal bar.

For more ideas for snacks or healthy packed lunches please visit:

<https://www.nhs.uk/Live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/>

SEND/Special Diets /Allergies

The school recognises that some pupils may have verified medical conditions requiring special diets. Children may also have an additional need which impacts on their food/drink choices. In this case, parents/guardians are asked to notify the school office or SENCO.

For these reasons pupils are:

- not permitted to swap food items.
- not permitted to bring nuts and nut products in packed lunchboxes/for mid-morning snack.

Monitoring and evaluation

On a daily basis, whilst supervising in the dining hall/playground, staff will monitor contents of packed lunchboxes/mid-morning snacks. Staff will use this as an opportunity to talk with children about their diets and to encourage healthy eating and drinking. If any concerns arise, staff will make a note of this on CPOMS.

Children who do bring in a packed lunch, will not dispose of any contents in the school litter bins. All packets will remain inside packed lunches in order for parents/guardians to view what food has been eaten over lunch.

If lunchbox contents/mid-morning snacks fall short of the expectations outlined within this policy, a reminder of the policy will be provided to parents. If concerns persist, a meeting between school and home will be arranged as a means of providing support and opportunity for discussion with parents.

In notifying parents, we aim work alongside them in order to educate our children about healthy dietary choices so that children, through the understanding of a balanced diet, will develop a greater understanding of a healthy lifestyle.

PTFA Events

As part of our fundraising for the school, PTFA will organise events that include purchasing food (e.g. cake sales). As a school, we will work with PTFA to ensure that there is a balanced offering of food at PTFA events to support our healthy eating policy. We will continue to run cake sales and other such initiatives keeping our healthy eating policy in mind. This is an opportunity for us to educate the children around moderation and the idea of “treats” as part of a balanced diet. It is a key part of their education that they learn to regulate their own eating habits and eating choices

This policy will be shared with children via school assembly and on-going reminders during staff monitoring (playground/dining hall)

This policy will be distributed to parents via school newsletter attachment and will be published on the school website.