



Colliers Green CofE Primary School

Colliers Green, Cranbrook, Kent. TN17 2LR

Document Control Sheet

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Document History

Date:	Summary of Changes:
March 2022	Previous version updated to reflect introduction of Natasha's Law, where healthy eating is taught in the curriculum, plus tightening up on language regarding snacks at playtime.

Introduction

The school is dedicated to providing an environment that promotes healthy eating and enables pupils to make informed food choices. This will be achieved by the whole school approach to food provision and food education documented in this policy. The policy was formulated through consultation between members of staff, governors, parents and pupils.

Aims

The main aims of our school food policy are:

1. To provide a range of healthy food choices throughout the school day and in line with the mandatory school food standards.
2. To support pupils to make healthy food choices and be better prepared to learn and achieve.
3. To ensure a consistent approach to healthy eating across the school community including pupils, staff and parents/carers.
4. To take a whole school approach to healthy eating, to ensure that messages taught in the curriculum are echoed and reinforced by the type of food and drink provided in school.

School lunches

School meals are provided by Cranbrook School and served between 12 and 1 in the dining hall. The school Meals meet the mandatory requirements of the school food standards. School meals are planned on a 3-week cycle and always contain a meat, vegetarian and jacket potato option. Salad and fruit is also available. School meals menus can be found on our website. Cranbrook School is committed to using high-welfare, local ingredients to make their meals where possible. Water is provided freely for all children during lunchtime.

Universal Free school meals

From September 2014, all children in Reception, year 1 and year 2 in state funded schools in England have been eligible for free school lunches. The school fully supports this, encouraging children to have their free school meal. Research shows that a school lunch is nutritionally superior to most packed lunches and can lead to improved behaviour attainment.

Fruit Scheme (KS1)

The school is part of the national Fruit and Vegetable scheme. Children eat their fruit as part of circle time and they are assisted with chopping/washing as appropriate.

Milk

The new food standards require that milk must be available during the day during school hours. This standard can be fulfilled by being part of the cool milk scheme.

<https://www.coolmilk.com/>

Packed Lunches

The schools packed lunch policy is developed using guidance from the children's food trust. The guidance aims to support pupils to have a balanced lunch and best prepare them for learning in the afternoon.

- Some starchy foods such as bread (sliced, pitta bread, wraps, bagels) pasta, potatoes, couscous, choose wholegrain where possible.
- 1 portion of fruit and 1 portion of vegetables or salad.
- Dairy food such as cheese or yoghurt
- Meat, fish or another source of protein such as eggs, beans and pulses, hummus, falafel
- Oily fish once every 3 weeks e.g. sardines or salmon.

Packed lunches should keep to a minimum;

- Crisps or starchy snacks
- Any items containing chocolate including bars, biscuits and cakes

No Sweets should be in school.

The school provides water for all pupils at lunchtime.

For further guidance and menus please visit www.kent.gov.uk/social-care-andhealth/healthchange4life And or the Eatwell plate.

- Nuts, Peanut butter and other products with nuts, should not be brought into school, we aim to keep a nut free environment.

Start Active club

All pupils have the option to attend the Start Active Club run by Premier Sports (breakfast club). This daily club provides children with a nutritious breakfast followed by 30-minutes of physical activity.

School trips

Children are welcome to bring their own packed lunches on trips, however these lunches must adhere to the same food guidance described above.

Snacks

The school understands that healthy snacks can be an important part of the diet for young people.

In Classes 1 and 2, snacks are provided during the morning and include fruit and vegetables.

Pupils are able to bring into school to eat at break times, provided that they are healthy snacks such as fruit and vegetables. The school does not permit the consumption of snacks high in fat and free sugars at break-time.

Advice is available from the children's food trust.

www.Childrensfoodtrust.org.uk/schools/the-standards/revised-standards/other-than-lunch

Curriculum

Healthy eating is taught in age-appropriate manner as part of RSHE, D&T, PE and science. Children are taught where their food comes from, and the importance of eating a balanced diet. They are helped to make healthy choices, or swaps to their current diet in order to better get the nutrients that their bodies need to be strong and healthy.

Special dietary requirements

Many people follow diets related to their culture or religious beliefs and the school will make every effort to provide meals for all children. Parents need to inform the school of any special diet required.

- Medical Diets
Individual care plans are created for pupils with medical dietary needs/requirements. These documents symptoms and adverse reactions and actions to be taken in an emergency.
Parents must advise the school of any medical diets, including allergies and intolerances.

Allergens

Following Natasha's Law coming in to effect on 1st October 2021, all pre-packaged food that is distributed on site must be correctly labelled with a full ingredient list and any potential allergens. This does not apply to any food that is not packaged on site.

Events and celebrations

From time to time, there may be a special occasion whereby the children are offered a treat e.g. pancake day, cake sales. These are all entirely optional, and the children do not have to eat the food if they do not wish to. For cake sales, parents are asked to state the ingredients included in any cakes (or ideally, provide them pre-packaged) to ensure that allergens are clearly identified.

Dissemination of the policy

The school will write to all new and existing parents/carers to inform them of the policy via the school newsletter. The policy will be available on the school website.

The school will use opportunities such as new parents' evenings and PSHE lessons to promote this policy as part of a whole school approach to healthier eating.

All school staff, including teaching and catering staff will be informed of this policy and will support its implementation.

Useful websites

<https://whatworkswell.schoolfoodplan.com/>

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

<https://nhs.uk/livewell/goodfood/pages/eatwell-plate.aspx>

Monitoring and review

This policy has been developed in consultation with staff, pupils, parents/carers and governors.

This policy will be reviewed every two years.