

Kings Road CPS



Healthy Eating
Policy

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Excellence without compromise



Kings Road Primary School Healthy Eating Policy



Rationale

We are committed to encouraging and developing positive attitudes towards a healthy diet and lifestyle. Food is central to life and therefore an important part of school life and the activities we engage in. We also believe that adults (staff, parents and carers) should be good role models and have access to information which will help them to provide healthy food for children.



Healthy Eating

Kings Road is a UNICEF Rights Respecting School and as such our policies reflect the UN Convention on the Rights of the Child. The following articles are particularly relevant to this philosophy and principles of this policy: Article 24, Article 27

Objectives

- To promote a school environment and ethos which promotes a healthy lifestyle.
- To ensure that the food and drink available across the school day reinforces the healthy lifestyle message.
- To provide high quality physical education, school sport and physical activity as part of a lifelong healthy lifestyle.
- We will maximise the take-up of Free School Meals by tackling any barriers to taking up this entitlement.
- To promote an understanding of the full range of issues and behaviours which affect lifelong health.

Current Framework

Our aim is to ensure that all packed lunches and snacks brought from home and consumed in school provide pupils with healthy and nutritious food that is similar to food served in schools, which is now regulated by national standards.

We will encourage all pupils to eat and drink as much of their morning snack or lunch as possible. As fridge space is not available in school parents are advised to send in packed lunches in a cooler bag or food that does not require refrigeration.

Healthy packed lunch

On a daily basis the staff in school see what children have in their lunch boxes whilst supervising in the dining hall. This is an opportunity for them to talk with the children about their lunchboxes and to encourage healthy eating and drinking. We may send parents practical guidelines (see below) around what foods should be in a lunch box if contents regularly fall short of the expectations in this policy. We want to work with parents to educate our children about healthy dietary choices so that they can make their own informed choices independently when they are older.

If your child has not eaten enough of their lunch, we will send it home in their lunch box in order for you to see.

We recommend that packed lunches include:

- At least one portion of fruit and or vegetables (this could include dried fruit)
- A sandwich or carbohydrate that includes a healthy savoury filling (e.g. egg, tuna, cheese, cooked meat or other source of non-dairy protein (e.g. lentils, chick peas, hummus)
- A yoghurt or fromage frais
- A bottle of water
- As a treat once a week children may bring in a bag of crisps.

Packed lunches should not include

- Confectionery such as chocolate bars, chocolate coated biscuits and sweets.
- No fizzy drinks.

Nuts and nut products (e.g. peanut butter) should never be sent to school because of allergy concerns. Neither are children allowed to share food items for this same reason.

Mid – Morning Break

Foundation Stage and Key Stage 1

All FS and KS1 classes include a free break time snack of washed fruit or vegetables to all children, which is eaten outside on the playground or in the classrooms if it is raining. Please no crisps, chocolate or sweets to be sent to school.

KS2

Children are recommended to bring a piece of fruit from home such as a banana or a healthy snack bar for their play time snack. Children are also able to buy toast at a cost of 20p per piece at morning play time. Please no crisps, chocolate or sweets to be sent to school.

Water

Water will be available at all times. We encourage all pupils to bring a plastic bottle of water which can be kept at school and will be filled and emptied each day. This will allow children to have access to fresh drinking water throughout the day.

It has been recognised that children's concentration and behaviour improves when children drink water regularly. Dehydration can give children headaches and make them tired.

Formal Curriculum

Food plays a key role in the education of pupils. Healthy eating messages are taught through Key Stage assemblies and reinforced in the formal curriculum through Science and PSHE and through links to other areas e.g. French, Geography, RE and Design Technology. Kings Road provides a safe environment in which children can voice their opinions about health and education.

Treats that are sent into school to celebrate birthdays are allowed. Where possible these will be distributed at home time so parents are able to monitor this.