



Title:	Healthy Eating and Nutrition Policy
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EQUALITY AND DIVERSITY STATEMENT

Astley Park School is committed to the fair treatment of all in line with the Equality Act 2010. An equality impact assessment has been completed on this policy to ensure that it can be implemented consistently regardless of any protected characteristics, and all will be treated with dignity and respect.

POLICY REVIEW

To ensure that this policy is relevant and up to date, comments and suggestions for additions or amendments are sought from users of this document. To contribute towards the process of review, please contact the author of the policy.

Healthy Eating and Nutrition Policy

Purpose: To promote the health and well-being of pupils by encouraging healthy eating habits and providing nutritious food options.

Scope: This policy applies to all pupils, staff, and visitors within the school premises.

Policy Statement: Astley Park School is committed to fostering a healthy environment that supports the physical and mental well-being of our pupils. We recognise the importance of nutrition in academic performance, readiness to learn and overall health. Therefore, we aim to provide and promote healthy food choices and educate our pupils about the benefits of good nutrition. By implementing this healthy eating and nutrition policy, our school aims to create a supportive environment that encourages pupils to make healthy food choices and develop lifelong habits that contribute to their overall well-being.

Objectives:

1. **Provide Nutritious Meals:** Ensure that all meals served in the school meet nutritional standards and guidelines.
2. **Promote Healthy Snacks:** Encourage the consumption of healthy snacks and limit the availability of sugary and processed foods.
3. **Nutrition Education:** Integrate nutrition education into the curriculum to teach pupils about healthy eating habits and the importance of a balanced diet, as per statutory Health Education guidance.
4. **Physical Activity:** Promote regular physical activity as part of a healthy lifestyle.
5. **Parental Involvement:** Engage parents in the promotion of healthy eating habits at home and provide resources to support them.
6. **Wellbeing:** To support regulation through healthy choices.
7. **Compliance:** It is mandatory for all maintained schools to comply with School Food Standards.

Packed Lunches

The school will provide facilities and appropriate social dining arrangements for pupils bringing in packed lunches. School will ensure that free, fresh drinking water is always readily available. Fridge space is not always available in school, therefore parents are advised to send packed lunches in insulated bags, with freezer blocks where appropriate, to keep the food at a suitable temperature for storage and prevent it going off. The school will ensure that pupils who eat packed lunches and those who eat school dinners will be able to sit and eat together, taking into account the individual needs of our pupils.

At Astley Park we recognise that many of our pupils follow special diets, have

allergies or eat restricted diets due to their additional needs or because of their sensory needs, and this means that they may not be able to follow the following guidance completely. In this case parents are urged to be responsible in ensuring that packed lunches are as healthy as possible.

The following guidance is provided as **recommended** content for packed lunches:

- At least one portion of fruit or vegetables
- A portion of meat, fish or other source of non-dairy protein, oily fish should be provided regularly where appropriate.
- A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other types of cereals.
- Dairy food such as milk, cheese, yoghurt, fromage frais or custard.
- Water, still or sparkling, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies.

It is **recommended** that packed lunches should not include:

- Snacks high in sugar, salt and unhealthy fats such as crisps, chocolate, biscuits, cakes and sweets. Where pupils require a phased change to their diet, a reduction in quantity and a healthier version could be introduced in the first instance.
- Processed meat products such as sausage rolls, individual pies, corned meat and sausages / chipolatas should be included only occasionally.

Packed lunches **should not** include:

- Fizzy drinks, unless this is sparkling water.

Snacks

In our Primary Phase, snacks will be provided by the school during the morning and afternoon. In our Secondary Phase, snacks will be provided in the morning.

In the morning, pupils will be offered toast with butter, sugar-free cereals or fruit alongside water, sugar-free juice or milk.

In the afternoon, in our Primary Phase, pupils will be offered fruit and vegetables, alongside water, sugar-free juice or milk.

Some pupils may require crunchy snacks as part of their sensory diet. These will be provided in the form of crunchy fruits and vegetables, crackers or breadsticks.

Parents will be asked for a contribution of £1 per week towards these snacks.

Parents who choose to send in their own snacks for their children are encouraged to follow the packed lunch guidance above.

Drinks

Throughout the day, pupils will be offered water and sugar-free juice. During hot weather periods, ice will be available for pupils to have in their drinks.

Community Visits

If classes are engaging in food-related community visits, these should be limited to once a week and pupils should be encouraged to make healthy choices whilst in the community. Parents will be asked to contribute towards the costs of these visits.

Cooking and Nutrition

Where pupils make their own food during cooking sessions, staff should follow Eat Well guidance and support pupils to make healthy, balanced meals or low-sugar snacks.

Parents will be asked to contribute towards the cost of ingredients for cooking sessions, and where possible, pupils will go shopping for these as part of their curriculum.

Please see our My Thinking and Problem-Solving curriculum policy for further information.

Broader Curriculum

Any foods used throughout the curriculum, such as in Sensory Stories. Sensology and Enterprise sessions should be in line with this policy. High sugar, high salt, and high fat foods should be avoided.

Reward Visits

Treats will be provided on reward visits termly, and pupils will learn that treats can be part of a healthy lifestyle when in moderation.

Celebrations

Many families like to celebrate their child's birthday and other special events by bringing in a cake or sweets for the setting to share. We recommend that any food brought in from home is balanced and meets the guidelines above (for example these could include fruit platters, or non-edible options to celebrate such as bubbles or stickers). We have a duty to check for any potential allergens. If not already well-labelled on the packaging, parents must inform school of any allergens if sending food into the setting to share

In rare instances, there are occasionally multiple birthdays within the same week within a class. This can mean that some children are eating these unhealthy foods several times a week. If wishing to send in a birthday cake or treat, parents should contact school ahead of time, so that celebration food can be well-managed and a joint celebration can be arranged. Due to their additional needs, we acknowledge that for some of our pupils, an in-class celebration is their only opportunity to have a birthday celebration with cake with their peers, This is part of pupils learning that

treats can be part of a healthy lifestyle, when in moderation, and part of their learning about celebrations.

Out of school clubs

Our out of school clubs will provide snacks and lunches as per the above guidance.

Staff and visitors

Staff and visitors at Astley Park School will role model healthy eating and drinking in and around the school.

Assessment, evaluation and reviewing:

Packed lunches will be regularly reviewed by staff and support provided to parents and children where appropriate. Healthy eating will be promoted within school, and motivators such as certificates may be used. Parents and pupils who do not adhere to this policy will be supported and provided with information on developing a healthy eating routine.

Parents are invited to discuss their child's needs and eating habits at Parents Evening, Annual Reviews and via email, telephone conversations and through daily messages in the home-school diary.

Please note that parents of pupils with special diets and restricted eating habits will be given due consideration and advice.

National guidance:

- The Requirements for School Food Regulations 2014
<https://www.legislation.gov.uk/ukxi/2014/1603/contents/made>
- School Food Standards <https://www.gov.uk/government/publications/school-food-standards-resources-for-schools>
- Statutory health education guidance
<https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education/physical-health-and-mental-wellbeing-primary-and-secondary>
- Eat Well Guide (NHS) <https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/>
- Nutrition Guidance for Early Years Providers
https://assets.publishing.service.gov.uk/media/67f8e61c04146682e61bc84c/Nutrition_guidance_for_early_years_providers.pdf

Dissemination of the policy:

This policy will be available on the school's website. The school will use opportunities such as parents' evenings, curriculum links and special events as part of a whole school approach to healthier eating. Healthy eating guidance and packed lunch advice will be shared with current parents and parents of new child, prior to admission.