

# Healthy Eating Policy



**Intent** - At Delph Side Primary School, our intent is to educate pupils to have the knowledge and understanding about healthy eating, allowing them to make healthy choices.

**Implementation** - Pupils will gain the knowledge and understanding about making healthy choices through our curriculum. The importance of balanced nutrition and healthy food choices is explicitly taught through Science, PSHE (Jigsaw) and DT curriculum.

**Impact** - By giving pupils this information, it will impact their understanding of what healthy eating is and encourage them to make healthier choices. Pupils will have the skill to set the foundations for a healthy lifestyle in the future.

## **Snack**

EYFS will benefit from snack time in the classroom encouraging and developing social skills. This costs £1 per week and a selection of healthy snacks will be provided by the EYFS team.

KS1 and KS2 have access to free fruit, toast and occasionally yogurts for a morning snack if they want it, or they can bring in their own fruit snack.

No other snacks are permitted at break times. Pupils can have bottled water at snack times and in the classroom. Juice can be given for lunch.

We recognise that there may be children with medical conditions or SEN that require specific exceptions regarding snack. At times, we will ask for a letter from the paediatrician. Please speak to a member of staff if there are any concerns.

## **Lunches**

Parents and carers are encouraged to provide their children with a healthy packed lunch. Find healthy lunchbox ideas here:

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

### **NOT permitted in packed lunches:**

- Chocolate bars
- Sweets, polos, lollipops or hard-boiled sweets
- Fizzy drinks
- Anything containing nuts e.g. peanut butter, Nutella, hazelnut-based products

Please note, grapes are a choking hazard and **should** be cut in half lengthways.

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## **Nuts**

We are a nut free school. Nuts and nut products (e.g. peanut butter, Nutella, hazelnut-based products) should never be sent to school because of allergy concerns.

## **Allergies and Food Intolerances**

A record of allergies is kept in school; however, it is the parents' responsibility to inform the school of any changes relating to dietary requirements and food allergies.

## **Treats**

Treats that are sent into school to celebrate birthdays are allowed.

If school have any concerns about pupils eating, they will contact parents via seesaw.

Date: February 2025

Written /Reviewed by: Mrs Brady