



**Harlowbury**

**"Believe, Succeed, Inspire"**

**Primary School**

## **Healthy Food Policy**

**Autumn 2021**

### **Aims**

Harlowbury Primary School aims to promote the health and well-being of children, parents and staff by ensuring that all food provision and food messages are healthy and consistent. We know healthy children learn more effectively. We promote and encourage healthy and balanced eating behaviours and aim to protect the nutritionally vulnerable.

### **Context**

- Harlowbury School has 200 pupils.
- Since 2014, all EYFS and KS1 children have been entitled to a free school lunch.
- The number of children entitled to free school meals is approx. 60.
- Currently there are 20-25 KS1 and 70 KS2 children who eat packed lunches.

### **Policy**

This policy has been created with the input of the Healthy Schools Leader, SLT, parents, governors, teaching staff, children who make up the Sports Crew, cook, MDAs and DT Leader.

### **Water**

Children have access to water throughout the day (there are outside and inside water fountains) and access using cups or bottles in the classroom and at lunchtime.

### **Breakfast Club**

This has been running since 2 years and approx. 25 children attend daily in the school hall.

Children arrive from 7.40am. They interact over breakfast prepared by staff (sugar free cereals, milk, white and brown bread, sugar free jam, raisins and other dried fruit and fresh fruit and juice). They interact and play physical or board games, read and other activities. This costs £3 per day; with a 75% discount for parents and carers entitled to free school meals.

### **Snacks**

We know how important it is that your child has the right fuel to keep them going from breakfast until lunch. The NHS guidance from 'change 4 life' advises that snacks are kept to snacks under 100 calories. We hope that the

guidance below will help you when choosing what to send in and what to leave for treats at home. Please remember that all key stage 1 children have the option of free fruit and vegetables as part of the government school fruit and vegetables scheme. Therefore, there is no need to send a snack for key stage 1 pupils from home if you choose not to.

**EYFS children do not need an additional snack as they are provided with milk and fruit at school.**

**Also please remember we have a strict NO NUTS AND NO CHOCOLATE policy at Harlowbury because of allergies for both staff and children.**

In the interests of promoting a healthy balance we no longer encourage parents to send sweets and treats in for their child's birthday nor encourage sweets and treats to be used as rewards in school.

#### Choosing a healthy snack

- Look at the nutritional information per 100g(%).
- Find a snack with a low-medium fat and sugar content - and no nuts or chocolate.
- Look at the food traffic light rating on the sides of packets – Leave the red rated foods for treats.

Each serving (150g) contains

|                             |                    |                          |                       |                     |
|-----------------------------|--------------------|--------------------------|-----------------------|---------------------|
| Energy<br>1046kJ<br>250kcal | Fat<br>3.0g<br>LOW | Saturates<br>1.3g<br>LOW | Sugars<br>34g<br>HIGH | Salt<br>0.9g<br>MED |
| 13%                         | 4%                 | 7%                       | 38%                   | 15%                 |

- **Red** means the product is high in a nutrient and you should try to cut down, eat less often or eat smaller amounts.
- **Amber** means medium. If a food contains mostly amber, you can eat it most of the time.
- **Green** means low. The more green lights a label displays, the healthier the food choice is.

#### Lunchtimes

- YR and KS1 eat with their classes in the school hall first before going out to play. KS2 children play first then eat in the hall.
- Packed lunches and school dinners eat together.
- Children select their food from the kitchen which is served at child height. They can choose which fruit, vegetables and dessert they have and there is a self-service salad bar.
- We have “Fine Dining Rules” that are modelled and encouraged by the adults.
- All catering and MDA staff encourage children to try new things. Some teaching staff also sit and eat with the children daily.
- Children's eating habits are monitored and any problems reported to parents and relevant staff.
- Water, jugs and cups are provided on each table.
- Children choose between meat and vegetarian options (except for on Meat Free Mondays).
- All staff are aware of allergies and other dietary needs.
- School dinners are occasionally “themed” related to topics or special times and events throughout the year. Usual food standards may not apply on occasional events.
- Crisps should only be sent in as a “once a week” not daily treat

## School Food Standards

School ensures the School Food Standards are being met through, via school dinners,

- Starchy food in fats/oils are provided a maximum of 2 days per week
- Three or more starchy foods are provided weekly (including wholegrain)
- Three different portions of fruit and vegetables are provided each week.
- One or more portions of fruit, salad or vegetables are served as an accompaniment.
- One portion of meat, fish, eggs and beans and non-dairy sources of protein are available daily.
- Oily fish is included in the menu once or more every three weeks.
- A portion of dairy is included daily.

## Packed Lunches

- Parents making packed lunches for their children should refer to the guidelines relating to healthy and balanced diets – please see attached pages for more information.
- Any concerns will be discussed with relevant staff, parents, family liaison officer and any other relevant agencies if necessary.
- Children are encouraged to show their lunch boxes to staff before/after eating, especially in EYFS/KS1.
- Healthy packed lunches can be purchased in advance for educational visits if required.

## ALLERGIES AND OTHER FOOD INTOLERANCES

Parents must be aware of nut and food allergies, which can be life-threatening. Children are also not allowed to swap food for this very reason. Due to the needs in our school, please do not send in any products which are or contain peanuts, peanut butter or chocolate-based food products. School staff reserve the right to remove the child or products involved in order to safeguard other children and staff.

## Curriculum

Children's knowledge of healthy eating is covered in the National Curriculum for PSHE, science and Design Technology, workshops, cross-curricular work such as literacy and other events such as Science Week.

## Information for Parents

We are mindful that we need to work in partnership to improve our children's physical and mental health. Childhood obesity rates are increasing and this generation's life span is less than our life span- the first decline in many generations. Healthy eating means a varied and balanced diet, and to this end we have attached key information that can be used as a starting point, we hope you find this useful.

Don't forget that healthy eating should be fun, exciting, tasty, colourful and vibrant!

The Healthy Eating Policy will be displayed on the school website ([www.harlowbury.essex.sch.uk](http://www.harlowbury.essex.sch.uk)). We welcome any comments, questions or suggestions on our policy and please contact us should you require any further information or advice.