



St Cross Healthy Eating Policy

Introduction:

At St Cross Catholic Primary School, we aim to educate our children with the skills, knowledge and understanding to enable them to make informed healthy lifestyle choices. To do that effectively, we need to work in partnership with parents and carers in securing the very best for every child and we welcome your support with the implementation of this policy.

Where, when and to whom the policy applies:

To all pupils, parents and carers providing packed lunches to be consumed within school or on school trips during normal school hours.

Aims:

- To ensure children have a suitable mid-morning snack (if needed) to help maintain energy and focus throughout the morning
- To ensure children have a suitable midday meal that sustains and prepares them for afternoon learning
- To provide a safe, healthy and appealing eating environment for pupils bringing in packed lunches and ensure that free, fresh drinking water is available at all times
- To help children develop an understanding of healthy eating
- To promote the Children's Food Trust guidelines and national standards for healthier eating
- To support parents and carers in providing a healthy packed lunch that meets the same standards as food provided in school dinners and abide by the regulations of the British Nutrition Foundation

Guidelines for a healthy snack (break times):

All children in KS1 and Reception receive a free piece of fruit or vegetable everyday as part of the Government's School Fruit and Vegetable scheme.

As children move up into KS2, if they wish to have a break time snack, they can bring in something from home. Below are guidelines from the NHS and Change4life on healthy snacks.

We ask for your support to help us adhere to these guidelines at St Cross Healthier Break Time Snacks:

- Chopped up raw vegetables– e.g. carrots, cucumber or peppers
- Chopped up fruit/Whole fruit – e.g. apple, Satsuma, strawberries, halved
- Grapes (for Reception only), melon slices
- Breadsticks and wholemeal crackers

Dried fruit is not recommended as a snack between meals as it is high in sugar and can be bad for teeth (but this is ok when eaten as part of a meal).



Guidelines for a healthy lunch box

A good packed lunch contains:

- A healthy carbohydrate such as bread, rolls, pitta bread, naan bread, potatoes, rice, pasta, or noodles. These foods are good for children to fill up on after a busy morning's learning.
- A good source of protein, iron and zinc such as meat, fish, beans, pulses or eggs. (no nuts please)
- A good source of calcium such as milk, cheese, yoghurt or fromage frais.
- One portion of fruit and one portion of vegetable or salad to provide all the other vitamins and minerals. A piece of fruit could be a small 100% juice or piece of fresh fruit, dried fruit or tinned fruit in fruit juice. A piece of vegetable could be a fresh vegetable such as carrot stick, cucumber sticks, salad or a vegetable soup or vegetable dish.
- To drink: still water or milk. No squash, juice drink or fruity waters – these all contain hidden sugars.
- One of the following may be included on Friday: Cakes or biscuits.

For further ideas on how to have a healthy, balanced diet and to help you decide what to put in your child's lunch box, please see the following links:

[Eat well Guide](#)

[Change4Life.](#)

Please do not send in cake, sweets, chocolate, cereal bars, biscuits, crisps or fizzy drinks for either a mid-morning snack or in lunch boxes.

Packed lunches **MUST** not include

- **nuts** – including **peanut butter and Nutella** – because of the life threatening risk to any other child who may have a severe allergy

Drinks

- All children should have a water bottle in school each day which they will have access to in their classroom.
- There are a number of water fountains around school for the children to use at break time and lunch time.
- All children have access to water in the lunch hall (both school dinners and packed lunches)



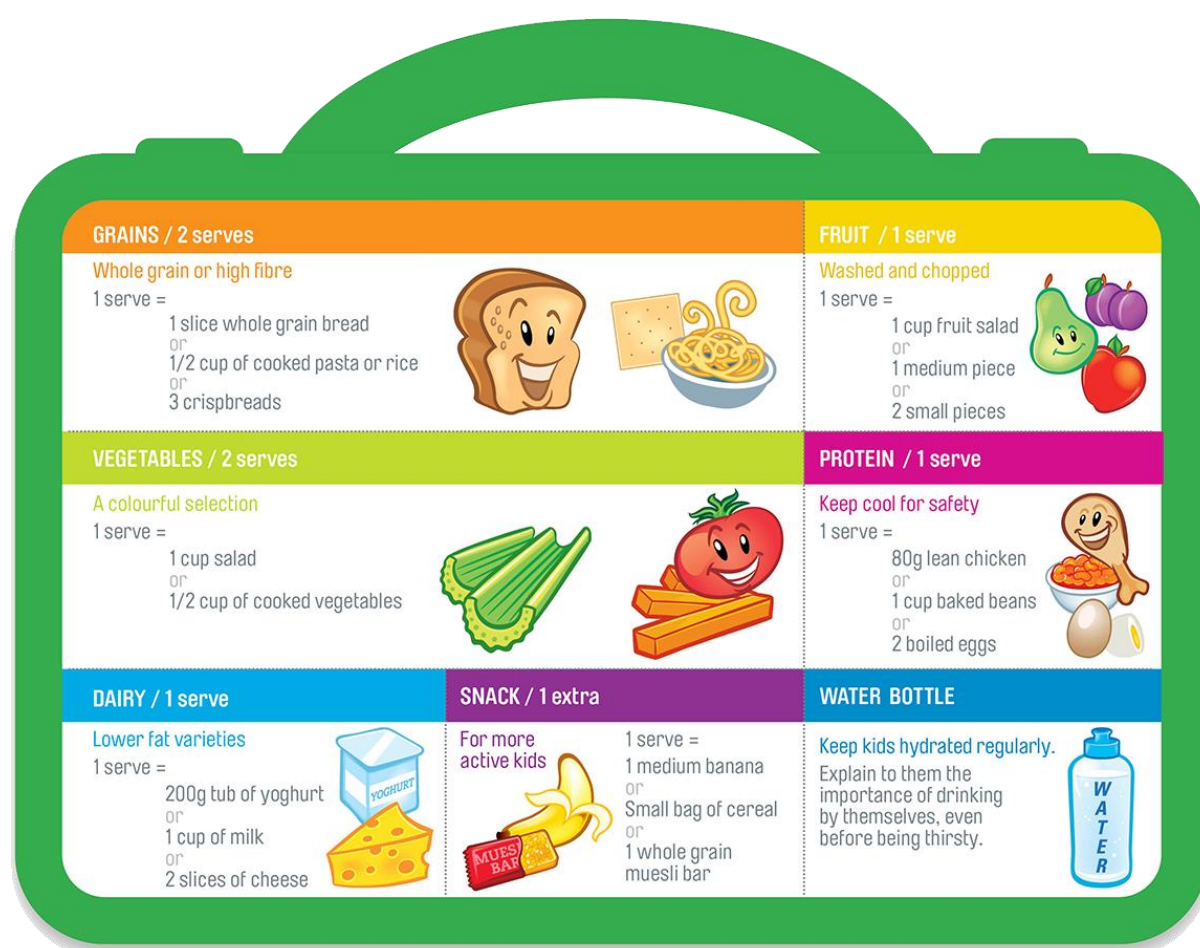
Special diets and allergies

The school also recognises that some pupils may require special diets that do not allow for the standards to be met exactly. In this case parents are urged to be responsible in ensuring that packed lunches are as healthy as possible. For these reasons pupils are also not permitted to swap food items.

School Lunches

Our school adheres to the guidelines set out by the government on what can be included in school dinners provided by schools. For further information, please see the link below:

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



Policy Review:

This policy will be reviewed as part of the schools agreed policy review process. In addition, any major legislative or governmental changes regarding school food may lead to this policy being amended.