

WEXHAM COURT PRIMARY SCHOOL

Healthy Eating Policy

2017 - 2019



Date Approved:	July 2017
Date for Review:	July 2019
Responsibility:	Head Teacher
Approved By:	Full Governing Body

Rationale

A healthy Whole School Food Policy recognises that the consumption of fruit and vegetables is needed for healthy growth and also to help prevent chronic diseases. It also recognises that the frequent intake of sugary foods and drinks causes tooth decay.

Aims

- To limit the consumption of foods which are high in sugar, salt and fat
- Encourage healthy food choices to be made
- Increase the consumption of fruits and vegetables
- Increase the drinking of water
- Ensure children are presented with consistent evidence-based food information

Education

The children learn about food groups, the function of food and healthy eating as part of their Science and PSHE curricula. In their DT lessons they have opportunities to prepare food and learn about food safety practices. The children have extra opportunities to learn about food during Food Awareness Week. Throughout the year, pupils look after the vegetable beds and Polytunnel and trail the produce in meals or as a snack. During physical education lessons, the children will learn about keeping hydrated and energy. During Science, PSHE, the EYFS curriculum and Tooth Awareness week, they will learn about positive maintenance of teeth and the effects of sugary food and drink.

Drinks

Throughout the day, except at lunchtime, the children only have access to water or milk (lower down the school). During lessons the children are allowed access to water when they request it. This may be from a personal water bottle kept in the classroom or it may be from plastic cups filled from the labelled drinking-water taps. Children attending nursery are provided with milk or water during their snack time. At lunchtime, children bringing a packed lunch bring their own drink but it must not be a fizzy drink or a drink high in sugar content. Children having a school lunch are allowed to choose milk, fruit juice or water.

Events

In June, the school will aim to take part in Food Awareness Week. During this week, visitors and lessons aim to provide the children with consistent messages about healthy food choices. It also provides the children with food handling and tasting experiences. In addition to this, the school will support dental week.

Breakfast Club

It is recognised that the working arrangements of some parents means that a before-school club providing breakfast is an important school asset. In the role of breakfast provider, the school recognises that a substantial, healthy breakfast is an important part of a child's daily food intake. At the breakfast club the children are provided with a range of healthy food choices – fruit, wholemeal bread, crumpets, low-sugar cereals, reduced-sugar jam, reduced-fat spreads, low-fat yogurts and milk or fruit juice.

Break-Time Snacks

Children in Key Stage Two are encouraged to bring their own break-time snack. They are only allowed to bring fruit or vegetables to eat. Younger children are provided with a variety of fresh fruits and vegetables at break time, through the School Fruit and Vegetable Scheme.

Lunch

Children may choose to bring a packed lunch to school or they may purchase a meal prepared in the onsite kitchen. At lunchtime the children are encouraged to choose a balanced meal and are only allowed to purchase one serving of pudding each. Children are encouraged to eat all their lunch. Fruit, water is always available to buy at lunchtime.

The school encourages families who provide their children with a packed lunch to include healthy, nutritious items in the box. To support this aim the school produces and regularly distributes a healthy eating guide, which gives advice on suitable foods to be included in a balanced lunchbox. This will include a portion guide and other relevant information.

Wexham Court Primary is registered with the National School Fruit and Vegetable Scheme which means that every child in the infant department receives a free piece of fruit/vegetable every day.

Children at risk

At Wexham we recognise that some people are allergic to particular foods. The school has placed a ban on nuts due to the severity of allergy within the school. Key staff are trained annually in the use of Epi-pens and there are a number of trained first-aiders in the school.

Prizes and Rewards

The school recognises that if sweet treats are given as rewards then children increase their liking for them. Staff try to ensure that classroom prizes and rewards are in line with the healthy food messages that are given in the rest of the school curriculum. During birthdays, the pupils at Wexham Court have agreed to come to school in non-uniform rather than bring in sweets or cakes.

Staff Room

Although staff may make their own choices about their food consumption in the Staff Room, they are encouraged to be a healthy role model when eating or drinking in front of the children.

APPENDIX 1

Break-Time Snacks

Children, especially young children, need to eat regularly, so nutritious snacks between meals are an important part of their daily food intake. Sugar can damage teeth if eaten too often and large amounts of salt can cause long-term health problems such as high blood pressure. Sugar-free, lowsalt snacks are therefore recommended. To support this recommendation at Wexham Court Primary School we only allow fruit or vegetables as break-time snacks.

Break time snack ideas:

Water, milk, grapes, apples, plums, pears, bananas, kiwi fruit ,cherry tomatoes, carrot sticks, cucumber slices, peppers, oranges/satsumas, celery sticks.

Lunch-Box Ideas:

It is recommended that a healthy lunch-box should contain sugar-free, low-salt foods which are nutritious for young children.

The following list is a guide to good choices for lunch-box food:

Fruit (as break time), Vegetables (as break time), Small tins of fruit in fruit juice, Dried fruits - raisins, apricots, sultanas, banana chips, Plain biscuits, Rice cakes, Savoury scones, Slice of pizza, Tinned fish, Cold pasta salad, Cold rice salad, Fruit juice, Water, Bread sticks, Crackers, Low-fat cheese spread, Low-fat yogurts or Low fat yogurt drinks, Marmite, Reduced-sugar jam, Cheese, Cold meats, Plain popcorn, Wholemeal bread pitta pockets.

The following choices should ideally be avoided as they contain high levels of sugar:

Chocolate, iced cakes, toffee, squash, cereal bars, chocolate biscuits. Fizzy drinks are not allowed at lunch time.

This is a true version signed by

Mr J. Reekie, Chair of Governors

Signed:

Date:

Miss N Mehat, Headteacher

Signed:

Date:

Review date:

Appendix 1 : Visual Policy



Healthy Lunch Box Policy Guide

Children should eat 5 portions of fruit and Vegetables a day.

Every Day your child's lunch box should include...

<p>Fruit Fresh or dried fruit, Canned and fruit juice</p>	<p>Carbohydrates Bread (brown) pasta, potatoes. Rice, couscous, chapatti, low fat baked crisps</p>
<p>Vegetables Plenty of green vegetables, carrots, tomatoes etc...</p>	<p>Dairy Milk, Yoghurt, cheese, fromage frais (low fat)</p>
<p>Protein Meats, Fish, Eggs, beans and pulses. (Chickpeas, lentils, hummus, falafel, kidney beans.</p>	<p>Drink Water, fruit juice. Milk, smoothie, sugar free Capri sun</p>



Healthy Lunch Box Policy Guide

Do NOT include...

<p>Cakes and fatty cereal bars</p>	<p>Crisps (fried) and Fried foods</p>
<p>Drinks high in sugar (Capri Sun, Fruit Shoots), Fizzy Drinks (not even diet)</p>	<p>Sweets - boiled, fizzy, jelly beans, pic 'n' mix</p>
<p>NO Nuts</p>	<p>Chocolate- Chocolate bars, biscuits, Nutella, mousse</p>



Appendix 2 : Lunchbox ideas

It can be difficult coming up with new and different ideas for lunch boxes, but change for life lunchboxes have some great ideas

(<http://www.nhs.uk/Change4Life/Pages/healthylunchbox-picnic.aspx>) for everyday for six weeks. You will see that there are still some 'cake' items that are still allowed – please ensure you are keeping an eye on the fat content of items such as a muffins, ginger cake and pancakes etc.

Monday

Banana sandwich with wholemeal bread

Tomato

Boiled egg

Low-fat fruit yoghurt

Small box of raisins

Semi-skimmed milk

Tuesday

Tuna and sweetcorn wholemeal roll

Reduced-fat cheese triangle

Satsuma

Apple juice, unsweetened

Wednesday

Pasta and sausage salad (with spring onion and red pepper)

Stewed apple and blackberry with crumble top

Reduced-fat natural yoghurt

Bottle of water

Thursday

Edam cheese, ham and lettuce pitta pocket

Tomato

Small flapjack

Nectarine

Reduced-fat yoghurt drink

Friday

Houmous, red pepper and grated carrot wrap

Grapes

Creamed rice pot

Slices of malt loaf

Bottle of water

Monday

English muffin toasted, with reduced-fat hard cheese, tomato and ham slices (reduced salt)

Grapes

Slices of malt loaf

Orange juice, unsweetened

Tuesday

Tuna and sweetcorn sandwich (brown bread with reduced-calorie mayonnaise) Kiwi fruit

Muesli yoghurt, low-fat

Scotch pancake

Bottle of water

Wednesday

Chicken salad (tomato, cucumber, lettuce) with West Indian bread

Mango slices

Pepper slices

Fruit scone

Semi-skimmed milk

Thursday

Rye bread and low-fat cream cheese

Green salad with celery sticks and apple slices

Small packet of mixed seeds and raisins

Low-fat fruit fromage frais

Grapefruit juice, unsweetened

Friday

Skinless chicken drumsticks

Salad with sweetcorn and tomato

Banana bread

Melon

Bottle of water

Appendix 3: Food Swap Note for parents.

This will be discretely placed in the lunchbox if banned foods are brought in

<u>Swap food ideas</u>	
Today you had an item which is from the banned food groups (sugary and fatty)	
Please look at the swap items and try and swap to something healthy.	
	
Things to swap from: <ul style="list-style-type: none">• Muffins• Cakes• Croissants or pastries• Biscuits• Chocolate bars• Cereal bars• Puddings• Cakes• Nutella• Crisps• Sugary drinks• Sugary squash	Things to swap to: <ul style="list-style-type: none">• Fruit, fresh, dried and tinned (in juice not syrup)• Cut up vegetables such as carrot or cucumber sticks• Plain rice cakes• Low fat spreads• Whole wheat biscuits• Baked crisps• Low-fat muffins• Low-fat pancakes• Water• No added-sugar drinks• Sugar-free drinks• 100% fruit drinks
Examples: <ul style="list-style-type: none">• Fruit shoot• Capri sun	

Appendix 4: Portion guide

MY BREAKFAST



ARRAN – 2 YEARS OLD



1/2 WEETABIX, 1/2 SLICE TOAST, SMALL GLASS MILK



LUKE – 6 YEARS OLD



1 WEETABIX, 1/2-1 SLICE TOAST, SMALL GLASS MILK



LIVVI – 17 YEARS OLD



2 WEETABIX WITH MILK AND 1 SLICE TOAST

MY LUNCH



ARRAN – 2 YEARS OLD



1/2 - 1/2 slice bread, 1/2 slice ham, 30g cheese, 2-3 carrot sticks, 1/2 satsuma, small pot fromage fraise



LUKE – 6 YEARS OLD



1 slice bread, 1 slice ham, 30g cheese, 2-3 carrot sticks, 1 satsuma, 2 small pots fromage fraise



LIVVI – 17 YEARS OLD



1 1/2 slices bread, 1-2 slices ham, 30g cheese, 5 carrot sticks, 1-2 satsumas, large pot low fat yoghurt

MY SNACKS



ARRAN – 2 YEARS OLD



Small glass milk with 2 small breadsticks and 1/2 banana

Small energy dense, nutritious snack



LUKE – 6 YEARS OLD

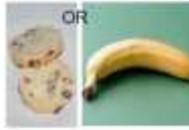


1 breadstick, 1/2 banana and 1/2 scone

Energy dense, nutritious snack to appetite



LIVVI – 17 YEARS OLD



Fresh fruit or scone depending on appetite, activity

Start to watch snack intake

MY DINNER



ARRAN – 2 YEARS OLD



1-2 tbs minced beef, 1 tbs mashed potato, 2 small broccoli florets, 1/3 carrot, 1/4 pear, 1 scoop ice cream



LUKE – 6 YEARS OLD



3-4 tbs minced beef, 2 tbs mashed potato, 3 small broccoli florets, 1/2 carrot, 1/2 pear, 2 scoop ice cream



LIVVI – 17 YEARS OLD



3-4 tbs minced beef, 3 tbs mashed potato, 3-4 small broccoli florets, 1 carrot, 1 pear, bowl of ice cream

