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<b>HEALTHY EATING POLICY</b>			

### Introduction

Paradise Primary School (PPS) provides an environment that promotes healthy eating, and provides our children with the opportunity to make informed choices about the food they eat.

Currently lunch is provided for children either by sending packed lunches or purchasing hot lunches from the school which are supplied by an outside caterer Sumayya Dalal.

The school will continue to promote healthy eating within the curriculum and the food served in the school dining hall will be in accordance with the government's "[School Meals – healthy eating standards](#)".

The current healthy eating policy is used to by all staff to achieve a whole school approach to food and nutrition.

### Healthy Eating Policy Aims

The main aims of our school healthy eating policy are:

- To enable our children to make more informed choices about healthy eating through the provision of information and development of appropriate skills and attitudes;
- To provide children with healthy food choices throughout the day;
- To encourage the drinking of water during the school day.


These aims are addressed through the following areas:

#### 1. Equal Opportunities

In food and nutrition education, as in other areas of the curriculum we recognise the value of the individual and strive to provide equal access to opportunity for all. This includes teaching about, and respecting and catering for, children with special dietary requirements or food allergies.

#### 2. Curriculum

Food and nutrition is taught at an appropriate level throughout each key stage and is outlined in our PSHCE schemes of work.

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### 3. Guidance to Parents

We actively promote the importance of healthy eating to parents. This is done as part of the induction process and reiterated again at times throughout the year in 121 meetings and parents' forum.

#### Breakfast

Breakfast is an important meal that should provide 25% of a child's energy requirements and contribute significantly to their vitamin and mineral intake. Parents are encouraged to ensure that their children have a balanced breakfast before they come to school and this is also promoted through the curriculum work.

#### School Lunches

As part of the School Food Plan, a new set of standards for all food served in schools was launched by the Department for Education. They became mandatory in all maintained schools, and new academies and free schools from January 2015. Although we are an independent school we have decided to mirror this guidance in our policy as this was developed as the healthiest way of eating for our children. This can be viewed in full at [www.schoolfoodplan.com](http://www.schoolfoodplan.com)

We allow parents to bring lunches to school for children, we require, as per government guidelines that these do not contain more than 2 portions of deep-fried, battered or breaded food per week. Parents are encouraged to provide packed lunches that are low fat, low sugar and low salt with high fibre (fruit and vegetables).

Sumayya Dalal, our allocated lunch provider, follows the guidance above.


The policy does not apply to packed lunches and therefore we have produced guidance that we request all parents to follow, "PPS Healthy Lunch Guidelines". This is detailed below.

Some parents have made independent and separate arrangements with mobile caterers who bring in lunch for their children. It is the responsibility of parents to ensure that the food provided is prepared in accordance with appropriate food safety requirements, that they have relevant food hygiene certification / qualification and that the food meets the nutritional standards.

### 4. Food and Drink Provision Throughout the School Day

#### Mid-morning breaks

The school provides mid-morning milk for children, free for funded children in early years and charged at a fee for primary school children.

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The school understands that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet. Children, parents and carers are encouraged to give their children healthier options to bring to school as snacks. Further details are in the guidance.

### Drinking water

The School Food Plan recommends that drinking water should be available for children every day, free of charge. We have water fountains that are available in the main entrance, the assembly hall and on the top floor by the key stage 2 classrooms.

Drinking water appropriately is encouraged and class teachers reinforce this message.

### Tuck Shop

A healthy tuck shop is available for all children on one day of the week. Parents will be kept up to date on which day and how much money to give to their children.

## 5. Special Dietary Requirements

Children who have special dietary requirements through culture, religion or otherwise are catered for. Parents should inform the school if their child has food allergies, food intolerance or individual care plans and the school will ensure that this is considered.


Likewise, children with vegetarian or vegan diets will be offered a suitable alternative (will apply when school kitchen comes into effect).

## 6. Food Safety

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include; ensuring that adequate storage and washing facilities are available; that refrigerators are used when necessary; that food handlers undergo appropriate food hygiene training; that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. We consult our local environmental health department and school meals service about legal requirements when necessary.

## 7. The Food Eating Environment

Currently children are eating lunch in the hall under constant supervision of the lunch staff with adequate first aiders in the vicinity.

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### 8. Staff continual professional development


The school will provide on-going training for the staff appropriate to food and nutrition education.

### 9. Monitoring and Evaluation

This policy will be reviewed on a two-yearly basis. However major changes will be added when necessary.

The Senior Management Team will review the healthy eating strategy regularly with assistance from other relevant school staff to evaluate progress and consider further developments.

Although we acknowledge that healthy eating is ultimately the responsibility of the parents, we urge you to follow our guidelines to help us adhere to our policy.

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### Paradise Primary School Healthy Lunch Guidelines

Children in each class were asked to discuss what they thought should be in a healthy lunch. From these discussions the following guidelines emerged.

What is a healthy lunch?

- It is full of goodness like protein, vitamins and calcium;
- Contains food with no sugar, because too much sugar is bad for your teeth;
- Contains no colourings or additives;
- Gives us strength and energy;
- Makes us fit and healthy;
- Helps our brain power.

What could be in a healthy lunch?


- Sandwiches or rolls with cheese, meat or other fillings;
- Pitta bread, crackers, chapattis;
- Fruit (peeled and chopped for small children) ;
- Raisins;
- Vegetables (washed and chopped) ;
- Pasta / Rice;
- Salad;
- Small, plain biscuits (no chocolate) ;
- Yoghurt (easy to open).

What should not be in a healthy lunch?

- Crisps, salted nuts or popcorn;
- Chocolate, sweets, lollipops or jellies;
- Chewing gum;
- Cake, biscuits, pastries or doughnuts;
- Chocolate spread / Jam;
- Fizzy drinks;
- Flavoured milk.

What drinks could we include in a healthy lunch?

- Water;
- Fruit juices;
- Diluted drinks;
- Milk;
- Smoothies;

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What drinks should not be allowed?

- Fizzy drinks;
- Sugary drinks;
- Hot drinks (in case we spill them).

Who should make sure everyone follows the rules?

- Our parents, because they make our lunch and should set a good example. They are responsible for our health;
- We should, because it's our health and we want to be fit and full of energy.
- Teachers, because they can see what's in our lunch boxes and know who's eating the right foods every day;
- The Headteacher;
- What should we do when children bring in foods not allowed?
- The children bring the food/drink home in their lunch box.

Should we make exceptions for special occasions?

- Yes, for treats after Eid;
- Yes, for end of term parties;
- No, for school trips (in case we get sick on the bus).

The children of PPS are very keen to have healthy lunches and show a good understanding of what that means. We hope these guidelines will assist everybody in making healthy choices.

### **PLEASE REMEMBER:**

A good packed lunch contains:

- Starchy food, such as bread, rolls, pitta bread, naan bread, chapattis, potatoes, rice, noodles. These are good to fill children up;
- Foods that are a good source of protein such as iron, and zinc such as meat, fish, beans, nuts and eggs;
- Foods that are 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 other vitamins and minerals.

No single food contains all the essential nutrients the body needs to be healthy and function efficiently, so it is important that the content of a packed lunch is varied.