

St Mary's Catholic Primary School
Bognor Regis



Healthy Eating Policy

Reviewed Summer 2024
Next Review Summer 2026

Introduction

Here at St Mary's Catholic Primary School, we aim to raise awareness of the concepts of 'healthy eating' and a 'balanced diet' and their importance in maintaining good health.

We also aim;

- To develop a positive attitude towards pupil eating habits.
- To provide opportunities within school to pursue a healthy diet and encourage our pupils to make healthier choices.
- To help our pupils understand that some foods should be eaten in moderation.

Early Years /KS1/KS2

Milk is the ideal mid-morning drink for our pupils and for many it's absolutely free. We have a milk scheme available to all of our pupils and would encourage all parents/carers to register their child for this. School milk is free for under-5s, and for over-5s it is available at a subsidised price.

Each child that registers with Cool Milk will receive a 189ml portion of semi-skimmed milk every day, delivered fresh and chilled to the classroom. Their school milk will not only provide them with essential nutrients, but as it is rehydrating and energy boosting it also bridges the gap between breakfast and lunch to help children stay focused. For more information on how milk can benefit children visit www.coolmilk.com/why-milk-is-great. Or visit the cool office to collect a registration form.

Fruit/Vegetables

All pupils in Key Stage 1 (Shell, Starfish, Beach, Ocean & Seagull) are given fruit or vegetables at playtime, as part of a government initiative to promote healthy eating.

Fruit and vegetables are also available to pupils in **Key Stage 2 (Blake, Cragiweil, Marine, Hotham, Regis & Wheatland)**, for a small charge and this is communicated to parents/carers at the beginning of each term.

If your child is in KS2 and in receipt of pupil premium , then they will automatically be given fruit/vegetables daily.

Snacks

We recognise that healthy snacks are crucial in aiding learning and development and to ensure consistency across the school we encouraged all pupils to bring in and eat fruit or vegetables at break time, if they are not part of the fruit/vegetable scheme.

Other healthy snack options however could include bread sticks, wholemeal crackers or rice cakes.

Chocolate, sweets, biscuits, crisps, and cakes are not allowed as everyday snacks in school. Chewing gum, fizzy drinks and sports drinks are not permitted on the school premises or while the children are representing the school.

For medical reasons nuts are not allowed in school. We have a duty of care to all our pupils and here at St Mary's a number of our children have a severe allergy to nuts and therefore carry auto-injectors.

School Meals

Our school works with a catering service called Chartwells to ensure that healthy choices are available and that national standards are met.

Fruit and vegetables are included as part of the meal and salad is available for pupils to help themselves to. Where possible, meals have a reduced fat, salt and sugar content. The weekly menu is available to see online at <https://westsussex.mealselector.co.uk>.

Packed Lunches

Our school aims to support parents in making healthy choices when preparing packed lunches. Below you will find a list of food groups that should ideally be present in your child's lunchbox on a regular basis. (See Appendix 1)

- **Make them fuller for longer** - Base the lunchbox on foods like bread, rice, pasta and potatoes. Opt for wholegrain where you can;
- **Less spread** - Cut down on the amount of spread used and try to avoid using mayonnaise in sandwiches;
- **Cut back on fat** - Pick lower fat sandwich fillings, such as lean meats (including chicken or turkey), fish (such as tuna or salmon) or reduced-fat cheeses;
- **Bite-size fruit** - Try chopped apple, peeled satsuma segments, strawberries, blueberries, halved grapes or melon slices to make it easier for them to eat. Top tip: Add a squeeze of lemon juice to stop fruit from going brown;
- **Always add vegetables/salad to sandwiches!** Also include cherry tomatoes or sticks of carrot, cucumber, celery and peppers which all count towards your child's **5 A DAY**;
- **Cut down on crisps** - If your child really likes crisps, try reducing the number of times you include them in their lunchbox and swap shop bought crisps for homemade plain popcorn or plain rice cakes.

Drinks

- Pupils can bring their own water bottles into their classrooms and are encouraged to drink water whenever they feel thirsty. They are allowed to refill their water bottles as and when they need to.
- At lunchtime pupils who have a hot school meal, will be offered water or milk to drink alongside this.
- Pupils who have a packed lunch are encouraged to bring in water or a soft drink to go with their meal. **As a school we do not allow sports drinks such as Lucazade or fizzy drinks such as Cola or Pepsi to be brought into school.**

Food Hygiene


- Pupils should be reminded to wash their hands after going to the toilet and before eating.
- Water bottles and lunch boxes should be taken home everyday to be washed.

- When handling food in lessons both staff and children should have clean hands, hair tied back and a clean surface to work on.







Food across the Curriculum

We recognise that food has great potential for cross-curricular work. There are many opportunities to promote healthy eating and a healthy lifestyle in most subjects, and this should be considered when planning topics.

Appendix 1



HEALTHY SNACKS FOR YOUR LUNCHBOX

<div style="border: 1px solid black; padding: 5px;"> <h3 style="margin: 0;">Hydration</h3>  <p style="font-size: small;">Don't forget to send your child to school with their water bottle every day.</p>  </div>	<div style="border: 1px solid black; padding: 5px;"> <h3 style="margin: 0;"><u>Whole Grains</u></h3> <p style="font-size: x-small;">Consider making sandwiches with brown/whole grain bread. Look for labels saying "100% Whole Grain".</p>  </div>	<div style="border: 1px solid black; padding: 5px;"> <h3 style="margin: 0;"><u>Fruit</u></h3> <p style="font-size: x-small;">Pack fresh fruit each day for lunch. These are easy, convenient ways to incorporate a portion of your child's <i>five a day</i>.</p>  </div>
	<div style="border: 1px solid black; padding: 5px;"> <h3 style="margin: 0;"><u>Snacks</u></h3> <p style="font-size: x-small;">Pack healthy snacks each day. Add a healthy sweet or savoury treat. Try whole grain crackers and pretzels, dried fruit, yoghurts and cheese.</p>  </div>	<div style="border: 1px solid black; padding: 5px;"> <h3 style="margin: 0;"><u>Vegetables</u></h3> <p style="font-size: x-small;">Add vegetables to your child's lunchbox including carrot and cucumber sticks, tomatoes and celery. This is another way to add one of your child's <i>five a day</i>.</p>  </div>

REMINDER

We are a NUT FREE school. Please do not pack products containing nuts, or use nut based sandwich fillings in your child's lunchbox. Thank you.

Please also remember sweets and chocolate bars (e.g. Cadbury's chocolate bars) are not permitted in school. Children are allowed chocolate biscuits and other chocolate covered biscuit bars/muesli bars (e.g. kit-kat/wagon wheel/gold bars/chocolate flap jacks) (without nuts).

Thank you for your support.