



# Healthy Eating Policy

**Approved by:** Headteacher

**Date:** September 2023

**Last reviewed :** September 2023 RGould

**Next review due by:** September 2025

As a health-promoting school, we are committed to encouraging and developing positive attitudes towards food and a healthy diet. In accordance with the School Food Plan, promoting a healthy life style is integral to our curriculum and we recognise the importance of offering children the opportunity to make informed choices about what, when, where and why they eat.

As a school we know that food is fundamental to the quality of a child's life, not just in providing essential nutrition but in communicating and sharing positive values, attitudes and experiences with each other.

We believe that adults (staff, parents and carers) should be positive role models and support children in understanding how balanced nutrition contributes to a person's health, happiness and general well-being.

### Aims

- To support the health of pupils, staff and the whole school community by helping to influence eating habits that constitute a healthy diet.
- To ensure pupils are well nourished at school and that every pupil has access to safe, tasty and nutritious food and a safe, easily available water supply during the school day.
- To ensure that food provision in the school acknowledges the ethical and medical requirements of staff and pupils e.g. religious, vegetarian, medical and allergenic needs.

### Curriculum

Education about healthy eating and the importance of an active, healthy lifestyle is taught explicitly across the whole school through the Science, Design Technology and P.S.H.E aspects of the curriculum. All pupils have the opportunity to learn about where our food comes from and how we might choose to make ethical or environmental choices when growing or purchasing food. Opportunities for learning outside the classroom and use of school grounds and garden help to support this. Pupils also develop skills and experience in preparing food safely as well as cooking a range of snacks and meals. Immersing children in activities with food from a young age not only broadens their willingness to try new foods but also helps provide a foundation of skill and knowledge from which they can make wise food choices, for life.

### Break Time Snacks

Pupils in Reception and KS1 benefit from the free Fruit and Vegetables Scheme. (See Appendix A) These pupils will be encouraged to eat their piece of fruit as part of their daily break time. Up to the age of five, pupils benefit from free milk. Following this, it continues to be available to buy and is actively encouraged in Key Stage One. (See Appendix B)

To ensure consistency across the school, KS2 pupils are also permitted to eat only pieces of fruit or vegetables at break time. This snack can be brought in from home or purchased from the playground snack bar which offers a wide range of choice throughout the week, in addition to low sugar cereals.

All children are encouraged to bring in a named water bottle so they can have access to water throughout the day. Water fountains are provided in the school for additional access to drinking water.

## School Meals

The School Food Plan, launched by the Department for Education, in 2013, outlines a set of standards for all food served in schools, to ensure that school meals are creative, flexible and nutritious. Our chosen caterers, Alliance in Partnership, produce quality, fresh, locally-sourced and seasonal meals. All meals must be ordered in advance with the school admin team.

In addition to the daily hot and cold meal choices, pupils are encouraged to visit the self-serve salad cart, from which they can help themselves to a variety of fresh salad items, crudités, rice or pasta salads, and homemade bread.

## Packed Lunches

Pupils' packed lunches should provide balanced nutrition and match the appetite and tastes of the child. As children grow, they need plenty of starchy foods to fill them up and provide them with energy. Nutritious meals packed with fibre, protein, carbohydrate and vitamins will also help your child's growing bones and give them a healthy dose of brain power for the afternoon of lessons. These along with fruit and/or vegetables should form the main part of your child's lunch. Please be mindful of the nutritional information displayed on any packaging.

Packed lunches should be brought to school in a named, suitable container to ensure the food is stored securely and appropriately until the lunchtime period. Where possible, an insulated bag and/or ice pack might be used. An additional drink might be included too.

All uneaten food and waste will be kept in the lunchbox and returned home with the child so that parents are able to monitor their child's food consumption. All pupils are supervised during lunchtime, whether eating in the dining hall or in classrooms. If concerns arise regarding the content, quantity or consumption of a child's lunch, the school will make contact with parents or carers.

In accordance with the School Food standards, packed lunches should not include any of the following items: fizzy or energy drinks, confectionery or fast food. Pupils will be actively discouraged from regularly eating chocolate and less healthy food.

## Acorns Breakfasts and Snacks

In the school wraparound provision 'Acorns', the breakfasts snacks provided are carefully chosen cereal bars and fruit with juice. Any other snacks provided in Acorns are also carefully chosen to comply with the guidance set out in this healthy eating policy.

## Being Treatwise!

As a school, we recognise the importance of attaining a balance between enjoyment and health in relation to food and understand that there are seasonal and special occasions when food contributes to a sense of celebration and sharing. During special events like curriculum launch activities, end of term class parties and fundraising cake sales, foods other than fruit or vegetables may be encouraged, but the staff will remind the children that this is an occasional treat and not every day food. Please do not send in birthday sweets.

## Top Tips for Popular Packed Lunches!

Using leftovers as part of packed lunches is a good way to cut down the prep time, but make sure it's cooled and stored properly.

Variation is key to making lunchboxes they will love, so instead of just sandwiches, try pasta, couscous, pitta bread or salad.

Freeze sandwiches once you've made them. Take them out of the freezer in the morning and they'll defrost ready for lunchtime.

Freeze yoghurt in a secure container. Again, take it out in the morning and it should stay cool until lunchtime while it defrosts.

Stuck for healthy options? Instead of chocolate or cereal bars, pack lower-sugar alternatives like scones, malt loaf, fruit bread, plain popcorn or fruit in sugar-free jelly. Instead of crisps, try plain rice cakes, oat cakes or breadsticks with cheese.

Children often love a bit of DIY - wraps and pots of fillings can be more exciting if they get to put them together.

Being able to dip foods is often popular with children, so why not include breadsticks or toast fingers, veg sticks and a pot of hummus.

Think about infusing water with cucumber, lemon or lime rather than buying drinks. Sweetened fruit juices contain hidden sugar, sometimes as much as 15g per 100ml.

## Inclusion

Parents or carers of children who follow a special diet for medical or religious reasons, or due to allergies, will be asked to provide as much information as possible about which foods are suitable or foods which must be avoided. This information is available in the school office and communicated to relevant staff members in school, including the kitchen staff, if appropriate. Where necessary, parents or carers will meet with a member of staff and/or the School Nurse, to write a detailed care plan, personalised to reflect the needs of their child.

Pupils are taught not to share packed lunches and parents are reminded about the need to avoid sending in any foods containing nuts, to support us in our commitment to be a 'nut-free school'.

## Websites for Further Information

[www.nhs.uk/change4life](http://www.nhs.uk/change4life)

*Discover healthy recipes, nutritional advice, and top tips and activities to help your kids stay healthy.*

[www.childrensfoodtrust.org.uk](http://www.childrensfoodtrust.org.uk)

*A wealth of advice and recipes to ensure your child is eating well, whether they're a toddler, ten year old or teenager.*

[www.gov.uk/government/publications/the-eatwell-guide](http://www.gov.uk/government/publications/the-eatwell-guide)

*An illustration of the Government recommendations on how to eat healthily and achieve a balanced diet.*

[www.betreatwise.net](http://www.betreatwise.net)

Find out more about the Be treatwise initiative, alongside practical tips and advice to help you enjoy treats as part of a balanced lifestyle.

**APPENDIX A**

# Stivichall Primary School

Coat of Arms Bridge Road, Coventry, CV3 6PY  
Tel: 024 7641 9555 Fax: 024 7669 0281  
Email: school@stivichall.coventry.sch.uk



Headteacher  
Mrs K Ferguson

Dear Parent/Carer

## NATIONAL SCHOOL FRUIT SCHEME

You may have heard about the School Fruit Scheme for children in Key Stage 1.

Under the scheme, each child will be entitled to receive a free piece of fruit each school day. Scientists agree that everybody benefits by eating at least 5 portions of fruit and vegetables every day. On average, children in the UK currently eat only 2 portions daily.

We are delighted that our school has been given the opportunity to participate in this exciting scheme, which reinforces our commitment to healthy eating.

Your child will be offered a free piece of fruit at morning break each school day. If you do not wish your child to participate in the scheme, please send in their own piece of fruit so that they can join in with the other children.

Please complete and return the reply slip below by XXXX

Yours sincerely

Mrs K Ferguson  
Head Teacher

school583/yg

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**STIVICHALL PRIMARY SCHOOL**

**NATIONAL SCHOOL FRUIT SCHEME**

Name of child.....Class.....

- I wish my child to take part in the scheme and have free fruit
- I do not wish my child to take part in the scheme and I will provide a piece of fruit each day

Please indicate if your child is allergic to any fruit

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Signed ..... Date .....

(Parent/Carer)

school573/yg

## APPENDIX B

# Stivichall Primary School

Coat of Arms Bridge Road, Coventry, CV3 6PY

Tel: 024 7641 9555 Fax: 024 7669 0281

Email: [school@stivichall.coventry.sch.uk](mailto:school@stivichall.coventry.sch.uk)



Headteacher  
Mrs K Ferguson

Dear Parent/Carer

### Our school milk scheme

Our school provides a milk scheme that is available to *all* KS1 (Reception, Year 1 and 2) pupils. School milk is free for under-5s, and for over-5s it is available at a subsidised price per day through the Cool Milk scheme.

Parents are requested to direct with our school milk provider. To do this, you will need to complete the registration form attached and return it to the school office, no later than XXX.

All children need to be registered to receive milk irrespective if they are under or over 5 years old.

Please register your child yourself using the following link:

<https://customers.coolmilk.com/V2/register/>

**Please note: when registering that you should use the start date of XXXX.**

Once your child is registered, nearing their 5<sup>th</sup> birthday, you will receive a payment request with information about how much the milk will be and how you need to pay.

School lists will be sent to the school every Wednesday from Cool Milk for children who are to receive milk the following week (this applies to both under 5 or paid). Should you wish your child to receive milk mid-way through a term, then you must register by 5pm on Tuesday for your child to receive milk the following week.

If you have any questions regarding school milk, please contact Cool Milk directly. You can email on: [customerservices@coolmilk.com](mailto:customerservices@coolmilk.com) or call them on: 0333 400 1199.

Yours sincerely

Mrs K Ferguson  
Headteacher

school605/yg

- Milk for under-5s is provided free of charge, fully funded by the Department of Health. Milk for over-5s is subsidised by the Rural Payments Agency and the E.U.
- For information on how milk can benefit children visit [www.coolmilk.com/why-milk-is-great](http://www.coolmilk.com/why-milk-is-great).

APPENDIX C

# Stivichall Primary School

Coat of Arms Bridge Road, Coventry, CV3 6PY  
Tel: 024 7641 9555 Fax: 024 7669 0281  
Email: school@stivichall.coventry.sch.uk



Headteacher  
Mrs K Ferguson

Dear Parent/Carer

We need to know what arrangements you wish to be made for the lunch hour when your child starts school full time.

You may be aware that all children in Key Stage 1 (including Reception) are entitled to universal free school meals.

Please return the slip below by XXXX indicating whether your child will be taking free school meals. Although there is no charge to parents in KS1 for any school meals taken, it is important that if you wish your child to change to packed lunch you **must** notify the school office. The school is charged for **all** meals booked under the new scheme.

A significant part of our funding is allocated on the basis of the number of children in school who are eligible for Free School Meals. The children do not have to have a meal if they prefer sandwiches from home, but by registering the school will receive funding known as the "Pupil Premium".

Although all KS1 children are entitled to Universal Infant Free School Meals, the school still receives the Pupil Premium for children whose parents are in receipt of the benefits listed on the reverse of this letter. If you think your child would be eligible for 'free school meals' because you are in receipt of qualifying benefits, please complete the online application form following the link below:

<http://www.coventry.gov.uk/applyforfreeschoolmeals>

Yours sincerely

Mrs K Ferguson  
Head Teacher

school583/yg

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**STIVICHALL PRIMARY SCHOOL**

**DINNER ARRANGEMENTS FOR XXXXX**

- Please order a free school meal for my child when he/she starts full time on XXXX.
- My child will be bringing a packed lunch from home
- My child will be going home for lunch

Name of child.....Class.....

Signed.....Date.....

**Is my child eligible for free school meals?**

Free school meals are a statutory benefit. The Government does not allow us to recognise any other benefit other than those mentioned below. If you are not sure, please contact us.

Free school meals are available to children of families who are in receipt of:

Your child might be able to get free school meals if you get any of the following:

- Income Support
- income-based Jobseeker's Allowance
- income-related Employment and Support Allowance
- support under Part VI of the Immigration and Asylum Act 1999
- the guaranteed element of Pension Credit
- Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)
- Working Tax Credit run-on - paid for 4 weeks after you stop qualifying for Working Tax Credit
- Universal Credit

Children who receive Income Support or Income Based Job Seekers Allowance in their own right are also entitled to receive Free School Meals.

In cases where children receive education who have not attained compulsory school age, there will be a conditional requirement that they receive education both before and after the lunch period, before being eligible to receive Free School Meals.

**Tell your local authority if you also get any of the above benefits.  
Your child's school can get extra funding if you do.**