



### 1. Introduction

Today nearly a third of children aged 2 to 15 are overweight or obese and younger generations are becoming obese at earlier ages and staying obese for longer. Reducing obesity levels will save lives as obesity doubles the risk of dying prematurely. (Childhood Obesity, 2016).

Locally, Stoke on Trent has one of the highest rates of childhood obesity in the country. In 2017-2018, 24.5% of Year 6 pupils and 11.9% of Reception age pupils were classified as obese and these numbers are rising.

At Priory CE Primary School, we acknowledge our role in helping children to develop healthy eating habits and a solid understanding of healthy eating for life. In 2019, Priory achieved the 'Healthy Schools Award' which builds on the underlying principles of the English National Healthy School Programme. This has supported the school to address healthy eating, physical activity and social and emotional health.

### 2. Aims

We aim to:

- Ensure that during the school day, pupils receive the energy and nutrition they need.
- Increase general knowledge and awareness of healthy eating to improve the health of pupils, staff and their families both for now and the future.
- Consistently promote healthy eating across the curriculum and provide an education that enables pupils to make informed decisions about what they choose to eat.
- Establish a sociable and enjoyable dining experience for pupils to enhance their social development.
- Work closely with our caterers to ensure compliance with nutritional standards and good practice in providing appealing, value for money meals that cater to specific dietary requirements.
- Liaise with parents/carers/guardians to ensure we are knowledgeable of any specific dietary requirements.

### 3. School Meals

School meals are provided by City Catering and are prepared and cooked on site. All children from Reception to Year 2 are currently entitled to a Universal Free School Meal. Menus are provided on the school website and are shared with the children at the start of the day to help them to make their choices.

School meals are carefully planned and prepared to ensure correct portion sizes and a healthy balance of the main food groups: fruit and vegetables, unrefined starchy foods, meat, fish, eggs, beans and other non-dairy alternative sources of protein, milk and dairy foods and a small amount of high fat/sugary/salty food

We do not provide any drinks containing preservatives, flavourings, colourings, sweeteners or any other type of additives. Water and a water/juice mix are available.

### 4. Packed Lunches

We request and encourage parents and pupils to ensure packed lunches are healthy and balanced. Following a range of research, we advise that packed lunches adhere to the following guidelines.

**Packed lunches should include:**

- A starchy food such as any type of bread (white or wholegrain rolls, pitta bread or wraps), pasta, rice, couscous, noodles, potatoes or another cereal.
- At least one portion of fruit and one portion of vegetables.
- Meat, fish, eggs or a non-dairy protein (e.g. lentils, kidney beans, chick peas, houmous, falafel).
- A dairy food such as milk, cheese, yoghurt, fromage frais or custard.
- A drink of water, fruit juice or smoothie (maximum portion 150ml), milk, yoghurt or another milk drink.



**Packed lunches can occasionally include:**

- Cakes and biscuits to eat as part of a meal
- Salty snacks such as crisps

**Packed lunches should not include:**

- Sugary soft drinks and fizzy drinks (even if labelled as sugar-free).
- Confectionery such as chocolate bars and sweets
- Fast food, pies etc.
- Glass containers

The content of packed lunches will be monitored by staff in the dining hall. Where pupils consistently bring food which do not meet the expectations we will contact home to advise parents and offer support/signpost them to information to help improve choices or suggest food swaps. The 'Change for Life' website is an excellent source of information and ideas and can be found at: <https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

## **5. Snacks**

All pupils from Nursery to Year 2 receive a free piece of fruit or vegetable every day, additional to their school lunch during the morning break. Year 3 to Year 6 can buy a range of snacks during morning break e.g. toast, fruit and juice. Children can bring their own healthy snack to school and these are monitored by staff. Crisps and chocolate bars are not permitted.

## **6. Drinks**

All pupils in the Early Years (Nursery and Reception), are provided with a drink of milk during the morning and free access to water at all time. Pupils throughout the school have access to water fountains. It is requested that they bring a named water bottle to school each day.

## **7. Healthy Eating in the Curriculum**

Healthy eating messages are conveyed and promoted across the curriculum in lessons such as science, D&T and personal, social and health education (PSHE). We also convey healthy eating messages during assemblies and dedicated 'healthy eating awareness' days or weeks.

## **8. Food Hygiene**

The kitchen is regularly inspected and awarded a hygiene rating. All staff who prepare food have successfully completed food hygiene training.

In preparation for lunch, snack and during cooking sessions; promoting good hygiene is vital. Children are taught the importance of handwashing and safe food preparation and are reminded on a regular basis to wash their hands. Hand sanitisers are provided throughout the school.

## **9. Exemptions**

There are times throughout the year when healthy eating cannot apply and we promote these occasions are special or treats. Some examples are of the times we make exceptions to the policy are:

- At parties or celebrations marking religious or cultural occasions
- On themed days e.g. when the children cook and taste food from other cultures
- As rewards e.g. class party afternoon
- At some meetings when snacks are provided by a member of our community e.g. Worship Steering Group
- At fund raising events e.g. cake day, disco, Fun Day
- On an occasional basis e.g. when children bring food to celebrate their birthday



## **10. Links to Other Policies**

- Design and Technology
- Science
- Health and Safety
- City Catering Policies

## **11. Monitoring and Review**

The Senior Leadership Team and Governing Body are responsible for monitoring the implementation and effectiveness of this policy. It will be reviewed every two years or earlier if necessary.

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