



Cabot
Learning
Federation



Haywood
Village Academy

Healthy Food Policy

Academy Name: Haywood Village Academy

Implementation Date: September 2018

History of most recent Policy changes

Date	Page	Change	Origin of Change e.g. TU request, Change in legislation
Date	E.g. Whole Document	Detail of change	Reason for change
July 2019	Whole document	Review of policy	Cyclical policy review.

Healthy Food Policy

1.0 **Rationale**

- 1.1 The school recognises the importance of educating children with the skills, knowledge and understanding to enable them to make informed healthy lifestyle choices. We believe that healthy lifestyles, including snacks, meals and drinks help people to be fitter and healthier now and later in life.
- 1.2 The school values the crucial role parents can play in providing healthy food choices in school and after school and expects their support to ensure the school meets the expectations of the government national guidelines on nutrition.
- 1.3 This policy outlines the expectations for healthy snacks, lunchtime meals and drinks.
- 1.4 The principles within this policy are upheld by the school's Breakfast club and Parachutes After School Child Care.

2. **Lunch:**

- 2.1 Our school meals are provided by Aspens Catering.
- 2.2 School meals for children in Reception, Year 1 and Year 2 children are funded by government. We expect all children to eat a school meal on this free entitlement and will not permit packed lunches for pupils in this age range.
- 2.3 Parents may choose to provide a packed lunch for their child in Pre-school and Key Stage 2, when there is no free entitlement.
- 2.4 Expectations for school packed lunches are detailed in 3.0
- 2.5 The school will work with the pupils to provide attractive and appropriate dining room arrangements.

3. **Pre-School or Key Stage 2 Packed lunches contents:**

- 3.1 At least one portion of fruit and/or vegetables every day.
- 3.2 Meat, fish or other source of non-dairy protein (e.g. lentils, beans, soya or hummus) every day (usually as part of a sandwich, wrap or salad).
- 3.2 Oily fish, such as salmon or tuna occasionally.
- 3.4 A starchy food such as brown/wholemeal bread, pasta, rice, noodles, potatoes or other type of cereals every day.
- 3.5 Dairy food such as cheese, low fat yoghurt, fromage frais or custard.
- 3.6 Packed lunches could include a snack, as part of a balanced meal.
 - 1 buns / small cake
 - 1-2 biscuits
 - 1 chocolate snack
 - 1 cereal bars
- 3.7 Packed lunches should not include:
 - Drinks other than water. Fresh drinking water is provided by the school.
 - Nuts or nut products (although they can be healthy) because of the danger to other children with allergies.

4. Special Diets /Allergies

- 4.1 The school recognises that some pupils may have verified medical conditions requiring special diets or cultural/religious beliefs which may impact on diet. These may not allow for the standards to be met exactly. In this case parents/carers are urged to be responsible in ensuring that packed lunches are as healthy as possible.
- 4.2 For risks to health of children across the school related to allergies, pupils are not permitted to swap food items.
- 4.3 For risks to health of children across the school related to allergies, pupils are not permitted to bring nuts and nut products in packed lunchboxes.

5. Drinks:

- 5.1 It has been recognised that children's concentration and behaviour improves when they drink water throughout the day; dehydration can give children headaches and make them tired.
- 5.2 We encourage all pupils to bring a plastic bottle of water to school each day.
- 5.3 Pupils are not permitted to bring drinks other than water to school.

6. Healthy Snacks

- 6.1 All children in KS1, and Reception receive a free piece of fruit or vegetable everyday as part of the Governments School Fruit and Vegetable Scheme.
- 6.1 All pupils, including Key Stage 1 children, can bring in a healthy snack from home.
- 6.2 Healthy snacks for playtime will only be permitted if they are real fruit or vegetables.

7. Assessment, evaluation and reviewing:

- 7.1 Packed lunches are reviewed by lunchtime staff as part of their supervision of the children.
- 7.2 Pupils with special diets will be given due consideration.
- 7.3 We rely on parents/carers to support this policy and work with the school to ensure that their children are provided with a balanced healthy lunchbox.
- 7.4 If a child regularly brings a packed lunch that does not conform to the policy, then the school will contact the parents to discuss this.

8. Review

- 8.1 This policy will be reviewed in July 2021