



# **St. Sebastian's Church of England Primary School and Nursery**

## **Healthy Eating Policy**

Date	Spring 2023
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Approved by:	Staff and Pupil Care
Review	Spring 2025

## "A school family with a Christian ethos, where we help each other to flourish."

### Introduction

At St Sebastian's, we recognise the important part that a healthy diet plays in a child's wellbeing and their ability to learn and achieve effectively. We believe that the school, in partnership with parents and carers, can make a major contribution to improving children's health. Furthermore, by increasing their knowledge and understanding of food, this will help them to make healthy food choices.

### Curriculum

Healthy eating, food, its production and preparation, are important parts of the curriculum for all pupils; it is taught across the Key Stages through Science, PHSE, PE and Design and Technology.

### Break time snacks

All Foundation Stage and Key Stage 1 children are provided with daily fruit or vegetables as part of the Government scheme. Children will be encouraged to eat their piece of fruit or vegetable as part of their daily snack time or during break time.

To ensure consistency across the school, KS2 children will also be encouraged to eat fruit or vegetables at break time. Other healthy snacks could include; bread sticks, wholemeal crackers, plain rice cakes, a fruit smoothie or a small cheese such as a cheese string.

Below is a list of items not allowed as everyday snacks in school;

- chocolate
- sweets
- biscuits
- crisps
- cakes
- popcorn
- pepperami
- yoghurt

If they are brought on to the playground at break time, staff will speak with the children about healthy options for snacking and will return the item back to the child at the end of the day to be taken home. They will be offered a piece of fruit or vegetable as an alternative.

Chewing gum and fizzy drinks are **not** permitted on the school premises or while the children are representing the school.

For medical reasons nuts and products that may contain traces of nuts are also **not** allowed. As a school we have a duty of care to all our children.

Children are expected to bring a named water bottle in to school with them every day and will be given regular opportunities to drink water throughout the day. Please note, juice or squash is not permitted, only water.

### **School lunches**

At St Sebastian's all school meals will be prepared following the government nutritional guidelines, as stated in the Public Health Report, published in 2014, by Public Health England and the NAHT. "A whole school approach to healthy school meals, universally implemented for all pupils, has shown improvements in academic attainment at key stages 1 and 2, especially for pupils with lower prior attainment".

We will provide Universal Free School Meals for children in Reception and Key Stage 1 and encourage parents to take up this offer. We are committed to providing food which is compliant with all national guidelines. Staff will work with children to provide a clean, safe, attractive and appropriate dining area. We believe that lunchtimes should foster the caring, friendly ethos that governs everything that we do.

Children are encouraged to be independent during the meal and clear up after themselves at the end by tidying their plates and cutlery away. They will seek permission from a Lunch Supervisor before leaving the table and they will be encouraged to eat the food they have been provided with.

Parents or carers will be advised if their child is not eating well.

### **Packed lunches**

Pupils' lunch boxes should offer balanced nutrition. Across a week, parents are encouraged to offer a variety of healthy foods.

Below is some guidance for preparing a child's balanced lunchbox, it should include;

- √ Starchy foods - these are bread, rice, potatoes or pasta
- √ Protein foods - including meat, fish, eggs and beans
- √ A dairy item - cheese or a yoghurt
- √ Vegetables or salad and a portion of fruit

X Fizzy drinks, cartons of juice and Capri Suns, sweets, nuts (including products that contain traces of nuts) are **not** allowed. As with playtime snacks, if any of these items are brought in in lunchboxes, staff will speak with the children about appropriate lunchtime foods and drinks and will return the item back to the child at the end of the day to be taken home.

Children take their water bottles to the hall at lunchtime. If they do not have one school will provide water to drink.

Children are taught not to share packed lunches and parents are reminded about the need to avoid sending in packed lunches containing nuts or products that contain traces of nuts. We have children in our school community who are allergic to nuts and their safety is paramount.

Food not eaten in a packed lunch will be taken home by the child to ensure that parents know what their child has or has not eaten.

## **Milk**

Until their 5<sup>th</sup> birthday children receive a free carton of semi-skimmed milk each school day. After the age of five, parents and carers are able to purchase milk from Cool Milk, which the children can drink at break times.

## **Special events**

At special events such as Christmas parties, food contributes to a sense of celebration and sharing. On these occasions, party food may be allowed, but the staff will remind the children that this is an “occasional” treat and not “every day food”. Details of such events will be shared with parents through letters and the school’s fortnightly newsletter. If children would like to give out sweets or chocolate to the other children in the class for their birthdays we ask this to be limited to one item per child.

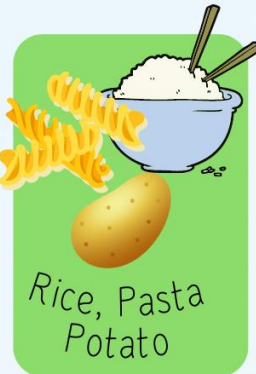
Packed lunches provided for school trips as part of our Free School meals provision comply with National Food Standards.

## **Allergies**

Parents or carers of children who are on special diets for medical or religious reasons, or who have allergies, will be asked to provide as much information as possible about which foods are suitable or foods which must be avoided.

# HEALTHY LUNCHES

## YES



## NO



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# PLAYTIME SNACK CHOICES



Fruit



Fruit Smoothies



Vegetables



Plain Breadsticks



Plain Crackers  
& Rice cakes



Cheese



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