

**Christ Church C.E & Lewis Street Primary Schools –
Healthy Schools Policy
(including snacking and birthday guidance)**



	Christ Church C.E	Lewis Street
Date	Spring 2017	Spring 2017
Review Date	Spring 2020	Spring 2020
Signed by Designated Governor	R. Orton	Dr. Muslim

Christ Church C.E and Lewis Street Primary Schools recognise that a healthy school is one that is successful in helping pupils to do their best and build on their achievements. It promotes physical and emotional health by providing accessible and relevant information and equipping pupils with the skills and attitudes to make informed decisions about their health. A healthy school understands the importance of investing in health to assist in the process of raising levels of pupil achievement and improving standards. It also recognises the need to provide both a physical and social environment that is conducive to learning.

We believe that there are many benefits of introducing healthy snacks:

- Childhood eating patterns have lifelong consequences. Poor nutrition is linked with ill health, increased risk of obesity, and development of chronic conditions such as diabetes, hypertension and coronary heart disease.
- Healthy snacks contribute to improving concentration.
- Suitable snacks and drinks will help prevent tooth decay.
- Children need a certain amount of snacks each day to get the calories they need, especially if they are active and going through a growth spurt.

To help achieve safe snacking there should be an increased uptake of fruit, toast, milk, water and a reduction in sugary snacks.

Aims

- To promote a whole school approach to a healthy lifestyle.
- To raise awareness of the concepts of ‘healthy eating’ and ‘balanced diet’ and their importance in maintaining good health.
- Develop a positive attitude towards eating habits.
- Provide opportunities within school to pursue a healthy diet.
- Help children to understand that some foods should be eaten in moderation.
- To encourage children to make informed decisions on a healthy lifestyle based on positive attitudes and information
- To provide high quality Physical Education and School Sport and promote Physical Activity as part of a lifelong healthy lifestyle
- To increase the children’s knowledge and understanding of the importance of water in their diet through allowing all children to bring water bottles into school.
- To provide children and staff with the opportunities to make informed choices about a healthy lifestyle based on current information and liaison with outside agencies such as the School Dental Services and the Health Improvement Service.
- To support the local authorities school fruit and veg scheme ‘SFVS’ initiative by encouraging KS1 children to eat one portion every day at break.

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- To help children develop greater confidence, motivation, self-esteem and have the skills, information and understanding to make important life and health choices.
- To achieve better academic results within a setting that supports their health and well being.

Through the successful implementation of this policy the intended outcomes are:

Children are physically, mentally and emotionally healthy. Children are making informed choices about their lunches, both school dinners and packed lunches. Children understand the need for a balanced diet and understand the term 'in moderation'.

Policy into Practice

The school will adapt a healthy schools approach to most areas of the curriculum; therefore evidence will be very cross curricular. Some topics such as 'Growth', 'Ourselves' and 'Healthy Diets' will cover most of our aims and objectives. Our pupils will experience most health education in the following areas:

Curriculum

In EYFS, KS1 and KS2, healthy eating is addressed through:

- Science units
- PSHE units
- Design and Technology
- RE
- Discrete teaching sessions
- Discussion between teacher and pupils
- Assembly teacher led or outside visitor
- Whole school projects
- Cookery Club
- Oral Hygiene sessions
- School Nurse sessions
- ECO club – growing fruit and vegetables
- Super learning days and weeks.

Breakfast club

Breakfast club runs daily from 8am – 8.45am. A varied selection of hot and cold, healthy and nutritious food is available, e.g. Cereal, toast, milk and water.

Fruit and vegetable

There is a free fruit scheme in operation for our infant children. Each child is given a piece of fruit/vegetable each day. There is a different fruit or vegetable each day e.g. apples, pears, carrots and oranges.

Milk

Milk is available to all children throughout the school which is provided in the class to drink. Children who are entitled to Free School Meals receive the milk for free. All other children can

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pay for milk on a termly basis. Nursery, Reception and year 1 children receive milk under the Universal Free School Meals scheme.

Water

Children are encouraged to drink water throughout the day. The school currently has water coolers throughout the school. Children bring in a water bottle from home. Throughout lunchtime water is available at each table.

School meals

The dinner system offers a choice of foods, which allows the pupils to exercise their knowledge of healthy eating. Theme days are promoted throughout the year through advertising on posters and flyers e.g. Easter menu.

Packed Lunches

Packed lunches are placed on trolleys each morning and stored in a room adjacent to the dining hall. Information on packed lunches is provided for those children who do not eat school meals through discussions and visitors. Monitoring of packed lunches takes place informally during these discussions and during lunch time. Any uneaten food is returned in the child's lunch boxes so the parents can be aware of what the child has eaten whilst at school. Individual monitoring/observation can also take place on parental request. A healthy packed lunch should contain a mix of foods from the Eat Well plate.



The Eat Well Plate shows how much should be eaten from each of the five food groups.

A good packed lunch contains:

- A starchy food, such as bread, rolls, pitta bread, naan bread, potatoes, rice, noodles. These are good to fill children up.
- A good source of protein, iron, and zinc such as meat, fish, beans, nuts and eggs.
- A good source of calcium such as milk, cheese, yoghurt or fromage frais.
- And one portion of fruit and one portion of vegetable or salad to provide other vitamin and minerals.

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Snacking Guidance

We encourage children and parents to **avoid** the following snacks and drinks for packed lunches and KS2 break times.

Snacks

- **Sweets and Chocolate:** biscuits, even plain ones are high in sugar and are very damaging to teeth when eaten in-between meals.
- **Crisps**
- **Dried Fruit:** should be kept to mealtimes only as it is very high in sugar. The drying process converts the safe natural sugars into harmful ones, which would cause tooth decay.
- **Breakfast/Muesli/Health Bars:** these are high in sugar and damaging to teeth.

Drinks

- **Fizzy Drinks:** these contain lots of sugar and there is little evidence to show that diet drinks are less damaging to teeth, due to high acid content.
- **Unsweetened Fruit Juice**
- **Low calorie, sugar free or diet cordial drinks**
- **Sparkling flavoured mineral water**
- **Sweetened drinks (added sugar),** such as fruit juice, cordial, hot chocolate, milkshakes, fruit shoots. Many cordials and squashes contain high amounts of sugar or artificial sweeteners, which are not intended for children under the age of 5.
- **Smoothies** should be kept to meal times only. The blending process converts the safe natural sugars into harmful ones, which could cause tooth decay.

We allow juice to be brought into school to accompany lunch, but during the rest of the school day, pupils will only be allowed to drink milk or water.

Birthday Guidance

Parents are informed on admission to Nursery or school that we discourage children to bring in sweets and sweet treats on birthday and celebratory occasions.

The birthday child can be made to feel special for the day in other ways:

- Everyone can sing Happy Birthday.
- Parents can donate a book for the class or a toy for the playground.
- The child can choose to listen to their favourite song at the end of the school day.
- The birthday girl or boy can have a pretend cake which the children can all help to make from boxes, coloured tissue, play dough etc.
- Balloons and stickers can help to create a birthday atmosphere.
- A special crown can be made for the birthday child to wear.