

Berriew CP School



Healthy Eating Policy

Date of policy: January 2025
Next review date: January 2026

It is the policy of Berriew CP School to promote a healthy lifestyle when providing food or food-related activities to children.

Introduction

Our school is committed to providing the children in our care with nutritious balanced meals, snacks and drinks which meet the children's individual dietary needs and complies with Welsh government's national minimum standards. We provide a social environment that encourages children to eat well and learn about healthy eating through aspects of their play and learning.

This policy outlines the principles and practices for healthy eating within the school community, including pupils, staff, and parents.

Objectives

- To provide pupils with access to nutritious, balanced meals and snacks during the school day.
- To educate pupils about the importance of healthy eating and how it supports their physical and mental well-being.
- To encourage healthy choices and promote an understanding of portion control.
- To align with local and national nutritional guidelines and support the development of healthy eating habits both at school and at home.

Healthy Eating from the school meals

- The school will provide a range of healthy meal options that include fresh fruit, vegetables, whole grains, and lean proteins.
- Menus are available on the Powys school website- [Primary School Meals and Prices - Powys County Council](#)
- All school children have access to free school meals.
- Children are encouraged to order their school dinners each morning.
- All meals will meet the nutritional standards as set by the Welsh government guidelines and be free from excess salt, sugar, and saturated fats.
- Drinks offered will include water, milk, and unsweetened fruit juices.
- Sweet treats and sugary snacks will be limited to special occasions only.

Healthy snacks

- School will provide foundation learning children with a morning snack that incorporates a 3-week rolling snack menu. This will be available on our noticeboard and school website.
- Children in foundation learning are encouraged to prepare their own snacks which will include both a fruit/vegetable and carbohydrate. Children are also offered free school milk. A letter will be sent each half term to parents/guardians outlining the price of snacks. Payment would be preferred through parent pay.

- Children in Key Stage 2 are required to bring their own healthy snacks and drinks. For example, fruit, vegetables, breadsticks, yoghurts etc.
- All children are advised to bring a water bottle daily.

Lunchboxes

The recommended contents of a healthy lunchbox are:

- A portion of fruit and vegetables e.g. small apple, orange, banana, tomatoes, cucumber, carrot sticks or any other fruit or vegetables.
- Meat, fish or other source of non-dairy protein e.g. chicken, beef, pork, ham, tuna, lentils.
- A starchy food e.g. bread, pasta or rice, crackers, rice cakes, pitta bread, tortilla wraps.
- Dairy food e.g. cheese, yoghurt or fromage frais, milk
- Drink e.g. water or milk.

Alternative suggestions to chocolate bars include:

- Sugar free jellies with fruit
- Scones- plain or fruit
- Fruit based cakes e.g. carrot cake, banana loaf, gingerbread
- High fat meat products such as sausage rolls, meat pies and sausages should only be included occasionally.

Special Dietary Requirements

- The school will make reasonable adjustments to accommodate pupils with special dietary needs, including allergies, intolerances, and religious or cultural preferences.
- There needs to be an awareness of nut allergies and that peanuts and anything containing nuts are not put into a child's lunchbox.
- Parents are encouraged to inform the school of any special dietary requirements upon enrolment or as changes arise.
- The school recognises that some pupils may require special diets that do not allow for the Standards to be met exactly. In this case parents are to be responsible for ensuring that packed lunches are as healthy as possible.
- At no time will a child be made to feel ashamed or uncomfortable about the contents of their lunchbox.

Curriculum and Education

- The school will incorporate healthy eating into the curriculum, providing pupils with knowledge about food choices, nutrition, and the role of a balanced diet in maintaining health.
- Special activities and events, such as cooking classes or nutrition workshops, will be organised to enhance pupils' understanding and engagement with healthy eating.

School Events and Celebrations

- We encourage parents and caregivers to offer nutritious snacks and meals at school events and parties.

Parent and Community Involvement

- Parents will be encouraged to support the school's healthy eating policy by providing balanced lunches and snacks for their children.
- The school will provide information and resources to parents to assist them in making healthier food choices for their children at home.

Monitoring and Review

- The school will regularly review the policy to ensure it remains effective and up to date with current nutritional guidelines.
- Feedback from pupils, staff, and parents will be considered when making improvements or adjustments to the policy.

Conclusion

By promoting healthy eating, our school aims to foster a supportive environment where pupils are empowered to make nutritious food choices that will enhance their overall well-being and academic success.