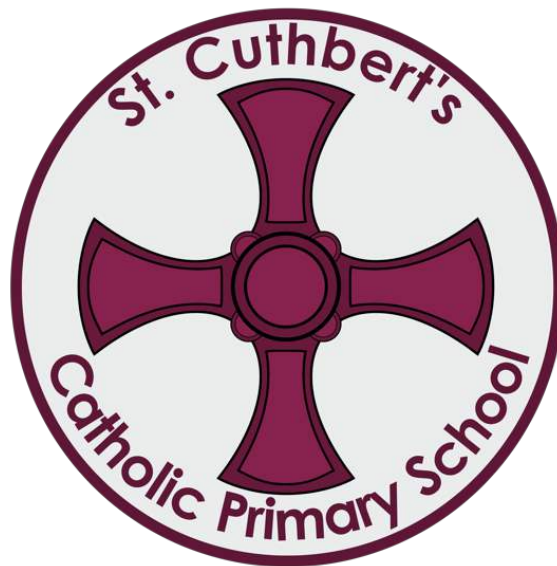


Healthy Eating Policy

St Cuthbert's Catholic Primary



Approved by:	Governing Body	Date: September 2023
Last reviewed on:	July 2022	
Next review due by:	September 2024	

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1. Introduction

**The best interests of the child must be a top priority in all things that affect children
(Article 3 UNCRC)**

**Every child has the right to the best possible health. Governments must work to provide
good quality health care, clean water, nutritious food and a clean environment so that
children can stay healthy. Richer countries must help poorer countries achieve this
(Article 24 UNCRC)**

It is the responsibility of the headteacher and governors to establish and maintain a healthy school environment. We do this in line with the vision and values of the Bishop Chadwick Catholic Education Trust <https://bccet.org.uk/about-us/vision-values/>

2. Aim

To grow and stay healthy, children need a nutritionally well-balanced diet. Schools are an influential setting and can contribute significantly to improving the health and well-being of pupils. We are also a Gold Rights Respecting School and the above articles underpin our aims.

Good nutrition in childhood can help to prevent a variety of health problems, both in the short term and later in life. There is increasing concern that many children are consuming too much fat, sugar and salt and too little fibre, fruit and vegetables.

Packed lunches and school meals can contribute to almost a third of a child's weekly food intake and therefore need to be balanced and nutritious. We believe that a healthy packed lunch can contribute to the health of children and young people, and needs to be consistent with the nutritional standards provided by school meals.

3. Curriculum

We teach healthy lifestyles in an age-appropriate way from EYFS throughout school. Please see our website for specific information on the following curriculum areas:

- Science
- Design & Technology
- PE and School Sports

- PSHE
- RSE

4. School Lunches

Our school lunches are prepared by staff on site as part of our Trust catering team "Chadwick's Kitchen."

Information about the catering team can be found here: <https://bccet.org.uk/chadwicks-kitchen/>

Catering staff are trained to cater for medical diets. A medical diet policy and request for can be found here: <https://bccet.org.uk/key-documents/>

5. Packed Lunches

5.1 School Role

- The school will provide appropriate facilities for pupils eating packed lunches and ensure that free, fresh drinking water is available at all times.
- The school will work with parents to encourage packed lunches to meet the standards listed below.
- As fridge space is not available, pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible.
- Wherever possible the school will enable pupils eating packed lunches and pupils eating school lunches to sit together.

5.2 Home Role

We ask families to follow the following healthy school guidelines.

Packed lunches should include:

- at least one portion of fruit and one portion of vegetables every day.
- meat, fish, eggs, or a non-dairy protein (e.g. lentils, kidney beans, chickpeas, houmous, every day.
- 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 every day.
- a dairy food such as milk, cheese, yoghurt, fromage frais or custard every day.
- a drink of water, flavoured water, fruit juice or smoothie (maximum portion 150 mls), semi-skimmed, 1% fat or skimmed milk, yoghurt or another milk drink.

Packed lunches can occasionally include:

- Meat products such as sausage rolls, individual pies, corned meat and sausages.
- Crisps, cakes and biscuits, but encourage your child to eat these as part of a meal

Packed lunches should NOT include:

- Any products containing nuts due to allergies in school
- confectionery such as chocolate bars, cereal bars, processed fruit bars and sweets.
- sugary soft drinks, such as squash (even if labelled as 'sugar-free', 'no-added sugar' or 'reduced sugar' as these drinks can contribute to tooth decay and provide little nutritional value).
- Energy drinks and fizzy drinks

6. Healthy Snacks & Drinks

- Water is provided for all children throughout the day – they just need a water bottle.
- Children should not bring in fizzy or flavoured water or juice or energy drinks.
- Fruit is provided in school at morning break for Reception class, Year 1 and Year 2.
- Children in Years 3, 4, 5 and 6 are allowed to bring in a healthy snack for morning play and parents of younger children can choose to send a snack in if they prefer. **Only fruit, vegetables, dried fruit, cheese and/or crackers should be sent as a snack for all children. Sweets, biscuits and chocolate are not allowed, nor are cereal bars as they contain a high proportion of sugar. Drinks such as fruit shoots, fizzy drinks, energy drinks or milk shakes are also not allowed as a snack.**
- Please be aware that we have children in school with serious nut allergies so please do not send in any product which contains nuts.

7. Confiscation

Schools have the right to confiscate any food and drink items that are not allowed in school in accordance with government guidance

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1091132/Searching_Screening_and_Confiscation_guidance_July_2022.pdf

8. Monitoring & Review

This policy will be reviewed annually by:

- SLT
- Link governor or whole governing body

This policy links to the following policies and procedures:

- Child protection policy
- Health & Safety Policy
- Positive Handling Policy
- SEND
- Rights Respecting