



Healthy Eating Policy

'At the forefront of education, our vision is to provide opportunity and excellence in all branches of learning. By creating a flagship school that is a 'Centre of Excellence' in all scores of disciplines, academic and beyond, each unique child's potential is explored and natural talents discovered. At Langney Primary Academy our vision is to uphold the balance between EXCELLENCE (standards) and the ENJOYMENT of learning. Our school environment places emphasis on physical, social and emotional health to ensure a healthy body and mind for our pupils, parents and staff (Vision Statement March 2019).'

Approval Date	Policy Reviewer	Title	Chair of Governors
8.2.2021	Benjamin Bowles	Head of School	Jane McCarthy-Penman

Frequency of Policy Review	Annually
Model Policy	-
Added to Website/Staff Drive	15.2.2021

LANGNEY PRIMARY ACADEMY

This policy is ratified by Langney's Local Governing Body (LGB) as a school-based policy.

INTRODUCTION

Langney Primary Academy is dedicated to providing an environment that promotes healthy eating and enables pupils to make informed food choices. This is a key aspect to our "Active Body, Healthy Mind" motto. Success will be achieved by the whole-school approach to food provision and food education documented in this policy. The policy was formulated through consultation between members of staff, governors, parents, pupils and health professionals.

AIMS

The main aims of our school food policy are:

- To provide a range of healthy food choices throughout the school day.
- To support pupils to make healthy food choices and be better prepared to learn and achieve.
- To support parents/carers in making healthy food choices on behalf of their children by providing nutritional information and supportive guidance.
- To ensure a consistent approach to healthy eating across the school community including pupils, staff and parents/carers. It is every staff member's responsibility to support the consistent application of this policy and the ethos therein.

FOOD THROUGHOUT THE DAY

BREAKFAST

Breakfast is an important meal that should provide 25% of a child's energy requirement and support pupils to be ready to learn at the start of each day. The school's Breakfast Club is available to pupils in Years 1 to 6, in the Main Hall, from 7:30am – 8:40am.

There is also a Breakfast Club for EYFS (Early Years Foundation Stage) pupils in the Nursery from 7:30am – 9:00am.

The school is also part of the DfE Magic Breakfast project and presently we provide a universal breakfast option for ALL children at Langney Primary Academy. We hope to sustain this provision.

SCHOOL LUNCHES

School meals are currently provided by Pabulum Catering Company and are served in the main hall from 11:30am – 1:30p.m. The school meals meet the mandatory requirements of the School Food Standards 2015.

School meals are planned on a three week cycle and contain both a meat (no pork) and vegetarian option with a jacket potato offered as an alternative. A self-service salad bar provides a wide range of salads and vegetables to encourage children to try new healthy foods. Menus are available on the school website. Monday meals are always "meat free".

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PACKED LUNCHES

The school strongly encourages all pupils to have a school lunch as this ensures they are receiving a nutritionally balanced diet across the whole week. If parents / carers choose to supply their own packed lunch, they must adhere to Langney Primary Academy's Whole School Food Policy. The following requirements for packed lunches have been developed in accordance with guidance from the Children's Food Trust:

Packed lunches should include:

- ✓ Some starchy foods such as bread (sliced bread, pitta bread, wraps and bagels), pasta, potatoes, couscous or rice (choose wholegrain where possible).
- ✓ At least 1 portion of fruit and 1 portion of vegetables or salad. One portion of vegetables / salad is roughly a handful (child size for a child's portion).
- ✓ Dairy food such as cheese or yoghurt.
- ✓ Meat, fish, or another source of protein such as eggs, beans and pulses, hummus, falafel.

Packed lunches should not include:

- ✓ Sweets or chocolate
- ✓ Nuts or products that may contain nuts (further information below)

You may include an extra low fat / low sugar snack such as a fruit scone, a plain biscuit, plain breadsticks, rice cakes or crackers.

A piece of fruit is also provided as a healthy snack for free once a day in the EYFS.

For further guidance, please see our packed lunch suggestion sheet (Appendices 1 & 2) and the Eatwell Guide, published by the NHS (Appendix 3).

***IMPORTANT:** We are a nut-free school so please do not provide nuts as part of a packed lunch, or anything that may contain nuts. Please be aware that this *can* include, but is not limited to: peanut butter, Nutella (and other chocolate spreads), granola, grain breads, some cereal bars and salad dressings. We do currently have a number of nut allergies in the school and this can be life threatening for certain pupils. Please be considerate of this when making your choices.

DRINKS

The school provides water for all pupils at lunchtime and throughout the school day. Milk and a piece of fruit is also provided for free once a day in Reception.

Water is freely available in school all day and named water bottles are provided for pupils in Nursery and Reception. Pupils in Years 1-6 must purchase a water bottle from the school if their original bottle requires replacement. The water bottle is considered part of the school uniform and must be named.

Water bottles are taken home each day in order to be refilled for the next school day. Children should not bring in drinks other than water. Children are actively encouraged to drink water regularly throughout the day and are able to refill their water bottle from taps in class and / or outside water fountains.

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SPECIAL OCCASIONS

The school recognises the importance of celebrating birthdays and special occasions. Parents / carers are requested to support the school policy by refraining from distributing sweets or cakes at the school. For celebration events organised in school, we welcome a variety of healthy foods from different cultures, for children to try. Parental consent will be sought, including allergy alerts.

CURRICULAR AND EXTRA CURRICULAR ACTIVITY

Our curriculum supports the whole school food policy. There is strong emphasis on the teaching of healthy lifestyle choices in all curriculum areas across the school. The Eatwell Guide is used throughout the school to support children's understanding of a balanced diet (Appendix 2).

Langney Primary Academy believes that learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably well. We are fortunate to have a specialist Cooking and Nutrition teacher, who teaches cookery classes as part of the curriculum and as an extra-curricular 'Let's Get Cooking' family club. Each class from Years 1-6, are taught how to cook and apply the principles of nutrition and healthy eating for the duration of one term. Pupils are taught:

Key Stage 1

- ✓ Use the basic principles of a healthy and varied diet to prepare dishes
- ✓ Understand where food comes from

Key Stage 2

- ✓ Understand and apply the principles of a healthy and varied diet
- ✓ Prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques
- ✓ Understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.

All pupils are taught how to use equipment safely, identification of food and equipment and its uses, and an understanding of how to keep safe during cooking sessions. Classes are encouraged to visit our local farm to see where some foods come from. Where appropriate, cooking sessions are linked to learning journeys / topics eg. WW1, WW2, Mexico and Greeks.

SPECIAL DIETARY REQUIREMENTS

The school does everything possible to accommodate pupils' specialist dietary requirements including allergies, intolerances, religious or cultural practices.

Individual Care Plans are created for pupils with food allergies. Pupils' food allergies are recorded in the school office and the school kitchen.

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EXPECTATIONS OF STAFF AND VISITORS

The school expects staff to contribute to and support the food policy across the school day. Staff and visitors are expected to model good practice around food and drink in line with the policy, when in the company of pupils.

PARENTS, CARERS and FAMILY MEMBERS

Our relationship with parents / carers is very important and we aim to support them with information and advice around food, so that they are best prepared to make healthy choices for their families.

NURSERY PROVISION

Please refer to the 'Healthy Active Little Ones' policy for further information on the nutritional guidance and provision for our Nursery pupils.

Active Body, Healthy Mind

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Appendix 1 –

How to Pack a Healthy Lunch Box in Four Steps

Step 1: Main Course		
Tortilla Roll Up	Bagel Sandwich	Grilled Chicken
Hummus and Pita	Cheese and Crackers	Hard-Boiled Egg
Turkey / Ham Sandwich	Tuna Salad	Pasta Salad
Pizza Muffins	Soup (in a thermos)	Falafel & Dip
Quorn Bites & Dip	Hummus and salad wrap	Soft Cheese and cucumber sandwich (brown bread)
Egg mayonnaise and lettuce brown bap		
Step 2: Fruits and Veggies		
Cherry Tomatoes	Dried Fruit	Sugar Snap Peas
Apple Slices	Raspberries	Broccoli
Raisins	Strawberries	Salad
Oranges	Blueberries	Celery Sticks
Banana	Watermelon	Carrot Sticks
Cucumber Chunks	Sliced grapes	Baby corn
Pepper slices	Kiwi	
Step 3: Snacks and Treats		
Cheese Stick	Cheese Crackers	Fruit Snacks
Cottage Cheese	Pretzels	Low Fat Chips / Salsa
Dry Cereal	Popcorn	Apple Sauce
Yoghurt	Malt Loaf	Rice Cake
Sugar free jelly		
Step 4: Drinks		
Water	Squash (No added sugar) (150ml max)	Fruit juice (150ml max)
Milk (150ml)		

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Appendix 2 – The Langney Healthy Lunchbox Guide Poster

This is a more 'eye-catching' version of above, designed to be user-friendly for children and parents alike. This is displayed in our Home-School Link books and will be available as a leaflet for parents in school.

Langney Primary Academy The Healthy Lunchbox Guide

Use this Guide to help you prepare a balanced and healthy lunch box.

Check for recipes in the School Hall.

Step One MAIN COURSE

- Bagel sandwich
- Cheese and crackers
- Grilled chicken
- Hard boiled egg
- Falafel and dip
- Pasta salad
- Tuna salad
- Tortilla rollup
- Hummus and pita
- Pizza muffins

Step Two Fruit and Veg

- Cherry tomatoes
- Apple slices
- Raisins
- Oranges
- Banana
- Cucumber chunks
- Dried fruit
- Baby corn
- Carrot sticks
- Colory sticks
- Pepper slices

Step Three Snacks and Treats

- Cheese stick
- Cottage cheese
- Dry cereal
- Yoghurt
- Pretzels
- Popcorn
- Fruit snack
- Low fat chips with salsa
- Sugar free jelly
- Rice cakes

Step Four Drink

- Water
- Squash with no added sugar (150ml max)
- Fruit juice (150ml max)
- Milk

Ingredients for Pizza Muffins

- 1x hard boiled egg – 12p
- 4x cherry tomatoes – 16p
- 1x banana – 20p
- 1x muffin – 15p
- Tomato sauce – 5p
- Handful of cheese – 25p
- Low fat crisps – 15p
- Bottle of squash (150ml) – 5p
- TOTAL = £1.07**

EXAMPLE

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Appendix 3 -The Eatwell Guide

Please visit <https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/> where you can find an interactive Eatwell Chart and further information on achieving a balanced diet for you and your children as often as possible.



Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

Active