Granard Primary School

Healthy Food Policy

February 2025

Review Due: February 2028

Aims of the Policy

A culture of healthy eating from the start is vital to the health and wellbeing of all the children. We know through consultation with the school dental service that sugary snacks and drinks between meals are a major cause of tooth decay.

Therefore, it is important

- to ensure the school community, parents, children, staff, governors and external partners share a consistent approach towards the relationship between food and nutrition and health and wellbeing at Granard Primary School
- to provide opportunities for children to make healthy choices based upon sound understanding
- to promote physical and emotional health awareness
- to ensure all practitioners before, during and after school are aware of their responsibility in conveying and fulfilling these aims

Breakfast Club and After School Care

- Children are encouraged to make healthy choices
- Cereals and wholemeal/whole wheat bread available for breakfast
- Fruit juice and water provided
- Fruit offered daily
- For after school care a healthy tea is provided which is nutritious and well balanced

Break-time Snacks

No sweets or chocolates are to be brought into school. Any child with special dietary requirements e.g. diabetes have their own special arrangements – parents should inform the school of this.

- Early Years have a free piece of fruit daily
- KS1 have a free piece of fruit daily
- KS2 are encouraged to bring in a healthy fruit snack to eat at morning playtime

School Lunches

The school lunch menu is provided by Harrison Catering Services and meets the DfE Food Standard requirements.

- School lunch provision is monitored by all staff
- The school lunch environment is pleasant and encourages social interaction and positive behaviour. The children sit in class groups.
- Through the School Council, pupils are consulted about school lunch provision. The School Council consults with each class to ensure all pupils have a voice. This information is collected by key staff in order to feed back to the catering company.

Packed Lunches

- Pupils bring in healthy choice packed lunches.
- Packed lunches include a balance of carbohydrates/protein/vitamins and fresh fruit.
- Chocolate bars, crisps and fizzy drinks are not permitted. When these choices appear in packed lunches, a reminder slip is put in the packed lunch box to go home. We offer the children an alternative healthy snack to replace the unhealthy one.

- Information booklet and letters outlining ‘What constitutes a healthy packed lunch’ are provided as part of our All About booklets and are on the school website.
- We are a ‘Nut Free’ School.

Special Occasions

For celebrations e.g. birthdays, we allow the children to have sweet treats. However, children are not allowed to consume these until a parent has agreed.

Water

Pupils are encouraged to bring in their water bottles every day. They have access to water at all times of the school day and are encouraged to refill their water bottles from the fountains available (including one fitted in the dining room).

Food across the Curriculum

In all Key Stages specific topics will endeavour to include healthy eating and making choices that incorporate a healthy life style.

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Approved by: PSHE Leader: …….

Name: ……. Date: ……

Headteacher: ……

Name: …….. Date: ……