



March 2023 – March 2026

# Healthy Eating Policy



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## 1. Our School

### 1.1 Our Vision

**Grow. Achieve. Shine** - These are much more than words or a motto. At Churchfield Primary School we enable all children to **grow** as independent learners, **achieve** more than they ever believe they could and **shine** as unique individuals. Our school is a very special place, having been the beating heart of our community for over 120 years, we respect the lessons of the past whilst looking to the difference we can make in the future. Preparing our pupils for life in an ever-changing world, developing curious, well-rounded individuals who are determined to succeed.

### 1.2 Our Values



We are proud, and work hard to be the best that we can be



We are determined and resilient, embracing all challenges



We collaborate well, treating everyone as equals



We are honest, kind and show integrity



We respect all people, property and the environment



We believe in ourselves and strive for our goals

### 1.3 Our Golden Rule

## Our Golden Rule

We keep ourselves, and each other, safe.

#### **1.4 Our School Aims**

Our school aims are underpinned by our values. Through our school values, we aim to:

1. Promote high standards of academic and vocational achievement for every child, every time, through a highly-inclusive approach.
2. Promote a holistic view of the whole child, supporting them to become well-rounded individuals and members of society.
3. Encourage all children to develop positive relationships with, and respect for, themselves, each other, our local community and the wider world.
4. Provide a safe, welcoming and positive environment for our children and families; acting as a hub at the heart of our community.

#### **1.5 Our Community**

Bricks and mortar do not make a school, people do. We can achieve great things when we work together, and our community is at the heart of what we do. We are a hub of support for our families, and provide a safe and loving environment for our children to shine.

#### **1.6 Our Academy Trust**

Since December 2019 we have been a proud member of Waterton Academy Trust, providing even more opportunities for our pupils to shine. As part of the Waterton family, we ensure that success for all is not a goal, but an expectation.

## 2. Policy Summary

### 2.1 Policy Introduction & Rationale

At Churchfield Primary School, we want all our children to learn how to live a healthy and active lifestyle. We believe that educating our children about consuming a balanced diet is vital in developing healthy lifestyles whilst at the school, and a healthy relationship with food that will benefit them in later life.

### 2.2 Policy Aims

This policy is underpinned by the central aims of Churchfield Primary School and the values held by the school community. This policy aims to:

- Provide information for all stakeholders on why healthy eating is important
- Provide information for all stakeholders on how school promotes a healthy relationship with food
- Provide information for all stakeholders on how school supports children and parents to eat healthily

### 2.3 Inclusivity Statement

At Churchfield Primary School we use an inclusive approach to all aspects of education. Our aim is to always involve all children and stakeholders in all areas of the curriculum and school life. In accordance with the SEND Code of Practice, we recognise that this may mean making special adaptations or arrangements from time to time for children with specific disabilities. We welcome the involvement of disabled adults in all areas of school life.

## 3. Legalities & Linked Documents

### 3.1 Linked School & Trust Policies

This policy should be read in conjunction with the following policies and other linked policies:

- Safeguarding Policy
- Health & Safety Policy
- Behaviour Policy
- PHSE Policy

### 3.2 Linked National & Local Documents

The policy has been developed in accordance with the following legislation and guidance:

- [NHS Healthier Food Swaps](#)
- [.GOV School Meals Standards](#)

## 5. Healthy Eating Overview

Healthy eating, and a healthy relationship with food are key. We believe that there are key links between the relationships children develop with food now, and their mental and physical health, both now and in the future. We believe that it is key that children are taught there are no 'bad' foods, and that moderation & balance is key.

## 6. Food in the Curriculum

Food, its production and preparation is an important part of the curriculum for all pupils and is taught across the curriculum through science, PSHE, DT, PE and other enrichment opportunities. We ensure that pupils are taught cooking from Reception up to Year 6, in line with the National Curriculum, developing their understanding in food related issues including food hygiene and safety issues. All food preparation is healthy.

## 7. Tuck Shop

Tuck shop runs every playtime, and serves a range of healthy snacks for a minimal price (such as fruit, rice cakes, cereal bars and drinks).

## 8. Drinks & Snacks

Children are encouraged to bring a water bottle into school every day, and the drink regularly throughout the day. Only water is permitted in bottles. If children bring in a drink other than water, they will be asked to take it home, and water provided in school. Cooled water fountains are available all day in various areas of school. Children are not permitted to bring their own snacks into school (unless previously agreed for medical/ SEND purposes) as fruit and vegetables are available for children at break times.

## 7. School Lunches

All our school meals are provided by a contracted caterer, who acts in accordance with the School Food Standards. A copy of the weekly menus are on display on the school website, in the Y6 foyer, in classrooms and are sent home, via email, termly. The menu is also available via the School Office, if required. Staff monitor food choices and encourage pupils to try new foods, we encourage all parents to take free school meals, where there is an entitlement.

## 8. Packed Lunches

### 8.1 Packed Lunch Calorie Intake

If a child brings a packed lunch to school, parents must give consideration to a balanced diet and calorific content. It is important that children are nourished and take in adequate energy for the day. The table below shows the recommended daily calorie intake for children. Please note, this is a daily intake – not just lunch. For children under 7, there are no recommended calorie intake levels, but recommendations around fruit and vegetable portions.

Age	Boys	Girls
7	1649kcal	1530kcal
8	1745kcal	1625kcal
9	1840kcal	1721kcal
10	2032kcal	1936kcal

Source: [How many calories does a child of 7 to 10 need? - NHS \(www.nhs.uk\)](http://www.nhs.uk)

### 8.2 Packed Lunch Monitoring

Lunchtime staff will continuously monitor packed lunches. If a child is found to have a packed lunch with a significantly high calorie level, or consistently high calorie meals, parents will be informed and reminded of this policy, as well as offered support in managing nutrition.

### 8.3 Packed Lunch Drinks

Children may bring water, milk or no-added sugar fruit cordial/ juice for packed lunches. No fizzy drinks are permitted.

## 9. Events & Celebrations

On occasions, the school may provide treats for children. For example, we may provide children with a treat to celebrate a religious festival or particular achievement like the Attendance League McDonalds. However, we will ensure that this happens in proportion and the importance of moderation is reinforced. Children may bring in

snacks or treats for birthdays, but these must be nut-free. Any items that cannot be confirmed as nut-free, will not be given out.

## **10. Rewards**

Generally, we do not believe that children should be rewarded for eating a set amount of food, or 'finishing their plate', as this can create a unfounded link between finishing a meal and achievement, when portion control and a healthy relationship with food are far more important. There may be cases where this is needed, but these will be on an individual case-by-case basis.