



# West Byfleet Junior School

## Healthy Eating Policy

2020-21

### Introduction

At West Byfleet Junior School we aim to educate our children with the skills, knowledge and understanding to enable them to make informed healthy lifestyle choices. To do that effectively, we need to work in partnership with parents and carers in securing the very best for every child and we welcome your support with the implementation of this policy.

### Aims

- To ensure children have a suitable mid-morning snack (if needed) to help maintain energy and focus throughout the morning
- To ensure children have a suitable midday meal that sustains and prepares them for afternoon learning
- To provide a safe, healthy and appealing eating environment for pupils bringing in packed lunches and ensure that free, fresh drinking water is available at all times
- To help children develop an understanding of healthy eating
- To promote the Children's Food Trust guidelines and national standards for healthier eating
- To support parents and carers in providing a healthy packed lunch that meets the same standards as food provided in school dinners and abide by the regulations of the British Nutrition Foundation

### Guidelines for a Healthy Snack (break times)

If children wish to have a break time snack, they can bring in something from home. Below are guidelines from the *NHS* and *Change4life* on healthy snacks. We ask for your support to help us adhere to these guidelines at West Byfleet Junior School:

#### **Healthier Break Time Snacks**

- **Chopped up raw vegetables**– e.g. carrots, cucumber or peppers
- **Chopped up fruit/Whole fruit** – e.g. apple, satsuma, strawberries, halved grapes, melon slices
- **Breadsticks and wholemeal crackers**
- **Malt loaf, tea cakes, fruit breads**
- **Rice cakes**
- **Cereal bars (nut free)**
- **Dried cereal**

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Policy: *Healthy Eating*  
Nominated Staff Lead: *Sophie Frommholz*  
Nominated Governor Lead: *C and L*

Status: *Non Statutory*  
Review cycle: *Annual*  
Next review: *Autumn 2021*

Dried fruit is not recommended as a snack between meals, as it is high in sugar and can be bad for teeth (but this is fine when eaten as part of a meal).

***Please do not send in cake, sweets, chocolate, biscuits, crisps or fizzy drinks for a mid-morning snack.***

## **Guidelines for a Healthy Lunch Box**

### ***Healthier Lunch boxes***

- Based on starchy carbohydrates (bread/potatoes/rice/pasta)
- Include fresh fruit and vegetables/salad
- Include a source of protein such as beans and pulses, eggs, fish, meat, cheese (or dairy alternative)
- Include a side dish such as a yoghurt (or dairy alternative), tea cake, fruit bread, rice/corn cakes, homemade plain popcorn, sugar-free jelly
- Include a drink such as water, skimmed or semi-skimmed milk, sugar-free or no-added sugar drinks

*For further ideas on how to have a healthy, balanced diet and to help you decide what to put in your child's lunch box, please see the following links:*

<https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>

<https://www.nhs.uk/change4life>

***Please do not send in cake, sweets, chocolate or fizzy drinks in lunch boxes.***

### **Drinks**

- All children should have a water bottle in school each day, which they will have access to in their classroom.
- Every classroom has a filtered water tap for children to refill their bottles when needed.
- All children have access to water at lunchtime (both school dinners and packed lunches)

### **School Lunches**

Our school adheres to the guidelines set out by the government on what can be included in school dinners provided by schools. For further information, please see the link below:

<https://www.gov.uk/school-meals-healthy-eating-standards>

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## **Charity/PTA Events**

As part of our fundraising for the school, we will organise events that include purchasing food (e.g. cake sales). As a school, we will work with the PTA to ensure that there is a balanced offering of food at events to support our healthy eating policy. We will continue to run cake sales and other such initiatives keeping our healthy eating policy in mind. This is an opportunity for us to educate the children around moderation and the idea of “treats” as part of a balanced diet. It is a key part of their education that they learn to regulate their own eating habits and eating choices.

## **Monitoring and Evaluation**

We fully respect individual parent’s food choices for their children and understand that there are many different needs and tastes. However, if snacks or lunch boxes fall short of the expectations in this policy, we will send a reminder home to parents. We want to work with parents to educate our children about healthy dietary choices so that the children, through the understanding of a balanced diet, will develop a greater appreciation of a healthy lifestyle.

## **Dissemination of the Policy**

The policy will be available on the school website and new parent information.

The school will use opportunities such as PSHE and science lessons, assemblies, new parent meetings, INSET days and Healthy Lifestyle activities in school to promote this policy as part of a whole school approach to healthier eating.

All school staff, including teaching, pastoral and catering staff will be informed of this policy and will support its implementation.

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