



St Cecilia's  
CHURCH OF ENGLAND PRIMARY SCHOOL

*'Therefore encourage one another, and build each other up.'*

# Healthy Eating

Date:	January 2022
Review:	September 2024

At St Cecilia's we believe that what children eat today will shape how they will eat for the rest of their lives. We recognise that a healthy diet impacts a child's well-being and therefore their ability to learn and thrive. It is our desire to work in partnership with parents and carers to ensure children develop healthy eating habits and gain the knowledge required to make healthy eating choices.

### **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 menu is on display on the school website, and is sent home, via email, termly. The menu is also available via the School Office if required. The dining area has a calm and positive atmosphere where children socialise and enjoy the dining experience.

### **Packed Lunches**

All children are encouraged to eat their sandwiches, wraps, pasta and other savoury foods first, then to move on to yogurts and fruit, leaving cake and biscuit items to last. Drinks in cartons, plastic bottles and flasks are allowed but fizzy drinks in cans or glass bottles are not permitted.

Children must not bring sweets and confectionery items in to school as part of their lunch. If these are seen by the lunchtime staff they will be confiscated and returned to the children at the end of the day.

Children put all their litter from their meal into their packed lunch boxes so that parents can monitor which foods have been eaten. **Children must not bring any nut or chocolate products in to school.** This is to protect the pupils against potential allergies or intolerances.

Water is available for pupils who may have forgotten a drink or who want more than what has been provided as part of their lunch.

If there are any concerns about the contents of a child's packed lunch then parents will be informed.

### **Break time snacks**

Children are encouraged to have a break time snack but this snack must be a healthy snack. Below are list of options for a healthy snack:

- A portion of fruit or vegetables
- Bread sticks/ pitta
- Portion of cheese
- Pretzels
- Malt bread

The following are not allowed in school as snacks:

- Crisps

- Chocolate
- Biscuits

These will be confiscated and returned to the children at the end of the day.

### **Water bottles**

Children should have a water bottle in class and the children are encouraged to drink often. In the bottles the children should only have water, no squash, juices or fizzy drinks. This includes flavoured water.

### **Treats, prizes, social events and special occasions**

Staff will avoid confectionery items when purchasing prizes and treats for pupils. However, at Christmas and Easter a small amount of chocolate may be given, e.g. Easter nests. Children with special diets, e.g. anaphylactic, diabetics or those with other allergies or intolerances will always be considered