



GREENWOOD ACADEMIES TRUST

HAZEL LEYS ACADEMY

Healthy Eating Guidance

Aims, purpose and responsibility

What children eat today shapes how they will eat for the rest of their lives. Research shows that too many children are not getting enough of the right foods to eat – and too little food that help to keep them healthy. When children eat better, they do better and are therefore in better shape to reach their potential. This document covers all food provided and consumed in school including before, during and after school.

At Hazel Leys Academy school we recognise the important part a healthy diet plays for a child's wellbeing and their ability to learn effectively and achieve. We aim to ensure that healthier food and drink is provided at all times of the day, taking account of individual needs (e.g. cultural, ethical, medical), reflecting nutrition and healthy eating messages in the curriculum and with the support of the whole school. The staff (teachers, support staff and catering staff) are all responsible for actively implementing and promoting healthy eating as well as acting as role models to demonstrate positive attitudes to healthy eating.

Break Times

All children (Early Years, KS1 & KS2) have a morning break time snack of fruit or vegetables. Children in KS2 can bring their own snack and as part of promoting healthy eating, children are encouraged to bring fruit or vegetables. Fizzy drinks, sweets, crisps and chocolate biscuits are not allowed. Milk is provided free for under-fives and is available at cost for those over five in the rest of the school.

Lunch Times

Children have the option of consuming a school lunch or bringing in a packed lunch. Children have set eating times and they eat their lunch with the class, in the main hall. There is also another provision of 'calm lunch' where children requiring a calmer environment can eat.

School Lunches

All our school meals are provided by a contracted caterer, who acts in accordance with the School Food Standard. A copy of the weekly menu is on display on the parent app. The menu is also available via the school office if required. Staff monitor food choices and encourage pupils to try new foods, we encourage parents to take free school meals, where there is an entitlement.

Packed Lunches

To ensure that all packed lunches brought from home and consumed in school provide the pupil with healthy and nutritious food, we set the following guidelines:

- Confectionery, such as chocolate bars, chocolate-coated biscuits, chocolate spread, sweets and chewing gum, should not be included.
- Meat products such as sausage rolls, pies, corned meat and sausages should be included only occasionally.
- No fizzy or sugary drinks.
- We are a nut free school.

These expectations are monitored by lunchtime staff, who communicate with the class teacher and parents when necessary. In cases of repeated concerns, these are logged through the school's safeguarding policy.

Breakfast Club

Breakfast club provide food for the children. The clubs offer a calm, clean, pleasant environment for children to eat a healthy breakfast and to socialise with other children and adults.

A good variety and healthy balance of foods, as recommended by the Balance of Good Health (Food Standards Agency, 2001):

1. A good portion of starchy food (low salt/sugar cereals, toast etc)
2. Fruit/vegetable choices (orange juice, fresh or dried fruit)
3. A portion of milk or dairy food (milk on cereal or yogurt)
4. A choice of drinks (water, juice or milk)
5. An opportunity to exercise outside when weather permits

Special Occasions

We want to give children the opportunity to celebrate their birthdays but in order to reduce the amount of high fat, sugar and salt foods children eat, we ask that parents/carers do not send in birthday cakes or foods that do not comply with our healthy eating guidance document.

Allergies and special diets

The school recognises that some pupils may require special diets that do not allow for the standards to be met exactly. In this case, parents and carers are urged to be responsible in ensuring that packed lunches are as healthy as possible. For these reasons, pupils are not permitted to swap food items. We are a nut free school but we cannot guarantee that food products are totally nut free. Parents are asked to refrain from providing food products, which may contain nuts, in packed lunches. Staff are trained to recognise and manage allergic reactions.

Food Waste and Recycling

Reducing food waste can save money and time and be a great way to get pupils involved. Children bringing in packed lunches are encouraged to take all of their uneaten food home, to be reused, rather than thrown away. We have recycling bins in the main hall and children are expected to recycle. We have a compost bin in the school grounds and the kitchen staff often put waste in here.