

RYEFIELD PRIMARY SCHOOL
A Handbook for Parents/Carers

HEALTHY FOOD
GUIDELINES



Striving for Excellence

This policy aims to help and guide parents through the difficult and sometimes confusing decision regarding what food to place in their child's packed lunch box. The diet of children is of paramount importance in ensuring good health and fitness to learn. Ryefield school has acquired healthy school status which means cooperation between parents, pupils and the school is extremely important to enable us to keep this.

MISSION

To ensure that all packed lunches brought from home and consumed in school (or on school visits) provide the pupil with healthy and nutritious food that is similar to the food served in school and is regulated by national standards.

AIMS

- To ensure that all pupils receive well balanced and nourishing food whilst in school.
- A safe and easily available supply of drinking water during the school day.
- To ensure that the food provided on school site reflects the ethical requirements of it's pupil's e.g vegetarian dishes, halal dishes etc.
- To make sure school meal times enjoyable and a safe experience.

GETTING A BALANCED DIET

Packed lunches can be fun as well as healthy and tasty. Eating the right food during the course of the day provides your body with nutrients essential for growth, energy and body maintenance, and will keep your child healthy and happy. Attached to this policy are ideas for packing your child's lunch box, remembering to pack a food from each of the five food groups and 6 great school lunch box ideas.

SPECIAL DIETS AND ALLERGIES

The school recognises that some pupils may require special diets where national standards may not be met. In this case parents are urged to be responsible in ensuring that packed lunches are as healthy as possible and to inform the school office and class teacher about any allergies/special diets. Also, for this reason, pupils are not allowed to swap food items.

HELPFUL HINTS

- Eat a variety of different foods
- Remember an adult size portion is not suitable for a child
- Give your child plenty of food rich in starch and fibre
- Eat five portions of fruit and vegetables each day
- Avoid eating foods that contains a lot of fat or sugar

THE BENEFITS OF A HEALTHY BREAKFAST

Breakfast is a nutritious way to start your day. Eating breakfast refuels the body, enhances your child's mood, improves concentration, helps your child maintain a healthy weight and is the foundation of a healthy diet. Eating a healthy breakfast can be quick and easy, and provide you with benefits that last the entire day. Ensuring that your child has a well balanced breakfast before they

come to school will help keep them alert and productive throughout the morning. Breakfast will help improve their concentration, problem-solving skills, hand-eye coordination, creativity and attention span. Eating breakfast will also give you energy, help you be more physically active, and miss fewer days of school or work due to illness.

SNACKS AND TREATS

Fatty and sugary foods should be left for special occasions and given as treats. This way children appreciate them more when they get them, it saves parents money and it's healthier. Remember 5grams of sugar is equivalent to one teaspoon of sugar! So check the label!

BIRTHDAY PARTIES

For pupils birthdays the school would like to move away from the birthday child bringing in sweets or cakes to share with the other children in their class. Instead we would encourage parents to purchase a book for the classroom which can be read to the class by the teacher and birthday child on the special day. The school will then place a birthday sticker inside the front cover of the book showing the name of the child that donated the book and their birthday age.

FOOD STORAGE & HYGIENE TRIPS

It is important to ensure that all packed lunches are kept in a safe and hygienic condition before they are eaten. There are a few things listed below that parents and pupils can do to help:

Parents:

- Keep lunches boxes cool and clean
- Always remember to wash your hands before handling food
- If you are putting in a milk based item like a yoghurt into the lunch box pop an ice pack to keep it cool through the day.

Pupils:

- Don't leave your lunch box next to a radiator
- Always remember to wash your hands before eating food
- **Always put your lunch box in the designated place in your classroom**

BANNED FOODS

Ryefield school has banned certain foods and drinks from school. These are as follows:

- All chocolate bars and chocolate products
- All crisps (except on Wednesday's when children are allowed one pack in their lunch box)
- Fizzy drinks
- Sugary drinks (This includes Ribena, Fruit Shoots etc, please read the label carefully)
- Cakes, muffins and pastries
- Nuts (all varieties)

STAYING HEALTHY

Ryefield Primary has put together six top tips for staying healthy during the school year.

- 1. Always eat a healthy breakfast before starting your day**
- 2. Make sure all members of the family are eating a least 5 portions of fruit and vegetables every day**
- 3. Do at least 30 minutes of exercise per day**
- 4. Wash your hands regularly – remember the saying “coughs and sneezes spread diseases”**
- 5. Get vaccinated!**

ASSESSMENT AND REVIEW

All children of Ryefield Primary School will have their lunches reviewed each day by teaching staff and dinner ladies . Pupils with healthy lunch boxes will be rewarded by sticker. Parents and pupils who do not adhere to the healthy Food policy will receive a slip in their child’s lunch box regarding the banned items and informing them policy. If a pupil regularly brings a packed lunch that does not confirm to the policy (three incidents will be classed as regularly) then school will contact the parents to discuss this.