



Healthy Eating Policy

Thameside Primary School

October 2024

Introduction

Thameside Primary School is dedicated to providing an environment that promotes healthy eating and enables pupils to make informed food choices. This will be achieved by the whole school approach to food provision and food education documented in this policy. This policy has been written in line with the Government guidance 'School Food Standards Practical Guide'.

[School food standards practical guide - GOV.UK](#)

Aims

The main aims of our school food policy are:

1. To provide a range of healthy food choices throughout the school day
2. To support pupils to make healthy food choices and be better prepared to learn and achieve
3. To ensure a consistent approach to healthy eating across the school community including pupils, staff and parents/carers

Food throughout the school day

Breakfast

Breakfast is an important meal that should provide 25% of a child's energy requirement and supports pupils to be ready to learn at the start of each day. Our Breakfast Club provides a healthy breakfast as part of our wraparound offer.

School Lunches

School meals are provided by Edwards and Ward and are served between 11.30am and noon, in the dining hall. The school meals meet the mandatory requirements of the [DfE Guidance School Food in England 2021](#).

School meals are planned on a 3 week cycle and always contain a meat (no pork), vegetarian option, pasta option or jacket potato.

Packed Lunches

The school strongly encourages all pupils to have a school lunch as this ensures they are receiving a nutritionally balanced diet across the whole week. If parents/carers choose to supply their own packed lunch, we recommend that they adhere to the following requirements for packed lunches:

Packed lunches should include a main starchy meal with a portion of fruit, a portion of vegetables, a dairy and a protein portion. We advise against certain food items that go against the healthy eating ethos of the

school and promote hyperactivity in children. These foods include:

- Fizzy drinks
- Chocolate (including chocolate biscuits)
- Sweets

We ask parents to minimise certain food items that have been proven to include unhealthy levels of salt, fat and sugar if consumed too often and can also have a detrimental effect on behaviour. These foods include:

- Crisps
- Flavoured drinks
- Cakes

The school provides water for all pupils at lunchtime and throughout the school day. As well as milk at snack time for nursery and reception children. For guidance, please see 'lunchbox tips' (Appendix 1)

Please note that nuts or items that may contain nuts are prohibited at all times.

Snacks

The school understands that healthy snacks are an important part of the diet of young people. Early Years and Key Stage 1 children are all provided with a piece of fruit or vegetable during the morning. Key Stage 2 children may bring in snacks for breaktime; but these must be healthy.

Drinks

Water is freely available in all classrooms and we ask that all children bring in their own named water bottle to use. Children are not allowed to have any other drinks in their water bottle, including; squash, juice, milk or fizzy drinks unless there is a medical reason, which is part of an agreed medical care plan. Children are actively encouraged to drink water regularly throughout the day.

Special Occasions

The school recognises the importance of celebrating birthdays and special occasions. We encourage Parents and Carers to support the school policy by considering other ways to celebrate birthdays and special events rather than distributing sweets – for example by donating a book to the class library. For celebration events organised in school, we welcome a variety of healthy foods from different cultures, for children to try.

Curricular and extra-curricular activity

There is a strong emphasis on the teaching of healthy lifestyle choices in all curriculum areas across the school but particularly through our Family Links and You, Me, PSHE curriculum and our Food Technology curriculum. The Eatwell

Guide is used throughout the school to support children's understanding of a balanced diet. (Appendix 2.) Lunchtime and after-school activities and clubs also support the teaching of healthy lifestyle choices.

Special dietary requirements

The school does everything possible to accommodate pupils' specialist dietary requirements including allergies, intolerances, religious or cultural practices.

Individual Health Care Plans are created for pupils with food allergies. Pupils' food allergies are recorded on our medical tracker and the school kitchen.

For those children with Special Education Needs, this will be agreed with the class teacher and SENCo, and recorded within their Individual Pupil Profile.

Expectations of staff and visitors

The school expects staff to contribute to and support this Healthy Eating Policy across the school day. Staff and visitors are expected to model good practice around food and drink in line with the policy, when in the company of pupils.

Parents, carers and family members

Our relationship with Parents and Carers is very important and we aim to support them with information and advice around food, so that they are best prepared to make healthy choices for their families. Support and advice can be provided by our Home School Link Worker and Senior Leadership Team.

APPENDIX 1.

Visit [NHS Better Health, Healthier Families](#)

Lunchbox tips



Keep them fuller for longer

Base the main lunchbox item on foods like bread, rice, pasta and potatoes. Choose wholegrain where you can.



DIY lunches

Wraps and pots of fillings can be more exciting for kids when they get to make them. Dipping foods are also fun and a nice change from a sandwich each day.



Mix your slices

If your child does not like wholegrain, try making a sandwich from 1 slice of white bread and 1 slice of brown bread.



Ever green

Always add salad to sandwiches and wraps too – it all counts towards your child's 5 A Day!



Cut down on crisps

If your child really likes their crisps try reducing the number of times you include them in their lunchbox, and swap for homemade plain popcorn or plain rice cakes instead.



Tinned fruit counts too

A small pot of tinned fruit in juice – not syrup – is perfect for a lunchbox and easily stored in the cupboard.



Switch the sweets

Swap cakes, chocolate, cereal bars and biscuits for malt loaf, fruited teacakes, fruit breads or fruit (fresh, dried or tinned – in juice not syrup).



Get them involved

Get your kids involved in preparing and choosing what goes in their lunchbox. They are more likely to eat it if they helped make it.



Plan to Eatwell

The guide shows how much of what we eat overall should come from each food group to achieve a healthy, balanced diet. It can be really useful when thinking about what goes into kids' lunchboxes.

[The Eatwell Guide](#)



Freeze for variety

Keep a small selection of different types of bread in the freezer so you have a variety of options – like bagels, pittas and wraps, granary, wholemeal and multigrain.



Cut back on fat

Pick lower-fat fillings – like lean meats (including chicken or turkey), fish (such as tuna or salmon), lower-fat spread, reduced-fat cream cheese and reduced-fat hard cheese. And try to avoid using mayonnaise in sandwiches.

[See more healthier swap ideas](#)



Always add veg

Cherry tomatoes, or sticks of carrot, cucumber, celery and peppers all count towards their 5 A Day. Adding a small pot of reduced-fat hummus or other dips may help with getting kids to eat vegetables.



Cheesy does it...

Cheese can be high in fat and salt, so choose stronger-tasting ones – and use less of it – or try reduced-fat varieties.



Add bite-sized fruit

Try chopped apple, peeled satsuma segments, strawberries, blueberries, halved grapes or melon slices to make it easier for them to eat. Add a squeeze of lemon juice to stop it from going brown.



Swap the fruit bars

Dried fruit like raisins, sultanas and dried apricots are not only cheaper than processed fruit bars and snacks but can be healthier too. Just remember to keep dried fruit to mealtimes as it can be bad for teeth.



Yoghurts: go low-fat and lower-sugar

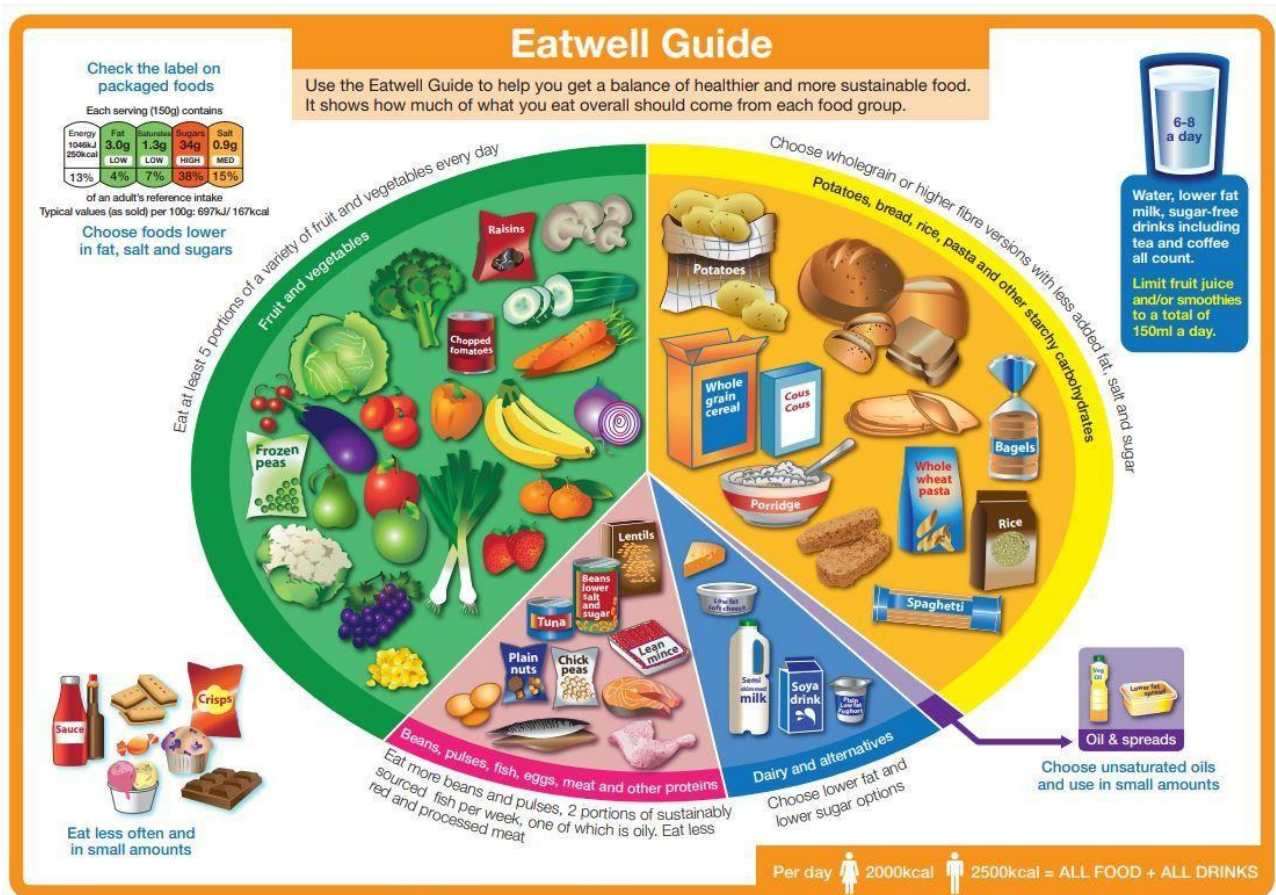
Pop in low-fat and lower-sugar yoghurts or fromage frais and add your own fruit.



Variety is the spice of lunch!

Be adventurous and get creative to mix up what goes in their lunchbox. Keeping them guessing with healthier ideas will keep them interested and more open to trying things.

APPENDIX 2.



Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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