

CANAL WAY ETNS HEALTHY EATING POLICY

Canal Way Educate Together National School encourage healthy eating.

LUNCH TIMES:

The children, at present, have two breaks at which they eat their lunches. It is hoped that the children will be both encouraged by their peers and enticed by the variety of fruit and vegetables they will see being consumed around them, to try various healthy options and eventually find some that they like to eat.

Suggestions for lunches are as follows:

- Sandwiches (made from bread of all types)
- Filled rolls (of all types)
- Wraps, pitta breads, bagels, scones
- Sandwiches, rolls, wraps and bread may have fillings of any kind.
- Crackers (preferably wholegrain/wholewheat) and cheese (avoiding pre-packaged ones)
- Yogurt, yogurt drinks and fromage frais (excluding chocolate ones)
- Cheese of any kind
- Fruit or vegetables of any kind
- Pasta, spaghetti or rice in small containers
- Combination of foods – ie. Slices of pizza or quiche
- Slices, cubes of chopped meat, chicken, fish or hard-boiled eggs.
- Yogurts should be of suitable size and easy for infants to eat without spilling. No Yoghurt Drinks.

Suggestions for Healthy Break are as follows:

Fruit:

- Any whole piece of fruit such as an apple, pear, banana or orange
- A bowl of chopped fruit such as pineapple cubes, melon pieces etc
- A bowl/pack of dried fruit such as raisins, dried apricots etc.
- It is important that any food is made easy for infants to eat.
- *Vegetables*
- Chopped peppers, carrots, celery sticks, cucumber etc
- Baby tomatoes or other whole baby vegetables

Drinks:

It is important that children take in enough fluids during the day. Almost 2/3 of the body is made up of water. If children do not drink enough water, they may become dehydrated, thirsty, tired and weak. Recent studies have shown that children who are dehydrated are less able to concentrate properly, especially at subjects like Maths. Therefore, we would recommend that every child bring a drink of water each day. Where a child brings more than one drink to school each day, one should be water.

- Drinks that are encouraged are tooth friendly drinks, as follows:
- Water (preferably tap water due to the fluoride content)
- Milk (no flavoured milk)

- Fruit juice (preferably diluted and unsweetened)
- Diluted drinks/squashes (sugar free)

UNSUITABLE FOODS:

The following foods are discouraged for consumption as school lunches:

Fizzy drinks of any kind

Crisps

Chewing gum

Sweets

Chocolate bars

Chocolate/icing covered cakes/bars/biscuits/treats/cereal bars/health bars

Pre-packed combination lunches

NUTS:

Due to the risk of allergic reactions to peanuts or products containing nuts, pupils are asked not to bring nuts or products containing nuts into school.

BREAKFAST:

A nourishing breakfast is a good start to a child's day and gives them the energy they need to concentrate, learn and participate fully in school activities. Therefore we would encourage parents to provide a healthy breakfast before coming to school.

HYGIENE

Pupils in our school will be aware of the importance of food hygiene and safety, when preparing and eating lunches, eg washing hands, have clean lunch boxes etc Signs will be displayed throughout the school to encourage pupils to become more aware of this.

ENVIRONMENT

In keeping with our environmental awareness, a Healthy Eating Policy will reduce the amount of litter in the school and will give the pupils an understanding of how people affect the world around them and how they can improve it.

In doing this, we will encourage the pupils to cut down on litter produced by packed lunches eg using re-sealable bottles instead of cartons or re-usable airtight containers rather than disposable wrappings.

BIRTHDAY PARTIES

At PETNS, we do not accommodate parties or party bags, cakes or sweets. Handing these out takes up a lot of teaching and learning time throughout the year and can put pressure on other parents to supply sweets and treats on their child's birthday. Every child in the school is made to feel special on their birthday by the school community. School staff cannot be responsible for handing out party invites. Parents can do this in a subtle manner outside the building.