

17th September 2020

Healthy Eating in School

Dear Parents/Carers,

I would like to take this opportunity to remind all parents and carers that Ashmole Primary School has a Healthy Eating Policy in place.

The school dinners, which are prepared on site, are done so in accordance with the School Food Standards. A copy of our fortnightly menu can be found on the school website. Our menu aims to promote a balanced diet and encourages children to try new and different foods, whilst remaining healthy and fun.

EYFS and KS1 (Reception to Year 2) are provided with a daily morning snack of fruit and vegetables. KS2 (Year 3 and Year 4) are encouraged to bring in a healthy snack from home, to be eaten during morning break time.

Attached below is our Packed Lunch Policy. I would like to encourage all parents and carers to read the policy and ensure it is complied with when preparing a packed lunch for your child. Particularly the sectioned titled '*Packed lunches should include*' and '*Packed lunches should not include*'. We work very hard to promote healthy eating as a school, across all the year groups and in a variety of different subjects (such as Science, PSHE and DT). We would very much appreciate your support to ensure children's packed lunches are in line with our healthy school approach too. Please also consider this policy when preparing snacks for extra-curricular clubs.

Thank you once again for your support and cooperation.

Yours sincerely,

Mrs Pavlakos
Deputy Head

Packed Lunch Policy

Aim

To ensure that all packed lunches brought from home and consumed in school (or on school trips) provide the pupil with healthy and nutritious food that is similar to food served in schools which is in line with The School Food Standards. This policy applies to all pupils and parents providing packed lunches to be consumed within school or on school trips during school hours.

Why was this policy formulated?

- * To make a positive contribution to children's health and reflect a Healthy School
- * To promote consistency between packed lunches and food provided by schools which must adhere to national food standards set by the government.

Packed lunches should include:

- * At least one portion of fruit and one portion of vegetables every day.
- * Meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus or falafel) every day
- * Oily fish, such as salmon, at least once every three weeks.
- * A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day aim for wholegrain varieties.
- * Dairy food such as milk, cheese, yoghurt, fromagefrais, soya products everyday
- * Only water, pure fruit juice, semi-skimmed or skimmed milk, smoothies, yoghurt or milk drinks are permitted
- * If a pudding is included we ask that it is fruit based, this is in line with the fruit based pudding that children with school meals receive, examples are- fruit salads or tinned fruit with yoghurt or custard, fruity rice puddings , fruit smoothies and fruit based crumbles
- * Savoury crackers or breadsticks served with fruit, vegetables or dairy food

Packed lunches should not include:

- * Snacks such as crisps. Instead, seeds, vegetables and fruit (with no added sugar or fat).
- * Confectionery such as chocolate bars, chocolate-coated biscuits, chocolate spread, sweets, doughnuts and chewing gum.
- * Meat products such as sausage roll, individual pies, corned meat and sausage/ chipolatas should be included only occasionally (no more than twice a week)
- * Fizzy or sugary drinks.

Special diets and allergies

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 also not permitted to swap food items.



An Ashmole Academy Trust School

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