



## The Airy Hill Food Policy May 2021

Dear Parents and Carers,

At Airy Hill Primary School we want to promote healthy eating and we appreciate the crucial role that parents play in supporting the school's approach. Eating a healthy diet is associated with higher attainment, increased concentration levels, maintaining a healthy weight and better overall health and wellbeing, helping your child to perform at their best at school.

We are proud to have already achieved our 'Healthy Schools Silver Award' and we are currently working towards achieving 'GOLD'. In order to promote best practice, we are introducing a **Food Policy**. You can read the full policy on our school website but the main changes are outline below.

### **Snack**

All **Foundation Stage and Key Stage 1** children are provided daily fruit or vegetables as part of the Government scheme and are often provided with wholemeal toast at break time – they do not need to bring a snack from home.

All **Key Stage 2 children** are able to purchase a snack daily which will now consist of a slice of wholemeal toast and a piece of fruit priced at 50p per day.

**Children who would like to bring their own snack from home are welcome to bring a piece of fruit.**

### **Drinks in school**

Clean filtered drinking water is available for all pupils throughout the day and pupils are encouraged to drink water at frequent intervals. All packed lunch pupils have access to water at lunch time meaning there is no need for an additional drink to be brought as part of a packed lunch. Pupils are encouraged to bring a water bottle every day that they can refill as necessary. Bottles go home at the end of every day to be washed and returned.



## Treats and Rewards

Going forward, we would love it if you could provide stickers, or colouring pencils or even a special book for the class, rather than cake or sweets. We always celebrate children's birthdays during our celebration assembly each week. At Christmas and at the end of the school year classes may have a class party in which food is brought in by parents. We will provide a balance of foods including fruit and vegetables at these times. Sweets are not used as a reward in school.

## Packed lunches

NHS 'Change for Life' have a whole web page dedicated to healthy lunch boxes. [Lunchbox Ideas | Recipes | Change4Life \(www.nhs.uk\)](http://www.nhs.uk)

Hints and tips include:

- Base the lunchbox on foods like bread, rice, pasta and potatoes. Choose wholegrain where you can.
- Wraps and pots of fillings can be more exciting for kids when they get to put them together. Dipping foods are also fun and make a change from a sandwich each day.
- Pick lower fat sandwich fillings, such as lean meats (including chicken or turkey), fish (such as tuna or salmon), reduced-fat cream cheese, and reduced-fat hard cheese.
- 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.
- 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.
- Swap cakes, chocolate, cereal bars and biscuits for malt loaf, fruited teacakes, fruit breads or fruit (fresh, dried or tinned – in juice not syrup).
- Go for low-fat and lower sugar yoghurt or fromage frais and add your own fruit.

## How we will be supporting you and your children

- We will teach children about healthy lifestyles throughout our PSHE curriculum and assemblies.
- We will provide you with information and resources such as those available on the Healthy Schools website here: [Food - Healthy Schools North Yorkshire](http://www.food-healthyschools.org.uk)



- We will provide 'food tasting' opportunities in school to broaden children's experiences of different nutritious foods.

**This policy has been approved by the Airy Hill school governors and the changes described will begin on Monday 7<sup>th</sup> June.**

We thank you for your continued support in making Airy Hill Primary School and our pupils they very best we can be.

Yours sincerely,

Catherine Matthewman  
Headteacher