



CORRIE PRIMARY & NURSERY SCHOOL

Healthy eating policy

Corrie Primary and Nursery School



Headteacher:	Naomi Cartledge
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Approved by:	Governing Body
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Date: 04/03/24

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Next review due by: Spring 2026
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CORRIE PRIMARY & NURSERY SCHOOL

WHOLE SCHOOL HEALTHY EATING POLICY

Mission Statement

Corrie nurtures and encourages all children to realise their personal best and to fulfill their potential in the academic, sporting and performing opportunities provided in and out of school. Our carefully planned climate of celebration of pupil achievement includes a sense of enjoyment that childhood days will be remembered as fun. Our vision is of an environment where our children can develop the life skills necessary to become fully integrated members of society. Corrie aims to do this by providing a caring and stimulating learning environment where all are welcome, respected and encouraged to achieve the highest standards in both work and play. Through mutual respect and appreciation we aim to provide enrichment and enjoyment for everyone. By fostering support and loyalty we offer an environment in which we clearly value the contribution of each individual.

Aim

To ensure that all aspects of food and nutrition in school promote the health and well-being of pupils, staff and visitors to the premises. (Taken from 'Food in Schools').

1. Curriculum

The school provides educational opportunities to address healthy eating issues within the curriculum at all key stages through various subject areas such as: PSHE, science, PE, etc. and during our Sports and Health week. Curriculum work reinforces the importance of a balanced diet and healthy lifestyle to pupils and gives them the skills and knowledge to select a healthy balanced diet.

2. Extra-curricular Activities

By offering extra-curricular activities such as cookery clubs, growing clubs, etc. the school is showing its commitment to healthy eating through the development of practical skills and knowledge. These activities demonstrate links to the wider curriculum and enhance the teaching of healthy eating messages.



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3. Breakfast / Breakfast Clubs

Children are encouraged to have a healthy nutritious breakfast every day. By offering breakfast club we hope to ensure children obtain a healthy breakfast, encourage a high rate of punctuality and attendance, promote consistent messages around healthy eating and provide opportunities for children to develop social skills.

4. Breaktime Snacks

In the EYFS, pupils are provided with a piece of fruit and milk each day. In Key Stage 1, the children are provided with a piece of fruit daily. In Key Stage 2, pupils are encouraged to bring fruit to school for their snack and unhealthy snacks are not permitted. Curriculum work supports pupils to understand the need for a balanced diet.

5. Dining Room

The school is aware of the importance that the physical environment of the school dining room can have on the eating of a healthy diet. Pupils and staff are encouraged to eat at school and interact with one another. In order to do this the school will endeavour to ensure that only high quality food and drink are available and that the dining room is inviting and fun to be in.

6. School Meals

School meals offer a nutritionally balanced healthy lunch to pupils, served by professional trained staff. All school food meets national nutritional standards (both food and nutrient based). The school actively promotes the take up of school meals.

7. Lunch Boxes

The school knows it is very important that pupils eat a healthy packed lunch with a good balance of foods. The school encourages children to bring a healthy lunchbox from home.

8. Water Provision

The school realises that a constant supply of water can have a positive effect upon health and well-being. It reduces tiredness, irritability and distraction and



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can help concentration. Pupils are encouraged to drink water throughout the day and fresh drinking water is provided.

9. Sweets, Rewards, Treats and Celebrations

The school does not encourage sweets to be used as rewards or treats. Pupils and parents are also encouraged not to send sweets into school for snacks. Special celebrations (birthdays, Easter, etc.) and events during the school year will be celebrated with non-edible alternatives. Pupils, parents and the wider school community are consulted on this issue.

10. Nut allergies and nut-free guidance.

The school aims to protect children who have allergies to nuts yet also help them, as they grow up, to take responsibility for what foods they can eat and to be aware of where they may be put at risk.

The following items should not be brought into school under any circumstances:

- Packets of nuts

The following items would fall under our nut-free guidance and if it is possible to avoid putting these items into lunchboxes, we would appreciate it:

- Peanut butter or Nutella sandwiches
- Fruit and cereal bars that contain nuts
- Chocolate bars or sweets that contain nuts
- Sesame seed rolls and breads containing sesame seeds (children allergic to nuts may also have a severe reaction to sesame)
- Cakes made with nuts
- Any home cooked meals for packed lunches that are made with nuts

We do not to use nuts in any of our food prepared on site at our school. Our suppliers provide us with nut-free products. However, we cannot guarantee that all food is free from nut traces.

What types of food are nuts?

Almonds

Cashew nuts

Hazelnut



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Pistachio
Walnuts
Brazil nuts
Nut oils
Peanuts

Parents and carers must notify staff if their child has any known or suspected allergy to nuts and provide all medical and necessary information. This will be added to your child's care plan and if necessary, a meeting organised with the school first aid lead.

Homemade snacks or party food contributions must have a label detailing all ingredients present.

The school requests that parents and carers observe the rules around not including packets of nuts in packed lunches and following the nut-free guidance and therefore try wherever possible to not include nuts, or any traces of nuts, in packed lunches.

All children are regularly reminded about the good hygiene practice of washing hands before and after eating which helps to reduce the risk of secondary contamination. Likewise, children are reminded and carefully supervised to minimise the act of food sharing with their friends.

Thank you for your help in making our school safe for all children.

Signed: S. Griffin

Date: March 2024

Review Date: March 2024