



HEALTHY LIFESTYLES POLICY



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Policy Authors

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Introduction

At Hollinswood Primary, we believe that promoting healthy eating habits is essential for the physical, mental, and emotional well-being of our students. This policy outlines our commitment to providing a supportive environment that encourages healthy food choices and educates our pupils about the importance of food and nutrition.

Aims

The aims of our Healthy Lifestyle Policy are:

- To promote a positive attitude towards food and healthy eating among our students.
- To provide access to nutritious and balanced meals and healthy snacks during the school day.
- To educate our students about the benefits of a healthy diet and the impact of food choices on their health and well-being.
- To inform and engage parents and carers in supporting healthy eating habits at home.

Curriculum

Our school teaches the children about the importance of healthy eating within the curriculum through:

- Science: Exploring food groups, digestion, and the impact of nutrients on the body.
- Design and Technology: Cooking and preparing healthy meals.
- RSHE (Relationships, Sex and Health Education): Learning about what foods we need to keep our bodies healthy, what foods to eat to give us energy and knowing when our body needs to relax, in order to recharge and repair.
- Physical Education: The importance of exercise and the benefits that being active plays in staying healthy.

School Meals

Our school offers a range of balanced and nutritious meal options that comply with the School Food Standards set by the Department for Education.

These include:

- No added salt.
- No added sugar.
- Sauces offered are served separate.
- Cakes and biscuits have added fruit.
- Introduced a full sandwich bar and a wide range of salad options to choose from daily.

See link for school food standards-

School food standards practical guide - GOV.UK (www.gov.uk)

Our school has recently started growing seasonal fruit and vegetables on site in the 'Kings Patch'. This provides the children with valuable learning experiences and the opportunity to explore the process that that occurs from a seed to the finished produce.

Foods grown are used regularly in our school menu.

The school meal menu is sent home to parents at the beginning of term. It can also be accessed via the school website.

Packed Lunch

Packed lunches can be ordered through school as an alternative to school meals. This is covered by the government scheme that entitles free school meals to children in Reception, Year 1 and Year 2.

We would strongly advise that children bringing in a packed lunch from home should ensure that it is in line with our healthy lifestyles policy, so that they may enjoy a balanced diet whilst in school.

See guide below for suggestions of what a healthy lunchbox should consist of.

Break time

Children in Reception and KS1 all take part in the government's free fruit scheme and receive a piece of fresh fruit daily. The fruit is seasonal and is varied each week. Children are encouraged to try new fruits by our staff.

Children in KS2 are welcome to bring in a healthy snack at breaktime. We suggest that they bring in a piece of fruit that would contribute to their 'five a day' recommendations.

Drinks

Water is vital for everyone and in children it plays an especially critical role in maintaining health and well-being. Studies have shown that children who do not drink enough water are more prone to tiredness, poor concentration and dehydration. As a school we encourage the children to drink water throughout the day by using individual water bottles.

Parents can purchase a school bottle from the office for just £2.00. We would recommend that you do not send your child to school with any other type of bottle.

Our vision for the future is to become a 'water only' school. We recognise the benefits of this for the children at Hollinswood. In becoming a 'water only' school, this means children are not drinking sugary drinks which contribute to many preventable health conditions like obesity, tooth decay and type 2 diabetes.

In addition to this whole milk is offered to children daily in EYFS and semi-skimmed milk is available twice a week for the rest of the school.

What to pack in a healthy packed lunch...



A portion of starchy food

Base the packed lunch on starchy foods such as bread, bagels, pitta, chapattis, crackers, potatoes, pasta, rice, couscous and noodles. Choosing wholegrain varieties (e.g. wholemeal bread) wherever possible will provide more fibre for a healthy digestive system.

At least one portion of fruit and vegetables



Fresh, frozen, canned or dried fruit and vegetables can all count towards your child's 5-A-DAY and provide vitamins and minerals. Try adding salad to sandwiches, making fruit kebabs, chopping up vegetable sticks, adding frozen or canned vegetables to pasta dishes or frozen fruit to yogurt.



A portion of dairy or alternatives

Include foods such as cheese, yogurt or milk in your child's packed lunch for a source of calcium, important for the development and maintenance of strong and healthy bones and teeth. Choose lower fat and lower sugar options, and make sure dairy alternatives such as soya are fortified with calcium.

A portion of beans, pulses, meat, fish, eggs, or other non-dairy sources of protein

Add some foods such as sliced meat (e.g. chicken, ham, turkey, beef), fish (e.g. tuna, mackerel), cooked eggs, meat alternatives (e.g. tofu, Quorn pieces), beans or pulses (e.g. hummus, mixed beans, lentils). These provide protein which is needed for growth and repair.



A drink

Make sure your child has a drink at lunchtime to help keep them hydrated – water and milk are good choices.

Top tips for lunchboxes!

- Use one slice of white bread and one slice of wholemeal bread to make checkerboard sandwiches
- Make colourful fruit kebabs
- Use a sandwich cutter to make fun sandwich shapes
- Vary the types of bread used (e.g. bagels, wraps, pitta)
- DIY lunchboxes – lunch can be more exciting if they can put their own together (e.g. components of wraps)
- Children love dipping – why not try vegetable sticks or pitta bread as dippers and hummus, mackerel pate, tzatziki or baba ganoush as dips
- Use leftovers to save on prep time (e.g. leftover pasta, noodles, cooked meats) – make sure they are cooled and stored properly
- Get children involved in choosing and preparing what goes into their lunchbox to help encourage them to eat it

Keeping lunches safe

- Wash your hands before handling food
- Wash fruit and vegetables before preparing or eating them
- Add an ice pack or a frozen drink/yogurt and use an insulated lunchbox to keep the lunch cool
- Keep chopped fruit and veg or grated cheese fresh in a small box with a lid
- Keep sandwiches moist in sandwich bags or tin foil
- Store the lunch in the fridge until it is time to go to school
- Throw away any perishable items at the end of the day
- Wash and dry reusable water bottles, lids and lunchboxes in warm, soapy water every day

Leaflet developed by Manchester Healthy Schools (www.manchesterhealthyschools.nhs.uk). For further information on packed lunches, please contact your School Nurse.



The healthy lunchbox guide



Ideas for choosing a balanced packed lunch!



Lunch box ideas...

Packed lunch 1

- Tuna, sweetcorn and pepper pasta
- Banana
- Handful of raisins
- Carton of semi-skimmed milk

Packed lunch 4

- Frittata (eggs, cheese, peas, peppers, sweetcorn)
- Slice of crusty brown bread with low fat spread
- Small tub of seeds, sultanas and chopped dried apricots
- Bottle of water

Packed lunch 2

- Egg, cress and cucumber seeded roll
- Rice pudding
- Satsuma
- Bottle of water

Packed lunch 3

- Mackerel and potato salad (peppered mackerel, new potatoes, watercress, pepper, cucumber, chives, low fat mayonnaise)
- Fromage fraise
- Raspberries
- Bottle of water

Packed lunch 6

- Wholemeal bagel with ham and soft cheese
- Pot of cherry tomatoes
- Frozen cherries mixed with fromage fraise
- Bottle of water

Packed lunch 5

- Pitta bread, falafel, tzatziki (yogurt and cucumber dip), lettuce and tomato
- Small pear
- Handful of plain popcorn
- Bottle of water

Packed lunch 8

- Chicken, cream cheese and grated carrot wrap
- Fruit kebabs
- Sugar free jelly
- Carton of semi-skimmed milk

Packed lunch 9

- Vegetable and lentil pasta (chopped tomatoes, carrots, celery, onion, red lentils, pasta)
- Small tub of grated cheese
- Canned peaches in natural juice
- Low fat custard
- Bottle of water

Packed lunch 10

- Vegetable cous cous (roasted courgette, peppers, onions, chickpeas, cubed cheese)
- Canned pineapple in juice
- Soya yogurt
- Bottle of water

All images are suggestions only.

Preparing a packed lunch can often be time consuming and expensive, so why not try your child on school meals?

- Since September 2014 every infant (aged 5-7) is entitled to a free, healthy and nutritious school lunch, which could save you approximately £400 per year.

- Free school meals are also provided to families who receive qualifying incomes such as income support, universal credit. More information is available from the Manchester City Council website or from your school.
- Schools are required to meet School Food Standards which ensure the school meals provided are healthy, balanced and varied over the week.

FACT Research by the University of Leeds has shown that **only 1.6%** of primary school children's packed lunches met the nutritional standards set for school meals.