

**Christ Church (Brondesbury) CE Primary**  
**School**

**Healthy Eating Policy**



# Christ Church (Brondesbury) CE Primary School

## School Vision

Christ Church (Brondesbury) CE Primary School is a vibrant, welcoming and inclusive school at the centre of our diverse local community. We are perceived as a “family” by all who know us.

As a Christian school, we encourage everyone to be their best and to grow in God's creation. We provide a supportive, safe, respectful and reflective environment in which all flourish irrespective of their culture and belief.

We provide the highest standard of learning for all of our community and encourage them to pursue aspirational goals.

The school's vision is deeply rooted within the scripture passage:

### **2 Corinthians 8:7**

*“But as you excel in everything—in faith, in speech, in knowledge, and in all eagerness and in the love from us that is in you—make sure that you excel in this act of kindness too.”*

Our vision is embedded within the Christian values of:

**Compassion, Respect, Friendship, Forgiveness, Perseverance, Wisdom.**

Our vision is expressed by all as “**Going for GOLD with faith**”.

This is explained and explored below:

Vision	Demonstrated as
<b>G</b> ive learning your best	<ul style="list-style-type: none"><li>• Try your best at everything</li><li>• Follow the “give me five” rules</li></ul>
<b>O</b> wn your choices	<ul style="list-style-type: none"><li>• Be respectful and polite</li><li>• Be honest and take responsibility for your words and actions</li></ul>
<b>L</b> ove yourself, as God loves you	<ul style="list-style-type: none"><li>• Love yourself, for you are special</li><li>• Love your neighbours with all your heart</li></ul>
<b>D</b> ream big, work hard and pray	<ul style="list-style-type: none"><li>• Aim high</li><li>• Always be ready to learn</li><li>• With prayer, everything is possible</li></ul>

This policy reflects and supports our school vision in that through our promoting of healthy eating at Christ Church we strive to “...provide a supportive, safe, respectful and reflective environment in which all flourish” and to “provide the highest standards of learning for all” This is echoed in our Bible passage as we excel in our knowledge and in our Going for GOLD with faith as give learning our best, own our (healthy) choices and love ourselves and our neighbours as God loves us.

## **Aims**

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 now strictly regulated by national standards.

## **Rationale**

- To make a positive contribution to children's health and well – being.
- To encourage happier and calmer children and young people.
- To promote consistency between packed lunches and food provided by schools

## **National guidance**

The policy was drawn up using a range of national documents including information and a draft policy from the School Food Trust, the Food in schools toolkit (Department of Health) and Food policy in schools – a strategic policy framework for governing bodies - National Governors' Council, (NGC) 20050

## **Where, when and to whom the policy applies:**

To all pupils, parents and carers providing packed lunches to be consumed within school or on school trips during normal school hours.

## **Food and drink in packed lunches**

- The school will provide facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water and milk is always readily available
- The school will work with the pupils to provide appropriate dining room arrangements.
- The school will work with parents and carers to ensure that packed lunches abide by the standards listed below.
- As fridge space is not available in school, pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible to stop the food going off during the Summer.

## **Packed lunches should include:**

- **Fruit and vegetables** -at least one portion of fruit and one portion of vegetables every day.
- **Non-dairy source of protein** -meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, tofu, chickpeas, hummus and falafel) every day
- **Oily fish**, such as salmon or tuna should be included as often as possible
- **A starchy food** such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day
- **Dairy food** such as milk, cheese, yoghurt or fromage frais everyday
- Healthy sandwiches

## **Occasionally, the following may be included:**

- **Processed Meat products** such as sausage rolls, individual pies, corned meat and sausages / chipolatas should be included only occasionally due to their high fat and salt content.

- **Cakes and plain biscuits** are allowed but children should be encouraged to eat these only as part of a balanced meal occasionally. **Twice per week only – in line with school meals**
- **Snacks** such as crisps or cheddars. **Once per week only** - Instead, include seeds, vegetables and fruit (with no added salt, sugar or fat). Breadsticks served with fruit, vegetables or dairy food are also a good choice.

### **Packed lunches MUST not include**

- **Nuts** – including peanut butter and Nutella – **because of the life threatening risk** to any other child who may have a severe allergy
- **Confectionery** such as chocolate bars and sweets (fruit strings are considered to be sweets).
- **Fizzy / sugary drinks.** This includes diet drinks and energy drinks which can contain high levels of caffeine and other additives and are not suitable for children.
- **Drinks other than water** – fresh water is available at all times and milk is provided in the dining room so you do not need to include this

### **Special diets and allergies**

The school also recognises that some pupils may require special diets that do not allow for the standards to be met exactly. In this case parents 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.

Please be aware of nut allergies. We recommend you visit the [www.allergyinschools.co.uk](http://www.allergyinschools.co.uk) website for accurate, reliable information on managing allergies in schools.

### **Assessment, evaluation and reviewing:**

- Packed lunches will be regularly reviewed by teaching midday meal supervisors and a member of the Senior Leadership Team.
- If a child regularly brings a packed lunch that does not conform to the policy, the school will contact the parents to discuss this.
- Pupils with special diet or food allergies will be given due consideration.