



HEYBROOK FOOD POLICY

Heybrook Primary School Serves a community with lower than average life expectancy and higher than average prevalence of cancer, heart disease and strokes. We also live in a country with the highest obesity rate in Europe. The government expects schools to take the initiative in teaching our children about healthy nutrition and encouraging healthy eating habits. It is hoped by improved understanding of nutrition and more healthy eating habits some of these health problems might be avoided.

It is our aim to help children to understand the importance of healthy eating and to help them to begin to make healthy choices with regard to food.

Food in the Curriculum

The children in Years 2, 3, 5 & 6 learn about food - initially by identifying foods and sorting them into different groups and eventually learning how to plan a balanced meal. Y6 children are also made aware of the consequences of unhealthy eating.

Breakfast club

Breakfast is proven to be one of the most beneficial meals of the day, particularly for sustaining physical and mental exercise during the morning. Food served at breakfast club is non-sugary cereal and toast. Children help themselves to the amount they require.

Snacks

Heybrook benefits from the school fruit scheme. Children in Reception and KS1 are offered milk and a piece of fresh fruit or vegetable every day. During the mid-morning break children are able to buy breadsticks or homemade biscuits. No sweets or crisps are allowed to be brought into school except on special occasions.

Dinners

All the meat served in school is halal.

The school kitchen prepares all meals to a very high standard, following fully nutritionally analysed menus according to government regulations. Our school kitchen is very well regarded as an example of good practice within Rochdale.

Our menus ensure the children are offered at least two servings of fresh fruit or vegetables, regular servings of oily fish, bread and salad, fresh fruit juice or milk or yoghurt drinks and water. Fried food is limited to two products each week and most of the dishes are cooked on the premises from fresh ingredients; manufactured products are limited. Our cook attends school council meetings and dinner supervisors meetings as well as being part of the Staff Council. The cook regularly uses these forums to promote new initiatives as well as gauging feedback from the children. We also have a very skilled team in the kitchen who work hard to promote and encourage children to enjoy eating healthy food.

Packed Lunches

Parents preparing packed lunches are asked to follow the school's food policy (*see the letter below*). Crisps, fizzy drinks and sweets are not allowed. Parents are encouraged to help their children to develop healthy eating habits by sending sandwiches with meat, cheese or vegetable fillings, or other savoury snacks accompanied by fresh fruit and a non-sugary drink.



Special Dietary Requirements and food Allergies

The school kitchen will try it's best to accommodate all special dietary requirements and already follows the requirements for a fully halal diet. Individual dietary requirements because of medical conditions or allergies will need to be requested by providing a letter from the hospital dietician.

Parties

Party food where possible follows the guidelines for healthy eating but at the same time acknowledging that parties are a time for treats.

Rewards

The school likes to reward children for their efforts or to celebrate special events. Only occasionally will sweets be used.

Water in School

All children are asked to bring a freshly filled water bottle to school each morning. Children are free to drink water during the school day. The school sells water bottles. Reception children are provided with water bottles and fresh water daily.

Halal

All food brought into school conforms to halal requirements.

School Health Practitioner

The school nurse monitors height and weight from Reception and continues to re-visit children whose weight causes concern.



Heybrook Primary School



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Dear Parents,

Your Child's Packed Lunch



As you know, it is very important that children eat well at all times in order that they develop healthy bodies and are able to do their best at school.

We recommend that packed lunches contain a balance of food which is mainly savoury such as sandwiches with a healthy filling either meat, fish or egg, a drink and a biscuit or a small sweet dessert such as yoghurt or a cake and some fruit.

Please can you have a another look at what you are providing for your child and make sure that their lunch box does not contain too many sweet items and that there is some form of egg, fish, meat, cheese or salad which will help your child to grow.

Mrs Ahmed or our kitchen staff will always be happy to offer you any advice.

Yours sincerely,

Tina Wheatley

