



Whole School Food Policy

Mission Statement

Woodlawn recognises the importance of nutrition on pupils' emotional and physical health and well-being and the effects this has on an individual pupils ability to maximise their educational achievement.

Aim

We aim to ensure that healthier food and drink is provided at all times of day, taking account of individual needs (e.g. cultural, ethical, medical), reflecting nutrition and healthy eating messages in the curriculum, and with the support of the whole school.

Objectives

1. Ensure that all food and drink served reflects the needs of all pupils and staff and makes healthy choices easy to take
2. Consider long and short-term impacts on health prioritising physical activity promotion.
3. Regularly review occasions during the school day to ensure that healthy food and/or drinks are available when needed
4. Provide food and drink that allows individuals to
 - Drink water frequently throughout the day
 - Eat healthily
 - Provide support for meeting individual needs for special diets
5. Create a pleasant eating environment that is appropriate to the age of the pupils
6. Deliver a curriculum that develops nutrition messages throughout a pupils school life
7. As far as possible proactively provide consistent and up to date information relating to food and nutrition for parents.
8. Work towards enabling all staff to access appropriate nutrition training

Snacks

Food considerations

1. Every 4 – 6 year old will have 1 piece of fruit or vegetable provided free of charge as part of the National School Fruit and Vegetable Scheme.
2. Woodlawn School encourages parents to supply 1 piece of fruit or vegetable for 7years +
3. The snack is in addition to regular meals.
4. Try to keep high fat, high sugar, and high salt items to a minimum.

Small snacks

- Fruit – fresh, dried long-life type pots, fruit salad in pots, fruit on sticks
- Vegetable chunks / sticks e.g. carrots, cucumber, cherry tomatoes
- Water, milk
- Pure fruit and vegetable juice
- Fruit smoothies
- Toast

Larger snacks

- Plain, fruit or cheese scones, teacakes, bread muffins, crumpets, bagels
- Fruit loaf / breads
- Sandwiches
- Toasted sandwiches

Packed Lunches

The right kinds of food in a packed lunch box can help a child concentrate and learn and a good packed lunch will ideally include a selection of foods that will keep their energy levels up throughout the afternoon.

Woodlawn School encourages each child to have a daily school meal, however we do have the following rules for packed lunches :-

- **Woodlawn operates a whole school ban on fizzy drinks**
- **Woodlawn operates a whole school ban on energy drinks**

As we aim towards adopting healthy packed lunches, the following is a suggested list for a lunch. Try to have something from 3 groups every day, and all the groups during the week.

Group 1 - Breads and cereals

- Slices of bread, bread buns/rolls, pitta bread, chunks of french bread
- Bread sticks
- Crackers or cheese biscuits
- Fruit or cheese scone
- Cooked pasta

- Cold, chopped potato

Group 2 - Fruit and Vegetables

- All types of fresh fruit,
- Some fruit goes well in sandwiches or salads e.g. grated apple and cheese, pineapple chunks and ham
- Cherry tomatoes
- Salad leaves in sandwiches or separately in a box or bag
- Carrot, celery, and cucumber sliced, grated or sticks
- Tubs of coleslaw or similar “dressed” salad
- Small pots of tinned or stewed fruit – don’t forget a spoon!
- Canned or frozen vegetables mixed into fillings e.g. tuna and sweet corn, grated cheese and grated carrot

Group 3 - Meat, fish and alternatives

- Cold sliced meat – ham, chicken, turkey etc
- Salmon, tuna, sardines, pilchards
- Meat and fish spread (spreads tend to be better than pastes)
- Liver pate
- Hard-boiled eggs sliced, whole or with mayonnaise/salad cream

Group 4 - Milk and dairy foods

- Cheese for sandwiches- grated, slices, soft cheese
- Yoghurt or Fromage Frais
- Tubs of custard or milk pudding style desserts
- Cartons of milk

Drinks

- Milk or plain water.

Practical Issues

- Try to put a small ice block into the lunch box to keep everything cold - throughout the year.

If you feel your child has specific issues around diet or you or require support to adopt the above please contact the Public Health School Nurses.