

Policy on school prizes and incentives

The intention is that teachers will model healthy eating and support pupils to eat well, both at break and lunchtime.

Pupils and staff are permitted to bring in cakes and other foods which would not generally fall within government guidelines for occasional celebrations, fundraising activities and as prizes and incentives.

Useful websites:

Childrensfoodtrust.org.uk

www.schoolfoodtrust.org.uk

Any Search Engine: Packed Lunches for Kids



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*Parkfields
Middle School
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*Healthy
Eating*

Brochure 6

(July 2019)



"to flourish, learn & grow"

Healthy Eating and Drinking

Rationale

We believe that everyone at Parkfields School is responsible for promoting the welfare, health, safety and guidance of every child in our care. Part of such a rationale is encouraging healthy eating and drinking.

Aim

A healthy diet is essential for maintaining and protecting children's health, for ensuring they perform to their full potential in school and for their growth and development. Our aim at Parkfields School is to help children establish a healthy lifestyle that will continue into adulthood and to raise awareness with children and parents to develop a positive approach to food, nutrition and health education.



Benefits

- Healthy eating will help young people develop, grow and achieve at school.
- Healthy eating will help prevent health problems such as obesity, eating disorders, heart disease and cancer.
- Establishing healthy eating habits at a young age is critical for lifelong well-being.
- Children with a balanced diet are less likely to have behavioural, emotional and academic problems at school.

Children's lunchboxes - a balanced diet

We support parents in their efforts to provide a healthy packed lunch, high in fibre, vitamins and minerals, whilst low in fat, salt and sugar.

A balanced diet should contain a balance of the following food groups:

- Bread, cereals and potatoes
- Fruit and vegetables.
- Milk and dairy products
- Meat, fish and alternatives.
- A small amount of fatty or sugary foods.



Mid morning break

Many children require a snack in order to learn effectively for the whole period between breakfast and lunch. Snacks can be an important part of a healthy diet helping pupils manage weight, hunger, health and energy.

Snacks which comply with current statutory requirements will therefore be on sale at breaktime.

You should be aware that gum is not permitted in school under any circumstances.

Lunchtimes

School lunches are controlled by our provider, Autograph (Interserve Catering Services). They follow the food and nutrient standards introduced by the DoF 2006:

- Not less than 2 portions of fruit and veg a day.
- No more than two deep fried products in a week.
- Oily fish at least once every 3 weeks.
- Manufactured meat products (eg nuggets/burgers) may be served occasionally.
- No salt on the tables.
- Water and pure fruit juices available.

Menus are made available to inform parents of healthy school dinners. Parkfields' pupils may be surveyed on an annual basis regarding school dinners.