

---

# Policy on **Healthy Eating**

September 2018

---

Pardes House Primary  
School

---

Headteacher: Mr J Sager  
Healthy Living Leader: Mrs A Cotsen

---

## POLICY ON HEALTHY EATING

### Statement

As a Healthy School, Pardes House is committed to encouraging and developing positive attitudes towards food and a healthy diet. A nutritionally balanced diet is important in childhood to ensure optimum development at a time of rapid growth. A balanced diet in childhood is not only important for growth but for learning and promoting positive habits towards healthy eating. An inadequate or unbalanced nutritional intake may not only affect growth and development in childhood but may also impact on health problems, such as heart disease and obesity later in life.

It is the types and varieties of food eaten at this time that ensure nutrient requirements are met and that the diet is nutritionally balanced. Children's diet must include an appropriate intake of foods from the four main food groups: Bread, other cereals and potatoes, fruit and vegetables, milk and dairy foods, meat, fish and alternatives.

We believe that adults - all staff (including Rebbes) and parents should be good role models and should support the boys in understanding how balanced nutrition contributes to a person's health, happiness and general well-being.

*\* Please note that we are a fully 'nut-free' and 'sesame-free' school.*

### Aims and Objectives

- To improve the health of pupils, staff and the whole school community by continuing to help to influence eating habits through increasing knowledge and awareness of food issues including what constitutes a healthy diet.
- To ensure pupils are well-nourished at school and that every pupil has access to safe, tasty and nutritious food and a safe, easily available water supply during the school day.
- To ensure that food provision in the school acknowledges the ethical and medical requirements of staff and pupils e.g. medical and allergenic needs.
- To introduce and promote practices within the school to reinforce these aims and to remove or discourage practices that negate them.
- Within the school setting, to provide opportunities and experiences to develop children's knowledge and understanding of healthy eating concepts in accordance with Early Years Foundation Stage Physical Development.

### Organisation – Management of Eating

At Pardes House, we have agreed that:

- All boys will benefit from the free Fruit and Vegetables Scheme. Boys will be encouraged to eat their piece of fruit as part of their daily morning break time.
- All children are encouraged to bring in a water bottle so they can have access to water throughout the day. Water fountains are also provided in the school for additional access to drinking water.
- Fruit winders or leathers, crisps, chocolate, sweets etc are actively discouraged as everyday snacks in school or as part of lunch boxes. Chewing gum and fizzy drinks are not permitted on the school premises or while the children are representing the school. Please note that any food not on the Healthy Eating Guide brought in to school **will be confiscated**.
- The contents of pupils' lunchboxes will be monitored by those on duty in the Lunch Hall and a school governor.

- For afternoon snack the boys are permitted to bring fresh fruit or vegetables, plain rice cakes or plain crackers, plain pretzels or breadsticks, or plain biscuits such as Rakusens digestive biscuits – **PLEASE ALWAYS CHECK THAT FOODS ARE NUT FREE AND SESAME FREE.**
- The school will supply biscuits for a child's birthday at a cost of £6 (no bought cakes please). Please inform the school office if you wish to place an order before your son's birthday.
- Parents of boys who are on special diets for medical reasons, or who have allergies, will be asked to provide as much information as possible about which foods are suitable or foods which must be avoided. This information will be shared as appropriate with staff.

### **Lunch**

- Parents can choose to send their child with a packed lunch or register and pay in advance for a hot meal from the Barnet schools kosher meals caterer. Home-brought lunches should be sent to school with pupils in a plastic bag or a lunch box - **PLEASE ALWAYS CHECK THAT FOODS ARE NUT FREE AND SESAME FREE.**
- The hot lunch is brought by courier from Barnet schools kosher meals catering services.
- The food is served by lunchtime supervisors.
- All staff are informed regarding specific allergies.

### **Specific responsibilities**

#### ***Headteacher:***

- Will regularly remind the boys about the school's Healthy Eating Policy.

#### ***Class Teachers and Rebbes:***

- Will monitor the boys at morning break ensuring that they only eat fruit or vegetables. Any other snacks will be confiscated.
- Will monitor the boys during afternoon play to ensure that they only eat foods provided on the Healthy Eating Guide.

#### ***Parents or Carers:***

- Will ensure that they are aware of the schools Healthy Eating Policy.
- Will ensure that they provide the appropriate snacks for the boys.

#### ***Pupils:***

- Will ensure that they only eat fruit and vegetables at morning play time and during afternoon play to ensure that they only eat foods provided on the Healthy Eating Guide (see Organisation – management of eating section).

---

Signed:

Date:

Review:

# APPENDICES

בס"ד

## HEALTHY EATING GUIDE

Please make sure that your son has enough food to last him until the end of the school day.

Please send lunch in a lunchbox or plastic bag.

Please note that any food not on this list brought into school **will be confiscated**.

### FIRST BREAK

During first break, boys are allowed to eat **only fruit or vegetables**:

- Any fresh fruit or vegetables
- Dried fruit; e.g. *raisins, apricots, apples, pears*
- Drinks of water (no fruit juices, cans or fizzy drinks please)

### LUNCH

All boys are expected to wash and make ***Hamotzei*** before they eat their lunch. These are the permitted foods for lunchtime:

Sandwiches, crackers, pita bread, matzo with a sensible filling (***Marmite, tuna, hard or cream cheese, salad, egg mayonnaise, smoked salmon.***)

- Cold Cooked Pasta
- Fresh Salad
- Individual slices of Cheese
- Apple or Fruit compote
- Fresh fruit/vegetables
- A carton or plastic bottled drink (water, orange, apple or any fruit juice)

**NOT ALLOWED:** *Hot soups or Hot Noodle Snacks, hot drinks, flasks of hot water, glass bottles, fizzy or sugary drinks or cans, NO PEANUT BUTTER or any other nuts or items with sesame ingredients or seeds.*

### AFTERNOON BREAK

- Fresh fruit or vegetables
- Dried fruit; e.g. *raisins, apricots, apples, pears*
- Plain rice cakes or plain crackers
- Plain pretzels or breadsticks
- Plain biscuits
- Unsweetened popcorn

**NOT ALLOWED:** *Fruit winders/leathers, crisps, chocolate, wafers, any other type of nash, sweets etc*

### ROSH CHODESH

Boys are allowed to bring *crisps and bissli* (afternoon only) on Rosh Chodesh or Yomim Tovim (Chanukah etc).

**NOT ALLOWED:** *No lollipops, sweets, fizzy drinks or sherbet*

### BIRTHDAYS:

The school will supply biscuits for a child's birthday at a cost of **£6** (no bought cakes please). Please inform the school office if you wish to place an order before your son's birthday.