

## **Healthy Eating Policy**

### **The Overall aim of this policy**

Our aim is to ensure that all packed lunches/snacks brought from home and consumed in Dynamix SoPA provide students with healthy and nutritious food.

### **Our School**

Dynamix SoPA recognises that our children come from diverse home backgrounds, cultures, ethnic and faith groups. Our school aims to meet the needs of all children and ensure equality of provision whilst taking account of this diversity and difference. We understand that some children are 'fussy' eaters and that it is a major step to get some children to eat anything at all. We would want parents to let us know if this is the case so that we can deal with such children sensitively and with encouragement and praise for what they **have eaten**.

We will provide a safe, healthy eating environment for students eating snacks and packed lunches, and ensure that students drink water throughout their classes. We will encourage all pupils to eat and drink as much of their morning snack or lunch as possible. As fridge space is not available in school parents are advised to send in packed lunches in a cooler bag or food that does not require refrigeration.

### **Water**

It has been recognised that children's concentration and behaviour improves when children drink water throughout the day. Dehydration can give children headaches and make them tired. Therefore, we encourage all pupils to bring a large plastic bottle of water to classes. Alternatively, water bottles are available for 50p from the main reception desk. We do not recommend sugary drinks during exercise as some of these can act as a diuretic and also impact on behaviour and wellness of the student.

The following guidelines for snacks and lunchbox contents may help parents and ensure health and equality for all children.

### **Packed lunches may include:**

- At least one portion of fruit and or vegetable (this could include a dried fruit)
- Meat, fish or other source of non-dairy protein (e.g. lentils, chick peas, hummus)
- A sandwich that includes a savoury filling (e.g. egg, tuna, cheese, cooked meat)
- A starchy food such as bread, pasta, rice, noodles
- Dairy food such as cheese, yogurt, fromage frais
- A smoothie or yogurt drink
- A bottle of water

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- A biscuit not coated in chocolate
- Crisps (baked or other low fat options if possible) or other such snack such as seeds, savoury crackers, breadsticks etc.
- Eating utensils if necessary

## **Packed lunches must avoid:**

- Confectionery such as chocolate bars, chocolate coated biscuits and sweets.
- Sausage rolls and pies should only be included occasionally.
- No fizzy drinks.

**Nuts and nut products (e.g. peanut butter) must never be sent to Dynamix SoPA because of allergy concerns. Neither are children allowed to share food items for this same reason.**

## **Mid – Morning Break**

- Fruit – If your child is unable to peel the fruit, please peel for them and wrap or store in a suitable way.
- Cereal bars
- Water

**No chocolate or sweets should be sent in with the Student, thank you.**

Dynamix Staff will see what children have in their lunchboxes whilst supervising in the dining areas. This is an opportunity for them to talk with the children about their lunchboxes and to encourage healthy eating and drinking. However, we may send parents a reminder of this policy if lunchbox contents **regularly** fall short of the expectations in this policy. It is not our intention to tell parents what and how they should be feeding their children and we will not do so, but we want to work with parents to educate our children about healthy dietary choices so that they can make their own informed choices independently when they are older. If your child has not eaten enough of their lunch, we will wrap it up and send it home in their lunch box in order for you to see.

**We have the best interests of all the children at heart.**