

**New Park Primary Academy**  
**Healthy Eating Policy**

A healthy diet is essential to physical and emotional wellbeing. At New Park we teach children the importance of a healthy diet through the Science, PE and PSHE curriculum.

**Dietary and medical requirements**

We work with our caterers to meet the needs of all children with dietary and medical requirements. Parents should speak to the office and complete the appropriate forms if any of the details in this policy affect their child.

**Drinks and snacks**

- Fresh water is available for all children in school every day and children should bring a bottle to school with them
- Milk is provided freely to children up to the age of 5 and parents can choose to pay for daily milk after this point
- No other drinks are permitted in school
- Fresh fruit is provided free of charge to all children in Nursery, Reception, Year 1 and Year 2
- Children in Year 3, 4, 5 & 6 can bring in a piece of fruit to eat at breaktimes
- No other snacks are permitted in school

**Breakfast**

Breakfast is the most important meal of the day. At New Park our breakfast club starts at 7:45 and includes healthy cereals or porridge, fruit, toast and a drink of water or milk. Once children have finished eating, they are free to sit and read, play and talk with their friends until school begins.

**Lunch**

At New Park we believe that lunchtimes are not simply about refuelling, but should offer children the chance to sit, enjoy one another's company and talk together. Structured mealtimes encourage social bonding and help to develop positive eating habits. Nursery and Reception children are supported by adults who encourage them to eat, use their table manners and learn to clean up after themselves. Older children are given the role of "lunchtime helper" and support the younger children. All children help with clearing up after meals.

Children in Reception, Year 1 and Year 2 are entitled to Universal Infant Free School Meals and will be served a hot dinner. From Year 3 there will be a daily charge of £2.30 for school meals.

Some children may be eligible for Free School Meals. You can visit <https://www.northyorks.gov.uk/free-school-meals> to find out more. Even if your child is in Reception, Year 1 or Year 2 you should still speak to the office, as eligibility for Free School Meals will also entitle you to free uniform, free school trips and free after-school clubs.

Packed lunches at New Park should be as equally healthy and nutritious as school dinners. We do not allow crisps, chocolate, sweets, nuts or any food with added sugar (choose sugar-free yoghurts, jelly and dried fruit). You can find some excellent lunchbox suggestions at <https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>. Water is freely available at lunchtimes, no other drinks are allowed.

**Dinner**

Our after-school club offers a healthy light meal at 4:30pm