

Healthy Eating Statement

Healthy eating is a key part of our ethos and values. To be prepared for learning, pupils need to be well-rested, well-fed, and properly nourished.

A good school food culture helps children develop healthy eating habits so they can live healthier, longer lives.

Curriculum Provision

Children learn about the importance of eating healthily and taking care of themselves through our **science and PSHE curriculums**. The lessons help young people understand the importance of nutrition and how to make informed decisions about food. The curriculum covers various topics, from where food comes from and what's in it to why we need certain nutrients and how they affect our bodies. Each year we consolidate this learning through a **Healthy Living week** which is made up of a variety of provision including; specialist sports coaches, wellbeing activities, first aid training and lessons around food & nutrition.

School Lunches



At Crossdale the children have a choice of having a school meal or bringing in a packed lunch. School meals are cooked on the premises by Taylor Shaw and are very popular with over 100 children choosing 1 of 3 meals available each day. There is a varied and balanced menu through the week and the menus are on a termly rota and can be found on the [school website here](#).

For every new menu we always search high and low across our region for the very best quality products to make exciting meals. We have introduced even more organic items to our meals, including potatoes, pasta and milk ensuring your child gets all the goodness and taste from their food.

The Taylor Shaw dieticians and cooks ensure our meals are nutritionally balanced, creative and appealing to children, to meet all the requirements of the Department of Education School Food Standards. These came into force in 2015 to ensure children eat well at school. We work in close conjunction with parents and carers of pupils with medical dietary requirements to ensure that their individual needs are met.

Milk and Fruit

Free milk is provided for all children under the age of 5 and for those children registered for Pupil Premium.

Milk can also be provided for all children at a cost of around £20 per term, ordered directly from Cool Milk.

All children who wish to have milk in school must be registered on the [Cool Milk website](#).



A piece of fruit is also provided to all children in Foundation and KS1. This may be an apple, banana, pear, tomato or something similar. Should your child wish to bring their own snack, as part of our 'Healthy Schools' status, we only allow fruit based or a healthy snacks (we also ask parents to avoid nuts and nut based snacks to support the families of children with allergies). We also ask that if children do choose to bring their own fruit that they do so in reusable 'Tupperware' – this helps us promote sustainability and also reduces litter on site.

Eat well, live well, be well!