

# 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 **Nottinghamshire County Council** and are very popular with over 100 children staying each day. There is a varied and balanced menu through the week and the menus are on a 3-week rota and can be found on the [school website here](#). Our school dinners are packed with fresh and tasty ingredients which meet many strictly regulated food assurance schemes. NCC actively try to reduce their carbon footprint and are proud to be going local with our school dinners, to cut down on our food miles.

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.

We aim to ensure **all pupils have access to healthy school dinners** regardless of any special requirements.

If a child's diet does not suit our menus due to any food allergies or intolerances, religious or ethical beliefs we can make alternative arrangements by parents completing an [EC46 pupil dietary/food allergy request form](#) and return to the school office.

Any allergies and intolerances must be accompanied and supported by medical documentation from the child's GP or other medical professional.

## 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 £15 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!**