

# Cayton School

Learn from yesterday, seek today and aim for tomorrow

Cayton School Healthy Lunch Box Ideas					
Grain and Cereal	Meat or alternative	Vegetable	Fruit	Milk and Cheese	Water
<p><b>MAINS</b> Wraps Sandwiches Rolls Toasted sandwiches Pasta dishes Rice, quinoa or cous cous dishes Noodle dishes Sushi</p> <p><b>SAVORY BAKED ITEMS</b> Homemade pizzas Wholemeal savoury muffins or scones Pasta or noodle bake</p> <p><b>SWEET BAKED ITEMS</b> Fruit loaf Wholemeal fruit based muffins</p> <p><b>SNACKS</b> Crackers Rice cakes Corn thins Wholemeal scones</p>	<p>Tinned tuna or salmon in spring water Lean roast or grilled meats (e.g. beef, chicken, ham) Tinned tuna / salmon Lean meat or chicken Kebab sticks Skinless chicken drumsticks</p> <p>Lean deli meats (e.g. ham, turkey, chicken) Falafel balls Lentils Boiled eggs Baked beans Tofu cubes Hummus dip Peanut butter Vegetable Frittata</p> <p>Homemade pizzas with lean roast or deli meats and vegetables</p>	<p><b>FRESH CRUNCHY VEGIES</b> Corn cobs Carrot sticks Green beans Cucumber sticks Celery sticks Tomatoes (e.g. cherry and Roma tomatoes) Mushroom pieces</p> <p><b>SALADS</b> Coleslaw Potato salad Mexican bean, tomato, lettuce and cheese salad Pesto pasta salad</p> <p><b>BAKED ITEMS</b> Grilled or roasted vegetables Vegetable slice Pumpkin soup Potato and leek soup Chicken and corn soup</p>	<p><b>FRESH FRUIT</b> Apple Banana Orange quarters Passionfruit Watermelon Pineapple chunks Grapes Plums Nectarines Peaches Apricots Strawberries Cherries Kiwifruit halves Pear</p> <p><b>MIXED FRUIT</b> Fruit salad Fruit kebabs</p> <p><b>DRIED FRUIT</b> Dried fruit, nut, Popcorn mixes TINNED FRUIT SNACK PACKS/CUPS In natural juice (not syrup)</p>	<p>Milk Calcium-enriched soy and other plant-based milks</p> <p>Yoghurt (frozen overnight) Custard <b>Tip:</b> Freeze the night before to keep cool during the day</p> <p>Cheese cubes, sticks or slices Cottage or ricotta cheese Cream cheese Tatziki dip</p> <p><b>Can serve with either:</b> Fruit, Wholegrain cereal, Vegetable sticks, Rice and corn cakes, Wholegrain wheat crackers</p>	<p><b>School provide a water bottle for refilling throughout the day</b></p> <p>If you intend to pack another water based juice drink please use low sugar varieties.</p>

## **Cayton School Food Culture Healthy Eating, Nutrition Information and Guidance**

### **Understanding and Rationale**

A healthy, balanced diet makes an important contribution to children's growth and development, to their educational performance and attainment and to their long-term health and well-being (DfE Minister for Education, Health and Social Services). The government recommendation is that schools provide an important role to the community to educate children about healthy eating and living in order to tackle child obesity.

At Cayton School we believe that good health is vital and healthy eating is one of many contributors to this, helping influence physical, mental and social well-being. It is important each child understands the role of healthy eating in achieving good health and nutrition. We try to actively promote our whole school food culture, increasing children's knowledge of healthy eating, nutrition and exercise.

### **Aims**

- To provide opportunities for each child to access knowledge, understanding and skills related to healthy eating so that they may make informed choices.
- To promote lifelong learning about food, nutrition and a healthy balanced diet.
- To develop a positive attitude towards their eating habits.
- To encourage a healthy lifestyle through association of healthy food with exercise.
- Work in partnership to achieve a pleasant and sociable dining experience which enhances the social development of each pupil.
- Involve pupils and parents in decision making.

### **EYFS, Key Stage 1 and Key Stage 2**

Subsidised milk is available for all children throughout school and free fruit and vegetables are offered to our infant children. A variety of different fruits and vegetables are offered throughout the week and KS1 children are encouraged to eat at least one piece each day, providing them with a daily, healthy snack.

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## **Breakfast**

Breakfast is said to be “the most important meal of the day” and we would encourage all children come to school having eaten a substantial and balanced healthy breakfast. This will enable them to maintain high concentration levels throughout the morning.

## **Breaktime**

Children may bring a healthy snack, e.g., fruit, vegetables or a low sugar cereal bar, to school for morning break. **School encourages parents, carers and children to try to avoid bringing in items such as chocolate, sweets, crisps, biscuits etc.** The school ‘Snack Trolley’ offers healthy snacks including fruit, vegetables, yoghurts and fresh juice for a small fee. Toast is also available.

## **Lunchtime**

### **School Dinners**

County Caterers is a fresh food organisation that caters for all North Yorkshire school dinners. North Yorkshire County Council’s food procurement strategy is based on local and regional sourcing of food which supports local business, provides traceability of produce and contributes to the health and wellbeing of its children and young people. The caterers follow a healthy eating policy and all meals are produced fresh in the school kitchen each day. All infant children are entitled to a free school meal, ensuring that they have a substantial meal to help maintain energy levels throughout the day. A three week menu cycle is offered, allowing children to experience different meals and become familiar with them over each term. These meals offer a daily vegetarian and specific dietary alternative to cater for all children in school.

### **Packed Lunches**

For children that bring a packed lunch, we ask that packed lunches are in a named container. Again, like break time snacks, Cayton School encourages pack lunches to contain healthy snacks rather than sweets, chocolate bars or fizzy drinks. We recommend that packed lunches should include fruit or vegetables e.g. piece of fruit, dried fruit, tomato, raw carrot, cucumber wedge. A suitable drink would be juice or water in a sealed bottle. Each child does have a school water bottle and they can refill this throughout the day. The school provides a suitable storage area for lunch boxes. Any uneaten food is returned in the children’s packed lunch boxes so parents and carers can be aware of what their child has eaten whilst at school.

### **Planning, Assessment, Monitoring and Evaluation**

Our ‘Whole School Food Culture’ is promoted throughout the school curriculum, across different lessons and assemblies, enabling children to learn about healthy eating and living through a variety of experiences. Teachers plan cross-curricular activities that increase children’s knowledge of a healthy food culture, enabling them to make informed, healthier decisions in the future.

## **Equal Opportunities**

Healthy eating is for all pupils regardless of gender, race, culture, religion, ability or any special educational need. This will be taken into account when planning the healthy eating curriculum and new initiatives. In order to educate our children further about food from around the world, themed days will take place to promote foods from other cultures and countries.

## **Curriculum Activities**

There are opportunities for raising awareness of healthy eating in all areas of school life. Specifically many aspects of healthy eating will be found in the PSHE, Science and Design & Technology curriculum. Lessons will aim to promote learning about different foods, how to stay healthy, good hygiene, where our food comes from and how it is grown.

## **Food Technology and Cookery Lessons**

From the 2020, children will be able to make use of the newly refurbished Cookery Room. We have installed two new double ovens, sinks and storage space for all children to take part in group cookery lessons across the year. The aim of this will be to introduce basic cooking and baking skills to children at Cayton School. Food hygiene and cleanliness will also be taught on a regular basis.

## **Cookery Club**

Children initially across Key Stage 2 will have the opportunity to take part in an extra-curricular cookery club, they will not only learn how to make a meal for themselves and their families, but learn about food preparation, hygiene and age related cookery skills.

## **Growing Club**

An extra-curricular club based around growing our own fruits and vegetables will allow all children to prepare areas around the school and tend to them in order to plant and grow our own fresh fruits and vegetables for consumption in school, providing children a first-hand experience of where our food comes from.

## **External Links**

External agencies and businesses are used to promote healthy eating. For example, visits are made by the school nurse in order to teach children about healthy eating. Class trips to organisations will show children first hand where food comes from and how it is grown. Promotional material such as Change4life leaflets are used to further promote good habits in school and at home.

## **Special Occasions and Celebrations**

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Special occasions, such as Christmas, and the end of terms are a time when teachers and pupils like to have a class party or treat. Class parties should reflect our ethos on having a balanced diet and sweet and fatty foods will be given in moderation. However, sweets will not be given in school as rewards for behaviour and good work.

On the overleaf you will find examples of 'Healthy Lunch Box Ideas' and we hope that you find them useful.

Mr. M. Vasey



Healthy Eating and Food Culture Lead

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