

Healthy Eating, Snacks and Lunch Box Policy



The Overall Aim of this Policy

Our aim is to ensure that all packed lunches brought from home and consumed in school (or on school trips) provide pupils with healthy and nutritious food that is similar to food served in schools, which is now regulated by national standards.

Our Academy

Green Lane Primary Academy recognises that our children come from diverse home backgrounds, cultures, ethnic and faith groups. Our academy 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 and appealing eating environment for pupils eating snacks and packed lunches, and ensure fresh drinking water is available at all times. We will encourage all pupils to eat and drink as much of their 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 and Squash

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 plastic bottle of water or squash to school each day. These can be kept at school and be filled and emptied each day. Children to have access to fresh drinking water from water fountains throughout each day. All water bottles must be taken home on a Friday to be thoroughly washed over the weekend. Any water bottles left in school over a holiday period will be disposed of.

Mid – Morning Break

Early Years/KS1

As part of the government school fruit and vegetable scheme, children have access to free fruit in the Academy.

KS2

We offer a tuck shop at break times where children can buy fruit and vegetables.

Please no chocolate or sweets should be sent to school.

Lunchboxes.

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
- 1 biscuit or cake bar – these may be coated with chocolate such as 1 Jaffa cake or 1 Penguin biscuit.
- 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 should not include:

- Confectionery such as chocolate bars and sweets.
- Fizzy drinks.

Nuts and nut products (e.g. peanut butter or Nutella) should never be sent to school because of allergy concerns. Neither are children allowed to share food items for this same reason.

On a daily basis the staff in school see what children have in their lunchboxes

Whilst supervising in the dining hall. 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 send it home in their lunch box in order for you to see.

Treats that are sent into school to celebrate birthdays are allowed. This should be a small packet of sweets which will be sent home for parents to decide when they are eaten.

Very occasionally staff may reward children with a confectionary treat but this is not common practice.

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

Reviewed: November 2017

Review date: September 2018

Signed: Lucy Carlisle (Head of Academy)

Chair of EAB :

