

Healthy Lunchbox Policy
St John's C of E Academy
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 School

St John's C of E Academy recognises that our children come from diverse home backgrounds, cultures, ethnic and faith groups. Our school 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 morning snack or 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

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 to school each day. This will allow children to have access to fresh drinking water throughout each day.

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. 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
- Savoury crackers or breadsticks
- A bottle of water
- Once a week – crisps (baked or other low fat option), chocolate biscuit or wafer, sausage roll

Packed lunches should avoid:

- Confectionery such as chocolate bars and sweets
- Crisps, cakes, sausage rolls and pies should only be included occasionally
- Fizzy drinks

Nuts and nut products (e.g. peanut butter) should never be sent to school because of allergy concerns. We also have severe egg allergies within school and ask parents/carers to also be mindful of this. Children are not allowed to share food items for these reasons.

Mid – Morning Break

Foundation	Milk (provided free for under children under 5) Fruit provided free Water
KS1	Fruit provided free Water
KS2	Fruit - If your child is unable to peel the fruit, please peel for them and wrap or store in a suitable way. Water

Milk can be purchased for children over the age of 5, forms available from the school office or register online at www.coolmilk.com

Please do not send chocolate or sweets in to school.

On a daily basis the staff in school see what children have in their lunchboxes. Whilst supervising at lunchtimes, this is an opportunity for them to talk with the children about their lunchboxes and to encourage healthy eating and drinking.

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 wrap it up and send it home in their lunch box in order for you to see.

Treats that are sent into school to celebrate birthdays are allowed. Where possible these will be distributed at home time so parents are able to monitor this.

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