



Park Road Academy Primary School

Healthy Lunchbox Policy 2021-2023

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

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.

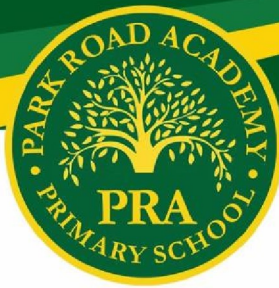
Water

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.

The following guidelines for snacks and lunchbox contents may help parents/carers 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 still plain or flavoured water
- A biscuit not coated in chocolate



- 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 avoid:

- Confectionery such as chocolate bars, chocolate coated biscuits and sweets.
- Sausage rolls and pies should be avoided where possible
- Fizzy drinks.

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

During Break Recommendations

- Fresh or dried fruit
- Cereal bars (these are available from the snack shop on allocated days)
- Toast (these are available from the snack shop on allocated days)
- Cheese portions

Chocolate or sweets should NOT be sent to school.

Staff will regularly check 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 encourage children to leave it in their lunchbox to take home 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 our children at heart.

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