

Healthy Lunch Box Policy

Our Vision

Imagine a place, where together adults and children can flourish as highly successful learners; a place where discovery, exploration, creativity and challenge are embraced as chances to grow; where risks and mistakes are used as learning tools that are often gateways to successful learning. Our school is a place where we can all learn to be ourselves, be treated with respect and kindness. Everyone shares an enthusiastic love of learning, a desire to achieve their very best and a determination to work hard to achieve this. Each day there are smiles, laughter and celebrations of success as their dreams are actively followed. Listen to the buzz of excitement as people learn from each other, hear them asking questions, finding solutions and learning skills that will prepare them to make a positive difference in society. See that positive values, kindness and generosity are shown to people locally and worldwide and respect and care are given to our planet as we encourage others to do the same.

Our Aims:

- ❖ To be recognised as an outstanding school that provides a stimulating, creative and dynamic learning environment that strives for excellence and values achievement.
- ❖ To develop the skills of the learner within a happy atmosphere.
- ❖ To prepare children to play an active role in their community.
- ❖ To be a safe learning environment in which children feel secure, and where self-esteem, confidence and respect, both for self and for others, can be promoted.
- ❖ To motivate and engage children as lifelong learners through inspirational teaching and creativity in the classroom ensuring all children are challenged to achieve their potential.
- ❖ To be a learning community in which individual needs and talents are valued and success is celebrated.
- ❖ To support our children in developing healthy lifestyles.
- ❖ To make our school a place where children enjoy being.
- ❖ Children should leave Warden Hill Infant School with their understanding deepened, their minds enriched, and their hearts inspired, so that they love learning and embrace the challenges of the future.

Philosophy

At Warden Hill Infant School we believe in encouraging and supporting our pupils to lead a healthy lifestyle. Bringing a healthy and nutritious packed lunch from home is a very important part of helping our young people to maintain a balance diet.

Why the need for a policy?

The government has placed a duty on schools to ensure that every child is informed and supported to make healthy lifestyle choices. All Key Stage One pupils now receive a free school lunch and free fruit is also available daily. The Children's Food Trust provides advice and recommendations and this policy is based on their model. School meals conform to government nutritional guidelines with less sugar, fat and salt and more fresh fruit and vegetables. School lunches also provide a good balance of 'complex carbohydrates' such as pasta, rice and bread or potatoes with dairy and other protein foods. There is no reason why a packed lunch cannot provide the same nutrition as a cooked meal.

Aims

Research has shown that a healthy diet and ensuring that children are always sufficiently hydrated supports them to be more engaged learners. Our Healthy Lunchbox policy is one strand of our overall Health and Wellbeing strategy in school and also forms part of our broader PSHE policy.

Through this policy we aim to:

- ❖ **support our children to be fitter and healthier now and in later life**
- ❖ **learn more efficiently and manage their behaviour better**

Where, when and who does this policy apply to?

To all pupils and parents and carers providing packed lunches to be eaten within school or on school trips during normal hours from September 2017

The policy

Food and drink in packed lunches

- ❖ The school will provide storage facilities for pupils bringing in packed lunches and ensure that fresh water is readily available at all times.
- ❖ The school will work with parents to ensure that packed lunches abide by the standards listed in this policy.
- ❖ As fridge space is not available parents are advised to use insulated packed lunch bags or add in freezer blocks to keep food at a suitable temperature on very hot days
- ❖ Children must eat their own food and not other children's'
- ❖ Nuts or nut products are **NOT PERMITTED (please check food labels)**

Guidance

Packed lunches should include:

- ❖ At least one portion of fruit and/or vegetables every day - more is encouraged
- ❖ Meat, fish or other source of non-dairy protein (e.g. lentils, beans, soya or hummus) every day. This will usually be part of a sandwich, wrap or salad.
- ❖ A starchy food such as brown/wholemeal bread, pitta, rice, noodles, potatoes or other type of cereal every day
- ❖ Dairy food such as cheese, low fat yoghurt, fromage frais or custard

Packed lunches could include these foods but not every day and only as part of a balanced meal

- ❖ Plain biscuits
- ❖ Crackers
- ❖ Cereal Bars
- ❖ Rice cakes

Packed lunches should not include

- ❖ Chocolate, sweets and chocolate sandwich filling
- ❖ Carbonated or flavoured drinks
- ❖ Snacks such as crisps, tortilla chips, cheese biscuits etc.
- ❖ Meat and pastry products such as sausage rolls or pies
- ❖ Nuts or nut products (although they can be healthy) because of the danger to with allergies

Special Diets and Allergies

The school recognises that some pupils may have verified medical conditions requiring special diets or cultural/religious beliefs which may impact on diet. These may not allow for the standards to be met exactly. In this case parents and carers are urged to be responsible in ensuring that packed lunches are as healthy as possible.

PLEASE NOTE - For these reasons pupils are not permitted to swap food items or to bring nuts or nut products in packed lunchboxes.

Assessment, evaluation and review.

Packed lunches will be reviewed by lunchtime staff as part of their supervision of the children.

Please note:

- ❖ Children with special diets will be given due consideration.
- ❖ We rely on parents to support this policy and to work with the school to ensure that their children are provided with a balanced healthy lunchbox.
- ❖ If a child regularly brings in a packed lunch that does not meet the guidelines in this policy, then the school will contact the parents to discuss this