

St Paul's CE (VC) First School Coven



Healthy Lunch Policy
March 2023

Healthy Packed Lunch Policy

Aim of 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 Paul's First School aims to meet the needs of all children and ensure equality of provision whilst taking account of diversity and difference. 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 **clear plastic** bottle of water to school each day. This will allow children to have access to fresh drinking water throughout each day.

As part of the government's childhood obesity plan, we only allow children to bring either plain water or water flavoured with fresh fruit slices into school. This is for the children to have when required throughout the day and during PE lessons.

The NHS state that *'Water and lower-fat milks are always the best choices when it comes to drinks for kids. Water is a no-sugar thirst quencher, it has no calories and contains no sugars that can damage teeth. Milk has calcium, which helps keep your child's body strong and forms part of a healthy, balanced diet'* (NHS June 2018).

NHS Trust advice for parents with children who have bladder/bowel problems:

*'Your child should be drinking mainly water. Fizzy drinks, those that contain caffeine, E numbers, colorants or red berries are known to irritate the bladder and are best avoided. **The best drink is water.** It is important that your child drinks regularly throughout the day and this may involve drinking at school. Taking a bottle of water to school is a good way to ensure water is available to them.'*

The school provides a drink of water with lunches but if your child prefers to, they can bring in a small drink of low or no added sugar juice or milk to have with their lunch.

Packed Lunches may include:

	Fruits and Vegetables	Include everyday	✓
	Meat, cheese, egg, beans or Oily Fish	Make a different choice each day	✓
	Starchy Food – bread, roll, pitta, wrap, crackers, pasta, rice	Include every day	✓
	Milk and Dairy Food- yoghurt, fromage frais, custard	Include every day	✓
	Water or a healthier drink	Perfect drink for your lunch box	✓

In line with the government's childhood obesity plan packed lunches should only include **one** unhealthy treat. If your child wishes to have one unhealthy treat in their packed lunch they will need to make their choice before they bring their lunch to school. They can choose one of the following unhealthy snacks:

- a small chocolate bar OR
- a cake OR
- a small packet of crisps OR
- a biscuit

If your child has more than one unhealthy treat in their lunch box they will be asked to choose which one they would like to eat and then any other treats will be sent home at the end of the day.

Packed lunches should NOT include fizzy drinks.

Please visit the NHS Change4Life website for further guidance as well as healthy lunchbox ideas and recipes:


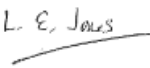



<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

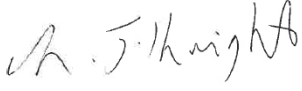
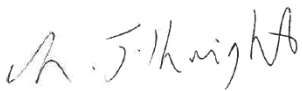
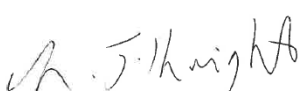
Allergies

Nuts and nut products (e.g. peanut butter) should never be sent to school because of allergy concerns. Children are not allowed to share food items for this same reason.

Monitoring

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. 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.

Comments:	Annual Review Or more frequently if legislation and guidance changes.
Policy Created:	Adopted by Governing Body on 19 th April 2016  Jenny Picken, Chair of Governors
Signed:	 L. Jones, Vice Chair of Governors, 24/05/17
Reviewed:	On 23 rd May 2018 at Curriculum Committee Meeting  Lorna Jones, Chair of Governors, 23/5/18
Reviewed:	On 8 th May 2019 at Curriculum Committee Meeting  Lorna Jones, Chair of Governors, 8/5/19
Reviewed:	On 22 nd June 2020 at LAC Committee Meeting  Antony Hyett, Chair of Governors, 22/6/20

Reviewed:	On 10 th May 2021 at LAC Committee Meeting  Luke Knight, Chair of Governors, 10/5/21
Reviewed:	On 14 th March 2022 at LAC Committee Meeting  Luke Knight, Chair of Governors, 14/3/22
Reviewed:	On 21 st March 2023 at LAC Committee Meeting  Luke Knight, Chair of Governors, 21/3/23