



## HEALTHY SCHOOL LUNCH POLICY

The aim of this policy is to ensure children eat a healthy, well-balanced lunch, thus promoting a healthy lifestyle. By encouraging healthy eating patterns we educate children for later life. As part of the SPHE Programme we encourage the children to become more aware of the need for healthy food in their lunchboxes. In addition, the PE Programme supports

the physical development and fitness of the children. The Science curriculum also looks at the development of the body and deepens the children's understanding of how the body grows and develops

Our policy is to promote healthy well balanced lunches 5 days a week: Mondays to Thursdays inclusive treats are not allowed and actively discouraged as everyday snacks. Therefore, no bars, sweets, crisps or sugary drinks are allowed. Friday is treat day when a treat sized bar or something similar is acceptable. Chewing gum and fizzy drinks are not permitted. Due to serious allergies of some pupils, there is a total ban on nuts and nut products eg nut butters, Nutella. We are aware of the possibilities of food allergies and special dietary requirements. Children are asked not to share food for this reason.

### **Aims of this policy:**

- To promote the personal development and wellbeing of the child
- To promote the health of the child and provide a foundation for healthy living in all its aspects
- To enable the child to appreciate the importance of good nutrition for growing and developing and staying healthy
- To promote awareness of food allergies and special dietary requirements within the school population
- To enable the child to accept some personal responsibility for making wise food choices and adopting a healthy balanced diet.

### **Healthy Lunch Options:**

We encourage children to choose from the following foods regularly

- Bread/rolls/wraps/scones
- Pitta bread, crackers
- Fruit (peeled and chopped for small children)
- Raisins
- Raw vegetables (washed and chopped)
- Cheese, lean meat, eggs, fish, pasta, salad
- Small plain biscuits
- Fruit Juice
- Yoghurt Drinks
- Milk
- Water in a re-usable drinks container
- Soup

### **Roles and Responsibilities:**

#### **Role of Parents:**

- Provide a healthy well-balanced lunch for children and, particularly for younger children, to ensure they can manage it
- Encourage healthy eating at home and at school
- Inform the school of any child's special dietary needs
- To implement school policy by not allowing their children to bring fizzy drinks, nuts/nut products, chewing gum, crisps, chocolate bars or sweets to school

### **Role of Children:**

- To eat their lunch
- To bring home any uneaten lunch and wrappers
- To help make their lunches and remind parents of the Healthy Lunch Policy
- Not to bring fizzy drinks, nuts/nut products, chewing gum, crisps, chocolate bars or sweets to school
- To resist from sharing food

### **Role of School:**

- Monitoring
- Highlighting the positive aspects of individual lunchboxes.
- Discussing the contents of lunchboxes in class.
- Promoting healthy eating through the SPHE programme and the use of programmes like "Tastebuds" or "Food Dudes" where appropriate
- Participating in Active/Healthy Eating Week annually

### **Implementation:**

- Providing adequate time for the children to eat lunch: the bell rings five minutes before each breaktime to allow the children to eat their lunch in the classroom, infants get considerably longer. Uneaten lunch without any wrappers can be taken outside.
- Praising good practice
- Regular reminders in school newsletters and on the school website throughout the year.
- Informing all new staff and pupils of the school policy.

Please note that while we promote healthy eating, occasions will arise when treats may be provided by the class teacher or Parents Association. Please be advised that our school predominantly uses a wide variety of appropriate, non-food rewards in recognition of work done, improvements in work and/or in an effort to promote positive behavior. Teachers will continue to give children a sweet treat on some occasions as an additional incentive. Special events such as end of term parties are also times where food contributes to a sense of celebration. It is our opinion that sweet treats used prudently by teachers will not interfere with the health of the children.

This policy will be reviewed regularly by the school, the BOM and the parent representatives.

It was last reviewed in May 2021