

LEICESTERSHIRE COUNTY COUNCIL

HIGHGATE PRIMARY SCHOOL

Healthy Lunchbox and
Snack Policy

Guidance for Parents
March 2018

Draft Policy – March 2018

Highgate Healthy Lunchbox and Snack Policy

At Highgate Primary School we aim to educate our children with the skills, knowledge and understanding to enable them to make informed healthy lifestyle choices. To do that effectively we need to work in partnership with parents and carers in securing the best for every child.

Aims

- To ensure children have a suitable midday meal that sustains and prepares them for the afternoon learning.
- To provide a safe, healthy and appealing eating environment for pupils bringing in packed lunches and ensure that free, fresh drinking water is available at all times.
- To help children develop an understanding of healthy eating.
- To promote the School Food Trust guidelines and national standards for healthier eating.
- To support parents and carers in providing a healthy packed lunch that meets the same standards as food provided in school dinners and abide by the regulations of the British Nutrition Foundation Guidelines.

The following guidelines for lunchbox contents comes from the statutory guidelines for school provided meals. This ensures equality of entitlement for all children. The recommended contents of a healthy lunch box are:

- A good portion of starchy food e.g. bread, crackers, pasta or rice salad.
 - Plenty of fruit and vegetables e.g. an apple, orange, banana, carrot sticks, small box of raisins or any other fruit or vegetable
 - A portion of milk or dairy food e.g. yoghurt.
 - A drink e.g. a small carton of milk, juice, squash or a bottle of water.
 - One small biscuit e.g. kit-kat, penguin, club, cake bar etc. – This is equivalent to a school meal dessert
- PLEASE DO NOT SEND YOUR CHILD WITH NUTS OR FOOD CONTAINING NUTS AS WE HAVE A NUMBER OF CHILDREN WITH ALLERGIES**

Packed lunches should not include:

- Chocolate bars, or sweets
- Fizzy or isotonic/energy drinks (as it has been proven that these have a detrimental effect on children's health).
- Hot food (due to health and safety guidelines)

Monitoring and evaluation:

We fully respect individual parent's food choices for their children and understand that there are many different needs and tastes. However, if lunchbox contents regularly fall short of the expectations in this policy we will send a reminder home to parents. We want to work with parents to educate our children about healthy dietary choices so that the children, through the understanding of a balanced diet, will develop a greater appreciation of a healthy lifestyle.

Healthy Snacks

All children receive a free piece of fruit or vegetable every day. This is provided free for children in KS1 as part of the Governments School Fruit and Vegetable Scheme and the governors have agreed to fund this for children in KS2.

Implementation of the policy:

It will be available on the school's website and will be incorporated into assemblies and food technology lessons etc. The school will use opportunities such as new parents meetings and Healthy Lifestyle weeks to promote this policy as part of a whole school approach to healthier eating. All school staff, including; teaching, pastoral, catering staff, will be informed of this policy and will support its implementation.

Summary of Consultation with parents (Feb 2018):

A large majority (83.3%) stated their children didn't really comment on the healthiness of packed lunches. While the majority of parents (85.7%) felt some guidelines being issued would be good, some of the helpful comments that came back identified that 'guidance was the key.' Although a large proportion of respondents (61.9%) welcomed the idea of having rules enforced, there were some compelling arguments for this not to happen including issues around catering for the fussy eater, medical dietary requirements and as one parent put it; "although promoting healthy lunches is great, it is also up to parents to decide what goes in their child's lunch box."

The school does not wish to dictate what should/shouldn't be in lunchboxes however it was suggested that we should state that some items such as isotonic/energy drinks should be banned as they are proven to have negative detrimental effects on children's health.

In conclusion, we will implement a policy that gives guidance on what should be included in a healthy lunch box. In the policy we will put a ban on certain products such as isotonic/energy drinks and ask lunchtime supervisors to monitor lunches. Where we feel a child's lunch consistently contains an unhealthy balance of food, we will contact parents and direct them to our guidance.