

Mehria Primary School



MEHRIA PRIMARY SCHOOL

Healthy Eating and Lunchbox Policy

Date agreed: April 2024

Review date: April 2026

Signed: _____
Headteacher

Signed: _____
Deputy Headteacher

RATIONALE:

At Mehria Primary School, we recognise that good nutrition is essential if our pupils are to achieve their potential in life. We will help pupils to develop a positive attitude to healthier eating through the curriculum, food provision and links with families and the community.

AIMS:

- To enable pupils and staff to choose healthier meals and snacks in school that are low in fat, sugar and salt and free of harmful additives.
- To encourage a happier and calmer population of children and young people.
- To ensure that all packed lunches brought from home and consumed in school are equally healthy (including packed lunches prepared for school trips).
- To help pupils and staff to understand the importance of a healthy and balanced diet.
- To ensure that pupils and staff are fully hydrated throughout the day.
- To ensure that staff and pupils are aware of basic food hygiene.

OBJECTIVES:

- There will be a whole school approach to ensure that this policy is widely implemented.
- A planned programme of food and nutrition will be delivered as part of the spiral curriculum, which will include work on positive body image and food safety.
- Healthy eating will be promoted in a consistent way by all the teaching and non-teaching staff in the school.
- The dining room menu will provide at least one third healthier options which will be actively promoted.
- The school will work with pupils to provide attractive and appropriate dining arrangements.
- Pupils will be encouraged to eat socially and without excessive time pressure, within the constraints of the lunchtime period.
- Suitable facilities will be available for pupils and staff to eat packed lunches.
- Healthier packed lunches will be promoted and consistency between packed lunches and food provided by schools will both adhere to national standards set by government.
- Pupils and staff will have access to drinking water.
- All educational materials related to food will be up to date accurate and unbiased.
- The 'five a day' fruit and vegetable message will be promoted throughout the school.

GENERAL GUIDELINES:

Healthy eating is actively encouraged and taught throughout the children's stay at Bushmead Primary school.

- It is taught through PHSCE, Science, Design and Technology and PE, and is documented in our long, medium and short term plans.
- All children in foundation stage and key stage one receive a free piece of fruit daily under the National School Fruit Scheme. In key stage two, pupils are encouraged to bring in a piece of fruit for break time. There is a 'healthy tuck shop' from which pupils are able to purchase fresh and dried fruit, yoghurts and yoghurt drinks. Other snacks are not permitted other than for special celebrations.
- All staff and children have access to chilled water. Pupils are encouraged to bring in a water bottle to enable them to drink throughout the day.
- Parents and guardians are kept informed about healthy eating through newsletters, displays and the school website.
- School dinner menus are available to view on the school's website. Fresh fruit, salad, yoghurts and homemade bread are available daily. All eggs used are free range and the menus do not contain hydrogenised fats.
- Parents are informed about how to make their child's packed lunch healthier (see packed lunch guidelines).
- Top table, house points and stickers reward children for consistently eating healthily and politely.
- Pupils are actively encouraged to wash their hands before and after handling food.

PACKED LUNCH GUIDELINES:

- The school will provide facilities for pupils bringing in packed lunches.
- The school will work with parents to ensure that packed lunches abide by the standards listed below.
- As fridge space is not available in school, pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible to stop the food going off.

Packed lunches should include:

- At least one portion of fruit and one portion of vegetables every day.
- Meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus and falafel) every day
- Oily fish, such as salmon, sardines, tuna, trout and mackerel at least once every three weeks.
- A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other types of cereals every day.
- Dairy food such as milk, cheese, yoghurt, fromage frais or custard everyday
- Only water, still or sparkling, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and low sugar smoothies.

Packed lunches should not include:

- Snacks such as flavoured crisps. Instead, include seeds, raisins, fruit bars, savoury crackers or breadsticks (no added sugar, salt or fat) are a better choice and plain crisps occasionally.
- Confectionery such as chocolate bars and sweets. Instead, cakes and biscuits, e.g. fruit loaf, scone, cereal bar (low sugar).
- Meat products such as sausage rolls, individual pies, corned meat and sausages / chipolatas should be included only occasionally.

Special diets and allergies

Pupils with special diets will be given due consideration.

Caution is needed if peanut butter is included as certain children may be seriously allergic to peanuts.

The school dinner service provides a 'halal' meat option, available to pupils at parental request.

There is also vegetarian option available daily.

MONITORING AND EVALUATION:

Packed lunches will be regularly reviewed by midday supervisors. If a child regularly brings a packed lunch that does not conform to the policy then advice will be offered.

The school will write to all new and existing parents/carers to inform them of the updated policy and will give a period of consultation whereby parents/carers will be given the opportunity to make comments and suggestions.

The policy will be available on the school's website and will be incorporated into the school prospectus.

This policy will be monitored and reviewed regularly. Where specific targets need to be met, a detailed plan will be produced.