



Healthy Snack and Packed Lunch Policy

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HEALTHY SNACK & PACKED LUNCH POLICY

We encourage all children to bring in a healthy snack for morning break. The snack can consist of fresh fruit or vegetables, dried fruit or snack bar with no added sugar. We also encourage children to bring with them a bottle of water which they can drink at any time of the day (however, please do not worry if your child does not bring water with them; we are always very happy to provide this whenever they want it). NB: Water should be contained in a plastic – NOT GLASS – bottle.

We do not allow crisps, savoury snacks, chocolate or fizzy drinks/sugary drinks to be used for school snacks. Children are able to enjoy these at other times of the day outside of school as part of a healthy, balanced diet. Other snacks such as cereal bars, chocolate coated biscuits or wafers, cakes and meat and pastry products such as sausage rolls or pies are also not allowed in school for eating at break times.

All children in EYFS and Key Stage One have a fresh fruit choice available at morning break times. Younger children are also provided with milk to drink if they want it.

At Haylands Primary School we recognise the importance of a healthy lifestyle and diet and understand that establishing a balanced diet in childhood helps to promote healthy eating habits for life.

We believe that healthy children are best able to take full advantage of the educational opportunities that the school provides.

Our school community encourages pupils to develop the skills and attitudes that will help them make informed healthy choices both in and out of school.

Healthy eating is explicitly addressed within the Science, PSHE, PE and D&T curriculum. Each curriculum subject will be developing a range of skills and understanding that will contribute towards these areas.

There are also opportunities for cross-curricular coverage of healthy lifestyles. A wide range of teaching approaches and resources are used to deliver the curriculum.

On very special occasions (such as a child's birthday), children may bring in a treat to share with other children (e.g. bags of sweets). These are always given out at the end of a school day and we do take into account any dietary or allergy information you have provided us with at school. If the treat is to be held in school (e.g. popcorn for a cinema afternoon), we will always give you notice that this is to be served. In line with our policy though, this will not happen too often and this will be seen by the children as a treat due to the infrequency of this happening. *This same rule applies to any raffles or Fairs we may have in school as these may offer sweets or chocolates as prizes; however, again these will be infrequent and be viewed as a very special event or occasion.*

PACKED LUNCHES

At Haylands 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 healthy eating 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*

Here are Haylands we realise that parents or carers may at some points of the month or week struggle to provide a balanced packed lunch such as the one outlined above. At times like these we will work with these families and provide a flexible level of understanding.

We will also support and help any families who may be struggling to provide a packed lunch for their child if we are approached by a member of that child's family.