

Hessle Mount School Healthy Eating, Snacks and Lunch Box Policy

The Overall aim of this 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

Hessle Mount recognises that our children come from diverse home backgrounds, cultures, ethnic and faith groups. Our school aims to meet the needs of all children and ensure equality of provision whilst taking account of this diversity and difference.

We understand that some children are 'fussy' eaters and that it is a major step to get some children to eat anything at all. We would want parents to let us know if this is the case so that we can deal with such children sensitively and with encouragement and praise for what they **have eaten**.

We will provide a safe, healthy and appealing eating environment for pupils eating snacks and packed lunches, and ensure fresh drinking water is available.

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 insulated bags with freezer blocks to keep food fresh.

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 plastic bottle of water to school each day. This must be put into the school bag along with their break each day. They are encouraged to **take the bottle home each evening to be refreshed**. Please ensure it has your child's name on it. Regular water breaks are scheduled throughout the school day. Children are reminded to drink water at break and lunch times by the staff.

The following guidelines for snacks and lunchbox contents may help parents and ensure Health and Equality for all children.

Packed lunches should include:

- At least one portion of prepared fruit and or vegetable
- Meat, fish or other source of non-dairy protein (e.g. lentils, chick peas, hummus)
- A starchy food such as bread, pasta, rice, noodles
- Dairy food such as cheese, yogurt, fromage frais
- A carton of (unsweetened) juice, a smoothie or yogurt drink
- A bottle of water
- A paper napkin
- Eating utensils if necessary

Packed lunches should avoid:

- Crisps or other such snacks (Quavers, Skips etc) but instead seeds, savoury crackers, breadsticks etc.
- Confectionery such as chocolate bars, chocolate coated biscuits and sweets.
- Sausage rolls and pies should only be included occasionally.

Nuts and nut products (e.g. peanut butter) should never be sent to school because of allergy concerns. Neither are children allowed to share food items because of allergy risks.

Mid - Morning Break.

- This should be kept in their school bag, along with their water bottle.
- Fruit - If your child is unable to peel the fruit, please peel for them and wrap or store in a suitable way.
- A plain biscuit.
- A carton of drink or water. (Milk is available - see Mr. Cutting)
- **Please no chocolate or sweets should be sent to school.**

On a daily basis the staff in school see what children have in their lunchboxes as a matter of course as we are supervising in the 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. It is not our intention to tell parents what and how they should be feeding their children and we will not do so, but 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.

Please do not approach members of staff to distribute party bags or birthday cakes to pupils. Should you wish to do this, please do so at the end of the working day in the school playground.

We have the best interests of all the children at heart.

This policy agreed September 2009.

This policy reviewed September, 2010.

This policy will be reviewed every three years.