



## **Lunchbox policy 2022**

### **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.

Sacred Heart 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 at all times. We will encourage all pupils to eat and drink as much of their lunch as possible. As fridge space is not available in school parents are advised to send in packed lunches in a cooler bag or food that does not require refrigeration.

### **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 have water bottles available for all our pupils to drink from each day. The bottles are emptied, washed and refilled daily. This will allow children to have access to fresh drinking water throughout each day.

The following guidelines for snacks and lunchbox contents may help parents and ensure health and equality for all children.

### **Packed lunches may include:**

- At least one portion of fruit and or vegetable (this could include a dried fruit)
- Meat, fish or other source of non-dairy protein (e.g. lentils, chick peas, hummus)
- A sandwich that includes a savoury filling (e.g. egg, tuna, cheese, cooked meat) **preferably on wholemeal bread.**
- A starchy food such as wholemeal bread, pasta, rice, noodles
- Dairy food such as cheese, yogurt, fromage frais
- A bottle of water
- A biscuit not coated in chocolate
- Baked crisps (or other low fat options if possible) or other such snack such as seeds, savoury crackers, breadsticks etc.
- Eating utensils if necessary

### Packed lunches should avoid:

- Crisps – potato or maize/corn snacks **unless baked or low fat.**
- Confectionery such as chocolate bars, chocolate coated biscuits and sweets
- Sausage rolls and pies should only be included occasionally
- Fizzy drinks or juice drinks (water and milk is provided by school)
- Milkshakes
- Chocolate spread or jam spread in sandwiches

#### "Healthy"

A healthy packed lunch should include



#### "Unhealthy"

A packed lunch should avoid



Source: Food Standards Agency

**No chocolate or sweets should be sent to school.**

### How will we monitor lunchboxes?

On a daily basis the staff in school see what children have in their lunchboxes whilst supervising in the dining 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 speak to parents and offer support/guidance 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. Healthy packed lunches will be acknowledged and rewarded where appropriate with stickers, team points and special mentions.

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.

### Birthday celebrations

As we are a healthy school we allow children to come into school on their birthday dressed in their own clothes/party clothes instead of bringing in treats.

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