

Oakthorpe Primary
Policy for Healthy
School snacks



School
Lunchboxes and After

Overall aim of the policy

To ensure all packed lunches and snacks for after school clubs, brought from home and consumed in school (or on school trips) provide pupils with a healthy, balanced and nutritious diet.

The aims of the policy

- to make a positive contribution to children's health and healthy schools status
- to encourage a happier and calmer population of children and young people
- to promote consistency between packed lunches and food provided by schools which must adhere to national school food standards.

Food and drink: What the school promises

- The school will provide facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is readily available at all times.
- The school will work with the pupils to provide attractive and appropriate dining room arrangements.
- The school will work with parents to ensure that packed lunches meet 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 or vegetables every day.
- meat, fish or other source of protein (e.g. lentils, kidney beans, chickpeas, houmous)
- a starchy food such as bread, pasta, rice, couscous, noodles or potatoes
- dairy food such as milk, cheese, yoghurt, fromage frais
- only still water, fruit juice and smoothies.

Packed lunches should not include

- Any nuts. We are a nut free school and have children that do suffer from nut allergies, so please check you are not giving your children foods with nuts in.
- Confectionery such as chocolate bars and sweets. (Cakes and biscuits are allowed but encourage your child to eat these only as part of a balanced meal, once a week.)
- Snacks such as crisps should be limited to once a week, on a Friday. This is due to the high amount of salt in them.

After School Club snacks

- A drink (such as water, milk, juice or fruit smoothie)
- 1 food item (such as fruit, vegetable sticks or a sandwich)

Snacks should not include sweets, chocolate or crisps.

Birthdays

Birthdays are very special for the children at Oakthorpe. In order to celebrate at school, children are able to bring in either a healthy snack, packet of sweets, a small birthday cake or a packet of small cupcakes.

Special diets and allergies

The school recognises that some pupils may require special diets. Parents should take extra care to ensure those packed lunches are as healthy as possible and discourage their children from swapping food items.

Assessment, evaluation and reviewing

Packed lunches will be regularly reviewed by teaching staff, catering staff and after school club leaders. Healthy lunches will be rewarded with stickers and golden stars for their classes.

We hope parents and pupils will support the school in achieving a healthier school. Those who do not adhere to the packed lunch policy will receive a leaflet in the packed lunch informing them of the policy. If a child regularly brings a packed lunch that does not conform to the policy then the school will contact the parents to discuss this.

Linked policies

PSHE

Science

Behaviour

Sharing the policy

The school will tell all parents and carers about the policy. It will be on school website, prospectus and shared in assemblies. The school will use opportunities such as parents' evenings and Health, Fun and Fitness week to promote this policy as part of a whole school approach to healthier eating. It will be shared with all school staff, including teaching and catering staff and the school nurse, securing their support in its implementation.