

## Healthy Lunchbox Guidance

**Nuts and nut products (e.g. peanut butter/Nutella) should never be sent to school because of severe allergies within school. We also ask that children do not share food items for this same reason.**

### **Our overall aim**

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 Academy**

The Halifax Academy recognizes that our children come from diverse home backgrounds, cultures, ethnic and faith groups. Our academy aims to meet the needs of all children and ensure equality of provision whilst taking account of this diversity and difference.

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. It has been recognized that children's concentration and behavior 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.

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 a cooler bag or food that does not require refrigeration.

Please see below the following guidelines for snacks and lunchbox contents which may help parents when making packed lunches and ensure health and equality for all children.

### **Packed lunches should 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)
- A starchy food such as bread, pasta, rice, noodles
- Dairy food such as cheese, yogurt, fromage frais
- A smoothie or yogurt drink
- A bottle of water
- A biscuit not coated in chocolate
- Crisps (baked 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:**

- Confectionery such as chocolate bars, chocolate coated biscuits and sweets.
- Sausage rolls and pies should only be included occasionally.
- No fizzy drinks.

**Please note no chocolate or sweets should be sent to school.**

**Treats that are sent into school to celebrate birthdays are allowed. Where possible these will be distributed at home time so parents are able to monitor this.**

On a daily basis our academy staff will monitor 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 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 send it home in their lunch box in order for you to see.

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

**Mr Richard Shaw**

**Head of Primary Phase**