

## **Lake Farm Park Academy**

### **Healthy School Policy**

#### **Overall aim of the policy:**

To ensure that all packed lunches brought from home and consumed in school (or on school trips) provide the pupil with healthy and nutritious food that is similar to food served in schools, which is now regulated by national standards.

#### **National guidance:**

*The policy was drawn up using a range of national documents including information and a draft policy from the School Food Trust, the Food in schools toolkit (Department of Health) and Food policy in schools – a strategic policy framework for governing bodies (National Governors' Council, (NGC) 2005).*

#### **What role should schools play?**

Eating habits are developed during childhood. If encouraged to enjoy healthier food and drink early on, it is more likely that these positive behaviours will remain with children and young people throughout life.

#### **Food and drink in packed lunches: what the policy states**

- 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 abide by the standards listed below.

Pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible to stop the food going off, especially in the warmer days.

Wherever possible the school will ensure that packed lunch pupils and school dinner pupils will be able to sit and eat together.

#### **Packed lunches should include:**

- *At least one portion of fruit or vegetables every day.*
- *Meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus and falafel) every day making sure the meat is off the bone.*
- *A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals*
- *Dairy food such as cheese, yoghurt, fromage frais or custard*
- *Only water, still or sparkling, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies.*

**Packed lunches should have a limited amount of:**

**Snacks such as crisps.** These items should not be included on a daily basis. Instead include fresh vegetables and fruit or dried fruits such as raisins, apricots, apple pieces etc. Savoury crackers or breadsticks served with fruit or cheese is a healthy option.

**Packed lunches should NOT have confectionery such as chocolate bars, chocolate-coated biscuits and sweets.**

**Break time snacks**

Break time snacks should be a piece of fruit/vegetable – **NO OTHER SNACKS ALLOWED AT BREAK**

**Special diets and allergies**

The school also recognises that some pupils may require special diets that do not allow for the standards to be met exactly. In this case parents are urged to be responsible in ensuring that packed lunches are as healthy as possible. For these reasons pupils are also not permitted to swap food items.

**We are A NO NUTS school – so NO items containing nuts are permitted in school**

The school will inform parents/carers of the policy via the school newsletter, App.

The policy will be available on the school's website and will be incorporated into the school prospectus.

The school will use opportunities such as parents evenings and Healthy Living weeks to promote this policy as part of a whole school approach to healthier eating.

All school staff, including teaching and catering staff and the welfare officer, will be informed of this policy and will support its implementation.