



Lüderitz Blue School Healthy Eating Policy

1. INTRODUCTION

- i) At Lüderitz Blue School, we encourage children to be aware of the need for a healthy diet. Education about balanced nutrition is included in our school Citizenship scheme, and children are encouraged to make healthy, nutritious choices for food in their daily snack and lunch boxes.
- ii) We believe that adults (staff, parents/guardians, and carers) should be good role models and support children in understanding the importance of balanced nutrition in contributing to a person's health, happiness, and general well-being.

2. SCHOOL AIMS AND OBJECTIVES IN REGARD TO HEALTHY EATING

- To create and promote a positive, healthy eating culture at Lüderitz Blue School.
- To make healthy eating enjoyable and normal, standard practice.
- To provide safe, easily accessible water to drink during the school day.
- To promote healthy eating and healthy food choices
- To discourage unhealthy eating and unhealthy food choices.
- To monitor healthy choices, including packed snacks and lunches.
- To use a range of opportunities to promote healthy eating, including but not limited to Citizenship lessons.

3. PACKED SNACKS AND LUNCHES

- i) We aim to ensure that all packed lunches brought from home and consumed in school (or on school trips) provide learners with healthy and nutritious food. Learners and parents/carers are responsible for providing a packed lunch container where food items can be stored securely and appropriately until lunchtime.
- ii) Learners and parents/carers are encouraged to bring packed lunches in reusable plastic containers rather than disposable plastic bags and bottles. Foods are at risk of harmful bacteria if they are prepared and stored in warm temperatures, so it is advised that an ice pack is included in the food container.
- iii) Packed lunches should not include the following:
- Snacks such as crisps or chips
 - Confectionery such as chocolate bars, chocolate-coated biscuits, chocolate spread or sweets
- iv) The following items are forbidden:
- Fizzy or sugary drinks
 - Chewing gum
- v) An ideal lunch box could contain the following:
- At least one portion of fruit and/or one portion of vegetables, (e.g. carrot sticks, cucumber, small apple or orange, banana, dried fruit, mini tomatoes)
 - Meat, fish, or other sources of non-dairy protein, (e.g. chicken, turkey, ham, beef, pork, tuna, lentils, kidney beans, chickpeas)
 - Starchy food (e.g. bread, pasta or rice, crackers, rice cakes, oat cakes, pitta bread, tortilla wraps)
 - Dairy food (e.g. milk, cheese, or yogurt)
 - A drink of either water, fruit juice, milk, yogurt drink or smoothie
 - Learners should come to school each day with a full water bottle. Water is encouraged as the main drink for thirst, and students may refill their bottles throughout the school day.

4. SPECIAL OCCASIONS

- i) Birthdays, special events, and class/school parties can be examples of times when food contributes to a sense of celebration and sharing. On these occasions, cakes, crisps, and other confectionery may be offered, but staff will remind students that this is an occasional treat and not everyday food.
- ii) In acknowledgment of a birthday, parents/guardians are welcome to provide a birthday cake, cupcakes, muffins or similar to be shared with their child's class at snack time or the end of the school day.
- iii) Parents/guardians may also choose to donate a small book or similar to their child's classroom or the library in acknowledgement of their birthday.

5. SPECIAL DIETS AND ALLERGIES

- i) The school is aware that some learners may require special diets that do not allow for the standards to be met precisely. In this case, parents are responsible for ensuring that packed lunches are as healthy as possible.
- ii) Learners are also not permitted to swap or share food items. This is especially important in terms of protecting children with allergies.

6. SCHOOL TUCK SHOP

- i) When a School Tuck Shop is operational, its primary function is to provide healthy, nutritious, and enjoyable foods and drinks to learners and staff at affordable prices.
- ii) In the case that less healthy options are available at the Tuck Shop, these may be enjoyed only on occasion and viewed as a treat. Please see 4 - SPECIAL OCCASIONS for further information.

7. NOTE FOR EXTRA-CURRICULAR LEARNERS

i) Please note that while school staff do not have the right to advise what learners joining us for extra-curricular activities eat or drink on school premises, staff will encourage them to also make healthy choices in line with this policy.

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1st Review: Marnie Allen, October 2022

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