



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 Citizenship lessons, 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 or guardians) 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 PSHE 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 students with healthy and nutritious food. Students and parents/guardians are responsible for providing a packed lunch container where food items can be stored securely and appropriately until lunchtime.
- ii) Students and parents/guardians 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 not allowed in school:
 - 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
 - Students 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 students 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) Students are also not permitted to swap or share food items. This is especially important in terms of protecting children with allergies. Please see 9. NO SHARING OF FOOD ITEMS.

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 students 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 STUDENTS

- i) Please note that while school staff do not have the right to advise what students 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.

8. NOTE ON SCHOOL LUNCHES

- i) The school provides an option of a cooked lunch to students at an extra cost.
- ii) These meals will be prepared by a staff member trained in food hygiene and safety.
- iii) Meals will be designed to be balanced and nutritious.

9. NO SHARING OF FOOD ITEMS

- i) In general, students are not allowed to share food at school.
- ii) This rule is in place to ensure children and staff with allergies are protected.
- iii) Students may bring in food to share on certain occasions, for example a birthday or other celebratory event.
- iv) In these cases, all items must be strictly nut free.
- v) This also applies to the school kitchen and tuck shop.

10. NO NUTS IN SCHOOL

- i) Our school is a strict nut-free environment to protect students and staff with severe allergies.
- ii) No nuts, nut products, or foods that may contain or be contaminated by nuts may be brought to school.
- iii) This includes all types of nuts, nut butters, nut oils, and foods with hidden nuts such as pesto, baked goods, cereals, chocolates, and snack bars.
- iv) Parents/guardians must check ingredient labels carefully before packing any food.
- v) All staff, students, families, visitors, and events must adhere to the nut-free rules at all times.
- vi) For further guidance or more detailed information, please refer to the full No Nuts in School Policy.

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