



The Diocese of Chelmsford
Vine Schools Trust
Healthy Lunch, Snack and
Water Policy

APPROVED BY GOVERNORS February 2021

POLICY TO BE REVIEWED February 2024



Healthy Lunchbox, Snack and Water Policy

At Bulphan Academy we aim to educate our children with the skills, knowledge and understanding to enable them to make informed healthy lifestyle choices. To do that effectively we need to work in partnership with parents and carers in securing the best for every child.

Aims

- To ensure children have a suitable midday meal that sustains and prepares them for the afternoon learning.
- To provide a safe, healthy and appealing eating environment for pupils bringing in packed lunches and ensure that free, fresh drinking water is available at all times.
- To help children develop an understanding of healthy eating.
- To promote national standards for healthier eating.
- To support parents and carers in providing a healthy packed lunch that meets the same standards as food provided in school dinners.

Guidelines

- The following guidelines for lunchbox contents comes from the statutory guidelines for school provided meals. This ensures equality of entitlement for all children.

The recommended contents of a healthy lunch box are:

- A good portion of starchy food e.g. bread, crackers, pasta or rice salad.
- Plenty of fruit and vegetables e.g. an apple, orange, banana, carrot sticks, small box of raisins or any other fruit or vegetable.
- A portion of milk or dairy food e.g. yoghurt.
- A drink e.g. a small carton of milk, juice, squash or a bottle of water.
- One small biscuit or cake e.g. kit-kat, penguin, club, cake bar etc. – This is equivalent to a school meal dessert.
- PLEASE DO NOT SEND YOUR CHILD WITH NUTS OR FOOD CONTAINING NUTS AS WE HAVE A NUMBER OF CHILDREN WITH ALLERGIES. E.g Nutella, pesto.

Packed lunches should not include:

- Chocolate bars or sweets.
- Fizzy drinks.
- Hot food (due to health and safety guidelines).

Healthy Snacks

All children in KS1 and Reception receive a free piece of fruit or vegetable everyday as part of the Governments' School Fruit and Vegetable Scheme. As children move up into KS2, if they wish to have a break time snack, they are required to bring in something from home.

Healthy snacks can include:-

- Fruit
- Vegetables
- Dried fruits
- Bread sticks
- Crackers

Special occasions

At certain times of the year for example Christmas and Easter, treats may be given which are in keeping with these festivities. Children will be encouraged to seek permission from parents regarding when these should be eaten.

If children would like to celebrate their birthdays by giving out sweets to their classmates, these should be brought in by parents/carers at the end of the school day. They can then be given to the child to distribute.

Water

It has been known for some time that our brains function better when we are hydrated. With this in mind please send your child in to school with a water bottle filled with water only. The bottle should have your child's name clearly displayed. Each classroom will have an area where pupils can store their bottles which is easily accessible. If necessary, water bottles can be refilled during the school day.

