



Headley Park Primary School Guidance Documentation

Guidance: HPPS Healthy School

Responsibility for review: PSHE Leader
Annual Review

Version history		Key changes made
Date of review	March 2025	N/A
Date of review	September 2026	Updated to include introduction and aims Eatwell plate updated in line with the updated Eatwell Guide
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Introduction

At Headley Park Primary School ,we are committed to teaching children about leading a healthy lifestyle. Across the curriculum, children are taught what it means to lead a healthy life and how the decisions they make can impact their health. This includes curriculum lessons in PSHE, Science, PE and DT.

Beyond the classroom, we recognise that having a healthy diet in childhood can help to prevent a variety of health problems and aid their concentration levels in lessons. We believe that a healthy packed lunch needs to be consistent with the nutritional standards provided by school meals. This guidance should be used to support all pupils and parents/carers providing packed lunches and other foods to be consumed within school or on school trips during normal school hours.

Aims

The aim of this guidance is to:

- Improve the nutritional quality of children's packed lunches by offering support and clear guidance to parents/carers
- To develop an awareness in pupils, parents/carers, staff and the wider community that the school takes a pro-active approach to promoting healthy eating

Packed lunch

Lunchboxes should have a healthy balance of different food groups. This packed lunch guidance is based on the principle of the Eatwell Guide, which aims to include all of the following every day:

- At least one portion of fruit and one portion of vegetables
- Meat, fish, eggs, or a non-dairy protein (e.g. lentils, kidney beans, chickpeas, houmous, falafel)
- A starchy food, such as bread (white or whole grain rolls, pitta bread or wraps), pasta, rice, couscous, noodles, potatoes or another cereal
- A dairy food like milk, cheese, yoghurt, fromage frais or custard
- A drink of water, fruit juice or smoothie (maximum portion 150 mls), semi-skimmed, 1% fat or skimmed milk, yoghurt or another milk drink
- Oily fish like salmon, at least once every three weeks

As part of the packed lunch policy, children's packed lunches should always include:

- ✓ A starchy food, such as bread, potato, rice, pasta or yam
- ✓ At least one item of fruit, vegetable or salad
- ✓ A balance of foods from different food groups
- ✓ A drink of water. Children can also bring in fruit juice (maximum of 150 mls), milk or fruit juice with no added sugar or artificial preservatives.
- ✓ A drink of water, fruit juice or smoothie (maximum portion 150 mls), semi-skimmed, 1% fat or skimmed milk, yoghurt or another milk drink

To keep packed lunches in line with the food-based standards for school meals, packed lunches should not include:

- ✗ Chocolate bars bigger than snack size
- ✗ Other confectionery such as sweets, sugary doughnuts and fizzy sugary drinks
- ✗ High-sugar fruit-flavoured drinks
- ✗ Diet or energy drinks which contain high levels of caffeine and other additives
- ✗ Fast foods, such as chips
- ✗ Nuts of any kind including spreads such as Nutella and peanut butter.

Occasionally the following may be included:

- ✓ Snacks, such as crisps
- ✓ Meat products such as sausage rolls, individual pies, corned meat and sausages - these foods have a very high fat and salt content
- ✓ A snack sized chocolate bar and plain biscuits, but children should be encouraged to eat these only as part of a balanced meal

Monitoring

children are supervised in the lunch hall. Where packed lunches raise concerns, staff will contact the family to offer support.

Health and safety

It is the responsibility of the parents/carers to provide an appropriate packed lunch container where food items can be stored securely and appropriately until the lunchtime period. The school provides storage for packed lunches in trolleys. However, the school cannot provide cooled storage areas and therefore cannot take legal responsibility for foods prepared at home and then brought into school.

Morning snacks:

During morning break, children are able to have a snack. Families are encouraged to provide fruit, vegetables or a savoury snack from the packed lunch list below.

Drinks:

- Water is the only drink allowed throughout the day when in classrooms
- Milk is allowed at morning break and in lunchboxes
- Children may have juice or squash in their lunchboxes
- Fizzy drinks are not permitted

Birthday Treats

The school acknowledges that birthdays are special days for children and these are often marked in school by singing 'Happy Birthday' etc. However, we do not feel that it is appropriate to distribute treats to the whole class to mark a child's birthday for the reasons set out below:

- the increasing number of children who have allergies
- the need to adhere to the wishes of those parents who have specifically requested that their child is not given any treats for which they have not given their prior consent
- the desire to avoid creating a sense of expectation within classes that each child should bring 'birthday treats' to share with their peers

For these reasons, the school respectfully requests that parents/carers do not send in birthday treats or party bags to be distributed to classmates during the school day or at the end of school.