



Lunchtime policy

At Harewood Nursery School 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 children bringing in packed lunches and ensure that fresh drinking water is available at all times.
- To help children develop an understanding of healthy eating.
- To support parents and carers in providing a healthy packed lunch that meets the recommendations of The Children's Food Trust

Packed lunches should include:

- A portion of starchy foods
e.g. bread, wraps, cooked pasta, crackers, pitta bread, rice/oat cakes, bagels
- At **least** one portion of fruit or vegetables
e.g. apple, banana, carrots, peppers, satsumas, berries, cucumber, tomatoes
- A portion of meat, fish or alternative protein source
e.g. chicken, pork, fish, eggs or chickpeas
- A source of dairy food
e.g. fromage frais / low sugar yogurt, cheese

Packed lunches should NOT include:

Chocolate, sweets, cereal bars, salty snacks e.g crisps

HAREWOOD NURSERY SCHOOL

Wakefield Metropolitan District Council

Alternative snack suggestions:

Malt loaf, fruit teacakes, plain popcorn, sugar free jelly

The children do not need lots to eat as they will have snack during the sessions with the other children, for example a carton of milk and a piece of fruit. They also only have half an hour at lunchtime to eat.

Drinks

Please ensure that if your child bring a drink/ drink bottle it should be water/ sugar free flavoured water or sugar free dilute juice. Water will be provided for all children over lunchtime if they haven't brought a drink.

Please Note

There are no refrigeration facilities so please ensure that cool packs are used to keep your child's lunch as fresh as possible.

Ensure that your child's lunch box is labelled with their full name.

Prepare your child's food as you expect them to eat it e.g. fruit whole or chopped

Healthy Lunchbox ideas/tips can be found on the change4life website:
<https://www.nhs.uk/change4life-beta/recipes>

Special diets and allergies.

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

Monitoring what children bring.

On a daily basis the staff in school see what children have in their lunchboxes whilst supervising. This is an opportunity for them to talk with the children about their lunchboxes and to encourage healthy eating and drinking. However, we may send parents a reminder of this policy if lunchbox contents **regularly** fall short of the expectations in this policy. It is not our intention to tell parents what and how they should be feeding their children and we will not do so, but we want to work with parents to educate our children about healthy dietary choices so that they can make their own informed choices independently when they are older.

All school staff will be informed of this policy and will support its implementation.

Designated Safeguarding Lead: Miss Natalie Godfrey. Deputy DSL: Mrs Emma M^cAdam / Mrs Kelsey Goodwin
Safeguarding Governor: Mrs Sarah Conway.

If you are worried a child is at risk of harm please contact either of the above or Social care Direct: **01924 303456**
Copies of the Safeguarding and Child Protection Policy can be obtained from the school office or downloaded from the website.