



# Healthy Lunch Policy for Leigh Academy Peninsula East

## **September 2025**

This policy document is developed by the Principal and Senior Leadership team. It is revised and agreed by governors, senior management and the teaching staff.

To be revised: September 2026

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## **Introduction**

At Leigh Academy Peninsula East, we are committed to giving our pupils consistent messages about all aspects of health to help them understand the impact of particular behaviours and encourage them to take responsibility for the choices they make.

We recognise that food is fundamental to the quality of a child's life, not just in providing essential nutrition but in communicating and sharing positive values, attitudes and experiences with each other. We strongly believe that adults (staff, parents and carers) should be good role models and should support the children in understanding how balanced nutrition contributes to a person's health, happiness and general well-being.

## **Rationale**

A healthy diet is one of the best ways of maintaining young people's health, both now and in the future and we pride our school on being a healthy school. It is important that we consider all elements of our work to ensure that we promote health awareness in all members of the school community. We can provide a valuable role model to pupils and their families with regard to food and healthy eating patterns. In our school we actively support healthy eating and drinking throughout the school day. Through effective leadership, the school ethos and the curriculum, all school staff can bring together all elements of the school day to create an environment which supports a healthy lifestyle.

## **Policy Aims**

The aim of our Healthy Lunch Policy is to promote the physical health, mental well-being, and academic attainment of our students by providing and promoting access to healthy and nutritious lunch options.

- **Nutritious Meals:** All meals provided by the school canteen will meet the nutritional standards set out in the School Food Standards.
- **Balanced Diet:** The school will promote a balanced diet by offering a variety of fruits, vegetables, whole grains, and lean proteins.
- **Portion Control:** Portion sizes will be age-appropriate and meet the nutritional needs of primary school children.
- **Hydration:** Water will be freely available to all students throughout the school day.
- **Treat:** Students may include one treat (e.g., chocolate, biscuit, sweets) in their packed lunch.

### **Meal Provision**

- **Menu Development:** The school will work with caterers to develop a menu that meets the nutritional requirements of primary school children.
- **Special Dietary Requirements:** The school will accommodate students with special dietary requirements due to medical conditions or religious beliefs.
- **Allergen Information:** Clear allergen information will be provided for all meals to ensure the safety of students with food allergies.

### **Promotion of Healthy Eating**

- **Education:** The school will provide education on the benefits of healthy eating through lessons, assemblies, and posters around the school.
- **Encouragement:** Teachers will encourage students to make healthy food choices and model positive eating behaviours.
- **Parental Involvement:** Parents will be informed of the school's Healthy Lunch Policy and encouraged to support their child's healthy eating habits at home.

### **Mid-Morning Snack**

EYFS and KS1 have their morning snack provided for them free of charge and this is a different fruit or vegetable each day.

KS2 children may bring their own snack to school provided it is a healthy option and contains no nuts or dairy due to children with allergies being present on the playground. Examples of appropriate break time snacks include: fresh fruit or vegetables, dried fruit (e.g. raisins), plain popcorn (not sweet flavours, e.g. toffee), cereal bars that do not contain nuts or dairy. Chocolate bars, crisps, sweets or other sugary/high fat foods should not be brought in for morning snack. They are encouraged to drink water throughout the day.

KS2 children who receive pupil premium funding are eligible for a school provided fruit or vegetable snack.

### **School dinners**

Leigh Academy Peninsula East works with the catering service Cucina to ensure that healthy choices are available and that national standards are met for all school meals. Fruit and vegetables are included as part of the meal and where possible, meals have a reduced fat, salt and sugar content. All dietary requirements, allergies and intolerances are met in appropriate ways and adapted to suit specific needs as per Cucina and the academy's allergy policies. Water is available on the tables for

children during lunch time. Weekly menus and school meal choices can be accessed and booked via MCAS.

### **Packed lunches**

If children prefer to bring in a packed lunch from home, we still expect healthy eating habits to be promoted and adhered to. Packed lunches should be balanced and include a variety of food groups for children to enjoy. At lunchtime, a bag of crisps and one 'sweet treat' is allowed in lunch boxes as part of a balanced diet. As part of this, we will not permit large chocolate bars or big bags of sweets, however a small cake or biscuit is acceptable as part of a healthy, balanced diet.

At lunch time, dairy is permitted however **products which contain nuts are not allowed**. This includes peanut butter and nutella spread in sandwiches. Further details can be found in our Managing Nuts Policy. An example of a balanced packed lunch could include: a sandwich, wrap or pasta, a small packet of crisps, a small chocolate biscuit bar, fruit or vegetables and a yoghurt.

Staff have a responsibility to ensure all children have healthy, balanced lunches and staff on duty at lunch time will be checking this. If staff have any concerns around the contents of a child's lunch, this will be reported to class teachers who will then ensure a conversation is had with parents or carers.

If a child's lunch consistently contains banned items related to allergies, this does put members of our school community at risk and will be dealt with by the Senior Leadership Team. It is essential that we work together to keep all pupils safe and healthy by supporting those who suffer from allergies.

### **Hydration**

It is important that children stay hydrated throughout the day as studies show that children's concentration levels are improved if they have the recommended fluid intake per day (5 - 6 cups of water per day for children aged 4 - 11). As a school, these are the following steps we take to ensure children are drinking enough fluids:

- Children have access to free and fresh water throughout the school day.
- Children are encouraged to bring their own water bottles into their classrooms and are allowed to drink water whenever they feel thirsty.
- Children who eat hot lunches have jugs of fresh water on their tables.
- Children must only have water in their bottles for the classroom, no fruit juice.

Please note that fizzy drinks are not allowed to be consumed in school and fruit drinks etc are only permitted to be had at lunchtime. These drinks are not allowed during break times or at any other time of the school day and children should only have water in their bottles in the classroom.

### **Appendix 1: children's poster**

## **What to bring in your packed lunch**

**For a balanced packed lunch select these healthier foods and drinks**



**Fruit and vegetables- include at least one portion of fruit and one portion of vegetables or salad every day.**



**Meat, fish or another source of non-dairy (e.g. lentils, kidney beans, and hummus) protein should be included every day.**



**A starchy food such as any type of bread or pasta, rice, couscous, noodles, potatoes or other cereals, should be included every day.**



**Include dairy food such as milk, cheese, yoghurt, fromage frais or custard every day.**



**Include only sugar-free fruit juice or water.**

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**Snacks such as crisps are allowed but healthier snacks could include savoury breadsticks, popcorn or crackers.**

**Large chocolate bars (e.g. Twix, chocolate buttons, magic stars etc.) or big bags of sweets are not allowed. Small chocolate/sweet items are allowed as long as they are being eaten as part of a healthy, balanced diet.**