



Healthy Lunch Policy

September 2023



‘Every child who attends our school can expect, and will receive, an excellent standard of education - one that enables them to shine as individuals, make a positive contribution and reach their full potential. ‘

Healthy Lunches

Lunch boxes and water bottles

Children may bring a packed lunch in a suitable plastic container, which is placed on the class trolley until required at lunchtime.

As the lunch boxes are stored in the classroom, you need to keep that in mind when sending dairy products such as cheese or pots of yoghurts – please provide a spoon if you send a yoghurt.

All empty containers and paper will be replaced in the box along with uneaten food to enable you to monitor your child’s appetite.

The children have a maximum of 30 minutes to eat their lunch.

As part of a healthy diet, sweets are not allowed in school and only a small biscuit that is part of the meal is acceptable.

We **do not** allow any drinks to be brought (including flavoured water, smoothies or juice drinks) as water is provided in school. Water bottles are provided for the children in the classroom and glasses of water will be provided in the hall with their dinner.

We only allow any other drinks if there is a medical reason (confirmed by a doctor’s letter) stating why the child cannot drink water.

School Meals

We follow the Government guidelines around Healthy School Dinners. These stipulate that: food served in all maintained schools and academies in England must meet school food standards so that children have healthy, balanced diets.

These standards make sure that school lunches always include:

- one or more portions of fruit and vegetables every day
- one or more portions of starchy food, such as bread or pasta every day
- a portion of food containing milk or dairy every day
- a portion of meat or poultry on 3 or more days each week
- oily fish once or more every 3 weeks

They severely restrict foods high in fat, salt and sugar, as well as low quality reformed or reconstituted foods.

Who is eligible for Free School Meals?

Free school meals are available to pupils in receipt of, or whose parents are in receipt of, one or more of the following benefits:

- Universal Credit (provided you have an annual net earned income of no more than £7,400, as assessed by earnings from up to three of your most recent assessment periods)
- Income Support
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Support under Part VI of the Immigration and Asylum Act 1999
- The guarantee element of Pension Credit
- Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)
- Working Tax Credit run-on – paid for four weeks after you stop qualifying for Working Tax Credit

In addition, the following pupils will be protected against losing their free school meals as follows:

- Since 1 April 2018, all existing free school meals claimants have continued to receive free school meals whilst Universal Credit is rolled out. This applies even if their earnings rise above the threshold during that time.
- In addition, any pupil gaining eligibility for free school meals after 1 April 2018 will be protected against losing free school meals until March 2025.
- After March 2025, any existing claimants that no longer meet the eligibility criteria at that point (because they are earning above the threshold or are no longer a recipient of Universal Credit) will continue to receive free school meals until the end of their current phase of education (i.e. primary or secondary).

A pupil is only eligible to receive a free school meal when a claim for the meal has been made on their behalf and their eligibility, or protected status, has been verified by the school where they are enrolled or by the local authority.

Universal Infant Free School Meals

Since September 2014, state funded schools in England have been required by law] to provide free lunches to pupils in reception, year 1 and year 2, who are not otherwise entitled to benefits-related free school meals. Like other school meals, universal infant free school meals must meet school food standards in maintained schools; similarly academies and free schools are required to comply with the standards.