



Headley Park Primary School Guidance Documentation

Guidance: HPPS Healthy School Snacks, Lunch Box and Birthday Treats Guidance

**Responsibility for review: PSHE Leader
Annual Review**

Version history		Key changes made
Date of review	March 2025	
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Morning snacks

Only fruit, vegetables or a savoury snack from the packed lunch list below are permitted as snacks at break time. Any other food items will be put back in children's lunchboxes to be eaten at lunch.

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 one drink of juice or squash in their lunchboxes.

Packed lunch

Lunchboxes should have a healthy balance of different food groups. This packed lunch guidance is based on the principle of the **Eatwell Plate**, 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 guidance, children's packed lunches could include:

- ✓ A starchy food, such as bread, potato, rice, pasta, or yam
- ✓ At least one item of fruit, vegetable or salad
- ✓ One small bag of crisps or snacks (eg mini cheddars) only
- ✓ A snack sized chocolate bar and plain biscuits are permitted, but children should be encouraged to eat these only as part of a balanced meal
- ✓ A drink of water. Children can also bring in fruit juice, squash or milk with no added sugar or artificial preservatives
- ✓ *Meat products such as sausage rolls, individual pies, corned meat and sausages - these foods have a very high fat and salt content and should be included occasionally*

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 such as Ribena, Fruit Shoot or Capri Sun
- ✗ Diet or energy drinks which contain high levels of caffeine and other additives
- ✗ Nuts of any kind including spreads such as Nutella and peanut butter.

Monitoring: Staff will check lunches as required and may ask pupils to leave items of food if they do not follow the above guidance.

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 inconvenience and disruption to classroom routine that can be caused by distributing treats during the course of a busy day particularly if there is no classroom assistant placed with the class
- 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.