



Healthy Eating & Lunch Box Policy

(Cutthorpe Primary School)

DERBYSHIRE COUNTY COUNCIL

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o **Our School Mission Statement**

At Cutthorpe Primary School, we recognise the vital role that nutrition plays in children's wellbeing, development, and capacity to learn. This Healthy Eating & Lunch Box Policy supports our commitment to nurturing healthy, happy, and successful learners.

We aim to:

- Promote lifelong healthy eating habits
- Ensure children have the nutrition needed for learning and play
- Support families in making informed food choices
- Create a consistent, whole-school approach to food
- Encourage children to understand the link between food, health, and wellbeing

This policy aligns with our REACH values and our commitment to providing a safe, caring, and aspirational environment for all children.

o **Our Values**

Our REACH values underpin our approach to healthy eating:

Value	How it relates to healthy eating
Resilient	Children learn to make healthy choices even when faced with temptation or challenge.
Empathetic	Children understand that food choices affect their wellbeing and the wellbeing of others.
Ambitious	Children strive to fuel their bodies for learning, sport, and personal growth.
Caring	Children care for their bodies and the environment through thoughtful food choices.
Honest	Children learn to be truthful about their choices and take responsibility for their health.

o **Aims of the Policy**

- To ensure all food brought into school supports children's physical health
- To reduce sugar intake and promote balanced nutrition
- To encourage children to try a variety of foods
- To support parents in providing healthy, affordable lunch boxes

- To ensure consistency between home and school messages

o **Expectations**

What is expected of pupils?

Children are expected to:

- Bring a healthy, balanced lunch box
- Try new foods and make positive choices
- Drink water throughout the day
- Follow school rules regarding food sharing (no sharing due to allergies)
- Dispose of waste responsibly

What is expected of school staff?

Staff will:

- Promote healthy eating through lessons, assemblies, and modelling
- Encourage children to eat their savoury items before snacks
- Monitor lunch boxes discreetly and sensitively
- Communicate concerns to parents in a supportive manner
- Ensure water is available throughout the day

What is expected of parents?

Parents are expected to:

- Provide a healthy, balanced lunch in line with this policy
- Avoid sending restricted items (see list below)
- Inform school of any dietary needs or allergies
- Support the school's approach to healthy eating
- Encourage children to try a variety of foods

o **Lunch Box Guidance**

A healthy lunch box should aim to include:

- **A portion of starchy food** (e.g., wholemeal bread, wraps, pasta, rice, potatoes)
- **A portion of protein** (e.g., chicken, tuna, beans, eggs, cheese)
- **At least one portion of fruit and/or vegetables**
- **A dairy item** (e.g., yoghurt, cheese portion, milk drink)
- **A healthy snack** (e.g., rice cakes, breadsticks, plain popcorn)
- **A drink** (water is strongly encouraged; no fizzy drinks permitted)

o **Foods Not Permitted in School**

To support health, safety, and consistency, the following items are **not allowed**:

- Sweets, chocolate bars, or confectionery
- Fizzy drinks or energy drinks
- Fast food or takeaway items
- Nuts or nut-based products (due to allergies)
- Chewing gum

o **Roles and Responsibilities**

School Staff

- Promote healthy eating through curriculum and modelling
- Monitor lunch boxes sensitively
- Communicate concerns privately with parents
- Support children in making healthy choices

Senior Leadership Team

- Ensure policy implementation
- Provide training and guidance for staff
- Monitor patterns or concerns
- Liaise with parents where needed

Governors

- Review and approve the policy
- Monitor its effectiveness annually

o **Monitoring and Communication**

- Staff will monitor lunch boxes informally and sensitively
- Concerns will be shared with parents privately at the end of the day
- Persistent concerns may lead to a meeting with the class teacher or SLT
- Positive examples will be praised and shared with parents