

# Woodchurch High School A Church of England Academy



## Healthy Lunch Policy

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## Objective

The objective of this policy is to promote healthy eating habits among students and ensure that all food consumed during school hours supports their physical and mental well-being, helping them to maintain energy levels, concentration, and overall health.

## Scope

This policy applies to all students, parents, and guardians of Woodchurch High School, covering lunches brought from home, food purchased on the school premises, and food provided for school events.

## Guidelines for Packed Lunches

- **Balance and Variety:**  
Packed lunches should include a variety of foods from different food groups, ensuring a balance of nutrients. Students should aim to include the following components:
  - **Fruits and vegetables:** A portion of fruit or vegetables should be included in every lunch (e.g. a piece of whole fruit, vegetable sticks, or a salad).
  - **Protein sources:** Include lean protein options such as chicken, turkey, beans, lentils, tofu, or eggs.
  - **Whole grains:** Encourage the inclusion of whole grain options like wholemeal bread, wraps, brown rice, or whole grain crackers.
  - **Dairy or alternatives:** A portion of dairy or dairy alternatives (such as cheese, yoghurt, or plant-based alternatives) should be included.
- **Limit Processed Foods:**  
Highly processed foods, including crisps, sugary snacks, chocolate bars, and sugary drinks, should be limited. These foods can lead to energy slumps and negatively impact health.
- **Water:**  
Water is the recommended drink for students. Encourage the consumption of water over sugary drinks or sodas. Students should bring a reusable water bottle to school, which can be refilled throughout the day.
- **Portion Sizes:**  
Portion sizes should be appropriate to the student's age, activity level, and individual needs. Overly large portions or excessive snacks may detract from a balanced meal.
- **Allergies and Dietary Requirements:**  
Parents and guardians must ensure that lunches cater to any specific allergies or dietary needs of their child, whether that be vegetarian, vegan, gluten-free, or any other medical condition.

## Canteen Guidelines

- **Healthy Menu Options:**  
The school canteen will offer a variety of healthy meal options each day, including balanced hot and cold meals. These meals will aim to follow the same principles outlined for packed lunches, with a focus on fresh, seasonal produce, lean proteins, whole grains, and minimal added sugars and salt.
- **Portion Control:**  
The canteen will serve appropriate portion sizes, ensuring that meals provide balanced nutrition without promoting overeating.
- **Snack and Beverage Options:**  
The canteen will provide healthy snack and beverage options, such as fruit, whole grain crackers, yoghurt, and water. Sugary snacks and drinks will be available in limited quantities.

## School Events and Celebrations

- **Healthy Snacks:**  
For school events, such as parties or fundraising days, we encourage parents and event organisers to provide healthier snacks such as fruit platters, vegetable sticks with dip, whole grain sandwiches, or low-sugar baked goods.
- **Celebrate in Moderation:**  
While we understand that special occasions may call for treats, we encourage moderation. Celebrations should focus on experiences and time spent together, rather than excessive amounts of unhealthy food.

## Promotion of Healthy Eating

- **Education:**  
The school will provide opportunities for students to learn about the importance of healthy eating through curriculum-based lessons, guest speakers, workshops, and cooking classes.
- **Involvement of Parents:**  
Parents are encouraged to support the healthy lunch policy by packing balanced meals for their children and fostering healthy eating habits at home. Parents can seek advice from school staff if needed.

## Enforcement and Support

- **Monitoring:**  
Teachers and staff may monitor lunches to ensure students are following the policy. Students who consistently bring in unhealthy lunches will be supported by staff to make better food choices.

- Support for Students:  
For students who may be experiencing difficulties in bringing in healthy lunches due to financial constraints or other reasons, the school will offer support through subsidised meal options and guidance from the pastoral care team.

## Review

This policy will be reviewed annually to ensure it remains relevant and effective in promoting the health and wellbeing of our students.

By following this policy, Woodchurch High School aims to create a supportive environment where students can develop lifelong healthy eating habits.