

How can parents make sure their child is eating healthily?

Parents can support the school policy by **avoiding** putting the following items in lunchboxes:

Snacks such as crisps (alternatives include savoury crackers, breadsticks, cereal bars, nuts and seeds).

Chocolate bars, chocolate coated biscuits and sweets (alternatives include sugar free jellies, small cakes, shortbreads and flapjack or plain biscuits).

Fizzy drinks, drinks with added sugar or sweeteners.

Flasks, drinks in glass bottles or ring pull cans.

The remains of the previous day's take-away.

Lunch Boxes should not regularly include items that are high in fat or salt. For example: cooked sausages, sausage rolls, chipolatas, corned meat, individual meat pies.

Mid - Morning Break

Sending fresh fruit and a sugar free drink (which should be kept in their school bag), along with their water bottle if appropriate. If your child is unable to peel the fruit, please peel for them and wrap or store in a suitable way.

Sending tuck money for children in Key Stage 2 if they want to buy fruit or water from the tuck shop at break time.

Buying a healthy snack or drink from the Tuck Shop at the front of the school each day.

Please do not send chocolate, sweets or crisps to school. If you want to send yoghurt for morning break please send a spoon.



Thornton Tuck Shop



Apples, bananas and many more fruits as well as healthy snacks such as raisins available each week.



Sugar free flavoured water



Come and grab yourself a healthy snack.
Open before school on the St Agathas' Road playground by the pupil entrances.

Thornton Primary School,
Thornton Road,
Ward End,
Birmingham,
B8 2LQ.

Phone: 0121-327-0824

E-mail: enquiry@thornton.bham.sch.uk

Headteacher: Sue Simmons



Lunchbox Policy



▶ Why do we have a Lunchbox Policy?

We have a Lunchbox policy to encourage healthy choices for all children in the school. To ensure that all food and drinks



brought from home, consumed at school or on school trips provide pupils with healthy and nutritious food.

All food served in school between 8am and 6pm is governed by legislation. This includes breakfast clubs, tuck shops, packed lunches prepared by school catering staff, lunch time food and after school clubs. It is therefore important to have the same approach for food and drink brought from home.

The policy hopes to encourage good lunchbox contents so that lunches make a positive contribution to children's health; support the school's Healthy Schools ethos; encourage a happier and calmer school population and promote consistency between food brought from home and food provided by school.



▶ What will the school do?

The school will ensure that eating food from home is a sociable experience where staff will provide support and guidance for children. Our policy aims to make sure that this happens by making sure:

- ⇒ That the dining environment is appropriate. We use classrooms so that children can sit in small groups and socialise while they eat their lunch.
- ⇒ Good behaviour and table manners are observed at all times.
- ⇒ Facilities for heating food are available.
- ⇒ Fresh drinking water is provided.
- ⇒ Staff supervising pupils eating food from home are aware of school policy and hygiene procedures.



Lunch boxes that regularly contain unhealthy options will be monitored and parents will be contacted to see how we can help you provide a more balanced lunchbox for your child.

▶ What should a good lunchbox include?

At least one portion of fruit (e.g. small apple, orange, grapes, dried fruit, cherry tomatoes) should be included each day

At least one portion of vegetables (e.g. carrot sticks, cucumber, celery) should be included each day.



Meat, fish or other source of non-dairy protein (e.g. chicken, turkey, ham, beef, pork, tuna, lentils, kidney beans, chickpeas, hummus, peanut butter and falafel) should be included each day.

Oily fish such as salmon at least once every three weeks

A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day (e.g. pitta bread, tortilla wraps, rice cakes, oat cakes) should be included each day.



Dairy food such as milk, cheese, yoghurt, fromage frais or custard should be included each day.

Drinks should be water, semi-skimmed or skimmed milk, yoghurt drinks.