



UNCRC Article 24 – I have the right to good quality health care, to clean water and good food

Global Goal 3 – Good Health and Wellbeing



Introduction

Georgetown Primary School is committed to promoting the health and well-being of our pupils. A significant aspect of this commitment is ensuring that pupils have access to nutritious meals during their school day. This Healthy Snack & Lunchbox Guidance has been established in accordance with the Scottish Government Guidelines for promoting healthy eating habits among school children.

Aims

- 1. Promotion of Nutritious Choices:** The guidance aims to encourage pupils, parents, and caregivers to make informed and healthy choices when packing lunchboxes for school.
- 2. Enhancement of Well-being:** By providing children with balanced and nutritious meals, the guidance aims to contribute to their overall physical and mental well-being.
- 3. Education and Awareness:** The guidance aims to provide clear information to pupils, parents, and caregivers about the importance of a balanced diet and the positive impact it has on learning and behaviour.
- 4. Support for Special Dietary Needs:** The guidance aims to ensure that students with special dietary needs are accommodated, and their nutritional requirements are met.



Guidelines for Healthy Snacks

Nutritional Standards: We encourage parents to provide snacks which are consumed in school to meet the nutritional standards outlined by the Scottish Government, including:

a. Encouraging the consumption of fruits, vegetables, and whole grains and water to drink at snack time.

b. Limiting the consumption of sugary snacks, drinks, and high-fat items.

c. Providing options low in salt and saturated fats.

d. Promoting water as the primary beverage choice.

Fruit and Vegetable Initiative: We will actively promote the consumption of fresh fruits and vegetables as preferred snack choices.

Portion Control: Snacks should be appropriately portioned to avoid overconsumption. We will educate pupils, parents, and guardians on recommended serving sizes for different age groups.

Guidelines for Packed Lunches:

1. **Balance:** Encourage parents and caregivers to include a variety of food groups in each lunchbox, such as whole grains, lean proteins, dairy or dairy alternatives, fruits, and vegetables.

2. **Portion Control:** Advocate for appropriate portion sizes to prevent overeating and promote healthy eating habits.

3. **Hydration:** Encourage parents to include water or low-sugar drinks in the lunchbox to keep students hydrated throughout the day.

4. **Limit Sugary and High-Fat Foods:** Discourage the inclusion of sugary snacks, chocolates, sweets, and high-fat items like crisps and fried foods in lunchboxes.

5. **Fruits and Vegetables:** Encourage parents to include a portion of fresh fruits and vegetables in each lunchbox to ensure a good intake of vitamins, minerals, and fibre.

6. **Whole Grains:** Suggest whole-grain bread, wraps, or pasta to provide sustained energy and essential nutrients.

7. **Protein Sources:** Advocate for lean protein sources such as chicken, turkey, eggs, beans, and legumes.

8. **Dairy or Dairy Alternatives:** Encourage the inclusion of dairy products or suitable dairy alternatives for calcium intake.

9. **Allergies and Dietary Restrictions:** Ensure that parents are aware of the school's and Local Authority policy on allergies and dietary restrictions. Accommodate students with allergies or specific dietary needs appropriately.

Nutritional Guidance from our Nutrition Officer

Example of unhealthy packed lunch choices

Lunchables – high processed option
Corner yoghurts – reduced calcium and high in sugar
Cookies – high sugar

Crisps – high fat and saturated fat

Fruit juice – high in sugar which can contribute to poor teeth and oral health
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Example of healthy packed lunch choices

Tuna and cucumber pitta or chicken pitta – rich in protein, fish, healthy carbohydrates and fibre

Fruit Yoghurt – full of calcium and protein

Fruit – 1 or your 5 a day and filled with vitamins and minerals

Vegetables and dip - 1 or your 5 a day and filled with vitamins and minerals
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Cheese Snack - full of calcium and protein
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Water - keeps hydrated

Sustainability

Education for Sustainability is a priority for us at Georgetown. In order for us to educate pupils on the importance of looking after our planet, we encourage pupils to reduce the amount of single use plastic in schools. We ask, where possible, children use reusable tubs and water bottles when bringing snacks and packed lunches to school. Food waste will be collected in classrooms at snack time. In the dinner hall children are encouraged to separate their food waste from other rubbish. Incentives such as our 'Clean Plate Crusaders' will encourage pupils to reduce the amount of food waste in school.

School Responsibilities:

1. **Education:** Provide nutrition education through our Health and Wellbeing curriculum at all stages in the school. Allow for opportunities for classroom discussions, workshops, and informational materials to raise awareness about healthy eating.
2. **Promotion:** Display posters, notices, and other communication to highlight the importance of healthy lunchboxes and the guidelines.
3. **Support:** Support students with dietary restrictions or allergies by working closely with parents to ensure suitable alternatives are available.
4. **Positive Environment:** Foster a positive and inclusive lunchtime environment where healthy eating is encouraged and celebrated.

Parent and Caregiver Responsibilities:

1. **Planning:** Plan and prepare balanced and nutritious meals that adhere to the outlined guidelines.
2. **Variety:** Ensure a variety of foods are included to provide a diverse range of nutrients.

3. **Communication:** Communicate with the school and Dietician Service about any allergies or dietary restrictions that need to be taken into consideration.

4. **Lead by Example:** Role model healthy eating behaviours to encourage children to adopt similar habits.

Review and Monitoring:

The Healthy Snack and Lunchbox Guidance will be regularly reviewed and updated to align with the latest nutritional guidelines and best practices. The school will gather feedback from parents, students, and staff to assess the effectiveness of the policy.

By following the principles outlined in this Healthy Snack and Lunchbox Guidance, Georgetown Primary School aims to create an environment that promotes the well-being and health of its students, while also educating and empowering parents and caregivers to make informed nutritional choices for their children.

Nutrition Officer Consulted - November 2023

Parent Council Working Group Consulted – November 2023

Health and Wellbeing Heroes (Pupil Leadership Group) Consulted – January 2024

Shared with parents and families – January 2024

Review Date: Feb 2025

Further information can be found here:

<https://www.gov.scot/publications/healthy-eating-schools-guidance-2020/>

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