Hampton Court House

School Lunches and Snacks Policy

Last Updated: March 2026

Next Review: March 2027

Reviewed by IST & SBY

Aims of this Policy

Our aim is to ensure that all packed lunches brought from home and consumed in school (or on school trips) provide pupils with healthy and nutritious food that is similar to food served in schools, which is now regulated by national standards.

Hampton Court House School recognises that our children come from diverse home backgrounds, cultures, ethnic and faith groups. Our school aims to meet the needs of all children and ensure equality of provision whilst taking account of this diversity and difference. We understand that some children have preferred choices and that it is a major step to get some children to eat anything at all. We would want parents to let us know if this is the case so that we can deal with such children sensitively and with encouragement and praise for what they have eaten.

We will provide a safe, healthy and appealing eating environment for pupils eating snacks and packed lunches and ensure fresh drinking water is always available. We will encourage pupils to eat and drink as much of their morning snack or lunch as possible. As fridge space is not available in school, parents are advised to send in packed lunches in a cooler bag or food that does not require refrigeration.

Water

It has been recognised that children's concentration and behaviour improves when children drink water throughout the day. Dehydration can give children headaches and make them tired. Therefore, we encourage pupils to bring a clearly named bottle of water to school each day. This will allow children to have fresh drinking water throughout each day.

The following guidelines for snacks and lunchbox contents may help parents and ensure health and equality for all children.

Packed lunches may include:

- At least one portion of fruit and or vegetable (this could include dried fruit)
- Meat, fish or other source of non-dairy protein (e.g. lentils, chickpeas, hummus)
- A sandwich that includes a savoury filling (e.g. egg, tuna, cheese, cooked meat)
- A starchy food such as bread, pasta, rice, noodles.
- Dairy food such as cheese, yogurt, fromage frais.
- A smoothie or yogurt drink
- A bottle of water
- A biscuit
- Crisps (baked or other low-fat options if possible) or other snack such as seeds (not sesame seeds), savoury crackers, breadsticks etc.

Packed Lunches should avoid:

- Confectionery such as chocolate bars and sweets.
- No fizzy drinks

Allergy Reminder:

We are a nut aware school which aims to be completely free of nuts. As such sesame seeds (including hummus and tahin), nuts and nut products (e.g. peanut butter) should **never** be sent to school because of allergy concerns.

Children are not allowed to share food items in school for this reason.

Mid-Morning Break

For pupils who have school lunches the school will provide a healthy mid-morning snack of fresh fruit. However, for packed lunch pupils we recommend the following:

Early Years/KS1 (Reception, Year 1 and Year 2)

- We recommend that each student receive one piece of fruit or vegetable per day.
- You may wish to send a more substantial snack in with your child. However, please keep in mind our guidelines on allergies.

KS2 (Year 3,4,5 and 6)

- Fruit / vegetable – this may be sent in with your children (again dry fruit is acceptable).

Please note that if you send in grapes or cherry tomatoes with your child then they must be cut in half.

Please no sweets or chocolate should be sent to school. Crisps may only be eaten at lunchtime.

Daily, the staff in school see what children have in their lunchboxes whilst supervising in the dining hall. This in an opportunity for them to talk with the children about their lunchboxes and to encourage healthy eating and drinking. However, we may send parents a reminder if their lunchbox falls short of the expectations of this policy. It is not our intention to tell parents what and how they should be feeding their children, and we will not do so, but we want to work with parents to educate our children about health dietary choices so that they can make their own informed choices independently when they are older. If your child has not eaten enough of their lunch, we will wrap it up and send it home in their lunch box for you to see.

Birthdays and Celebratory Treats

Treats that are sent into school to celebrate birthdays are allowed provided that they comply with the school's allergy policy and a full list of ingredients is available with the treats. Where possible, these will be distributed at home time, so parents are able to monitor this.