

White Laith Primary School

Packed Lunch Policy

Date agreed by Governors: September 2021

Review date: September 2024

At White Laith we are committed to providing a caring, friendly and safe environment for all of our pupils so they can learn in a relaxed and secure atmosphere. We believe every pupil should be able to participate in all school activities in an enjoyable and safe environment and be protected from harm. This is the responsibility of every adult employed by or invited to deliver services at White Laith. We recognise our responsibility to safeguard and promote the welfare of all our pupils by protecting them from physical, sexual or emotional abuse, neglect and bullying.

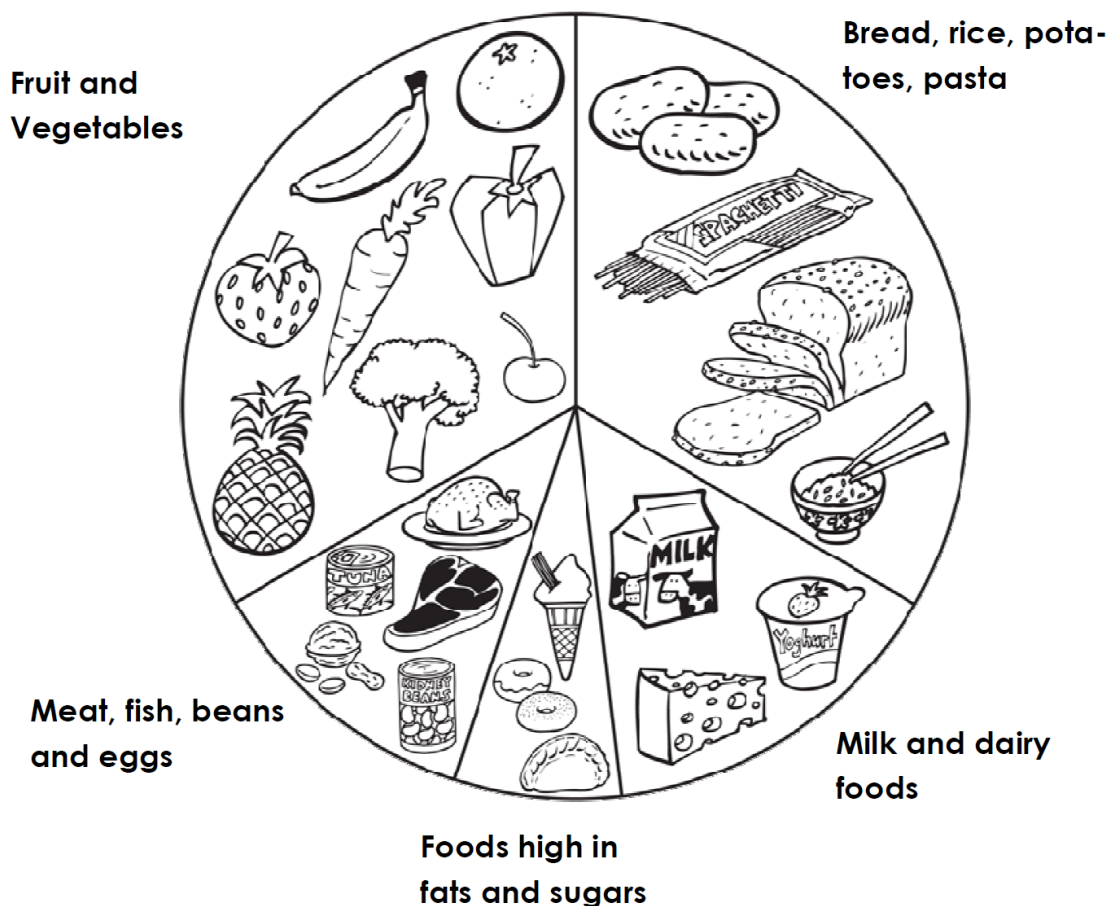
We also exercise this responsibility by educating our children so that they grow in their understanding of their rights and responsibilities to themselves and others, in safety consciousness, and, in their maturity and abilities to keep themselves and others safe.

We perceive this to be part of our role in promoting British values.

Objectives

White Laith is committed to helping all children to be healthy and happy. Eating a balanced diet and exercising regularly helps children to stay a healthy weight and feel ready to learn and have fun. The “Eat Well Plate” below tells you the proportion of each food group needed in a day’s diet.

At White Laith our school dinners have been created with the advice of a dietician to ensure we provide healthy meals that have the essentials of nutrition from the “Eat Well Plate”

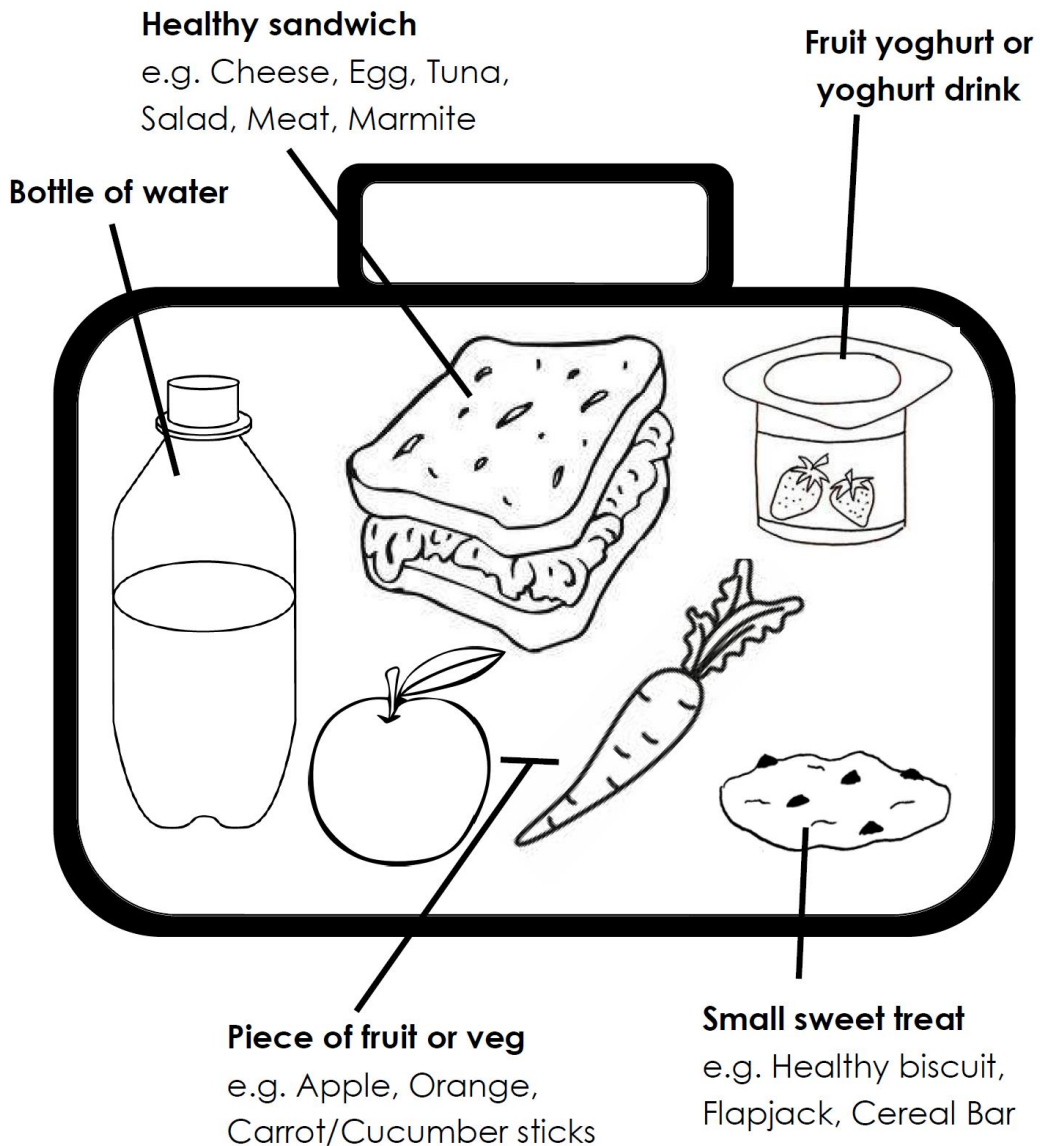


White Laith is a Healthy School

If your child is bringing a packed lunch to school, the following examples reflect the essential elements of the “Eat Well Plate”

(Remember – you don’t need to send a water bottle – school provides water)

Example 1

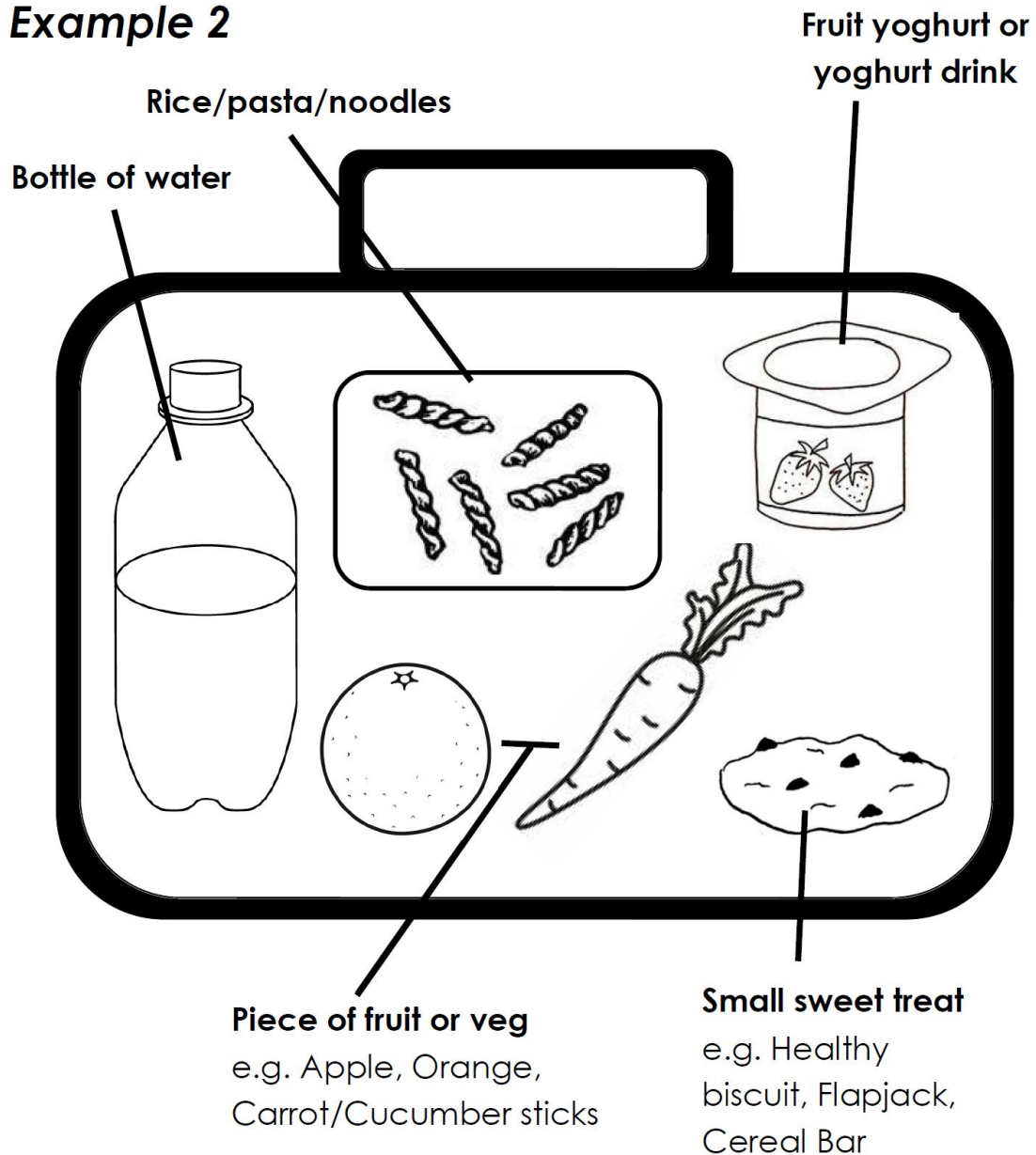


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If your child is bringing a packed lunch to school, the following examples reflect the essential elements of the “Eat Well Plate”

(Remember – you don’t need to send a water bottle – school provides water)

Example 2



If you would like any further support on providing a healthy lifestyle for your family, please get in touch with school.