



St. Mary's Catholic Primary School

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Rationale: following feedback from our families, we set up a parent forum.

In the first meeting we discussed how to make our lunchboxes healthier.

Using the feedback from that meeting we have come up with a policy which will help the school to ensure that our children are getting the food groups needed to support a balanced diet.

Our Healthy Lunch Box Policy

- No fizzy or hot drinks should be brought into school.
- Crisps, cakes, sweet biscuits and food items containing or covered in chocolate (e.g. cereal bars with chocolate) are not allowed in school from Monday through to Thursday. Pupils are allowed to include these items in their lunchbox on a Friday, as an end of week treat.
- Sweets, chips, burgers, pies and fast food (e.g. KFC, Subway, McDonalds, etc.) should not be included in lunch boxes on any day of the week.
- It is not possible for us to warm up food for children during lunchtimes, as we do not have the facilities.
- We ask that children do not bring nuts or any food containing nuts into school as we are a nut free school.
- Please could pupils not bring meat, corn on the cob or any other food items into school on skewer sticks. These can often be sharp and could cause an injury.
- Fruit Winders are also not allowed in school (as they get stuck to our school floor - making them very difficult to remove). However 100% fruit bars (e.g. Yoyo Bears) are allowed.
- Parents are advised to include an ice pack in lunch boxes to help keep their child's food fresh.
- Please remember to pack a spoon/fork if needed e.g. for yoghurts. If a child brings in any item of food that does not comply with this policy they will be asked by a member of staff to keep it in their lunch box to bring back home with a slip to inform the parents and the school will provide a suitable healthy alternative.