



HOOK JUNIOR SCHOOL

Better Lunchtime Project

Lunchtimes are changing!

Lunchtime is often a favourite time of a child's school day. During this time, they get a chance to eat, let off steam, learn to play co-operatively, and develop social skills to enable them to become rounded and civilised human beings. Research has also shown that lunchtimes have a massive impact on:

- Learning and understanding
- Happiness, health and well-being
- Understanding about healthy eating and good food habits

As our school, we recognising the importance of this time of day to the children and with growing pupil numbers, it seems an ideal time to review our current practices and implement positive changes to make lunchtime a better experience for everyone.

The pupils have already been involved in the 'lunchtime changes' and have been busy creating rules for the dining hall and creating a name for the dining space.

The most popular name for the hall was the **HJS Diner** so at lunchtime, the hall will be referred to as 'The Diner'.

Overall Lunchtime Aims

- To have a clear whole school embedded approach to lunchtimes
- All members of the school team to work together to provide a culture of positivity and health
- To provide a well laid out dining space which offers a warm, welcoming eating space
- A calm and organised environment throughout all aspects of lunchtime
- Lunchtime staff who are well engaged with pupils, forming positive relationships and modelling healthy behaviours.
- For children to experience a social and enjoyable 'family dining' lunch service, with the opportunity to interact positively with each other at all times.
- For pupils to enjoy helping each other and spending time in the dining space.
- High standard of food, that looks, smells and tastes good and offers a wide variety of choice,
- All packed lunch consuming pupils are eating lunches that are equally as healthy as the school meals.
- Food choices throughout the dining hall encourage healthy eating
- To provide a waste area that is well-placed, clean and attractive.
- For pupils to perceive school lunchtime as a positive experience and the school meal take-up reflects this.

- The school playground offers a wide variety of activity for pupils and encourages opportunity to negotiate, lead and empathise with their peers.
- Playgrounds are aesthetically pleasing, suitably equipped, and well-marked out with both pupils and staff recognising any zoning implemented.
- Physical activity and exploration are encouraged and prioritised outside, with opportunity for moderate vigorous activity.

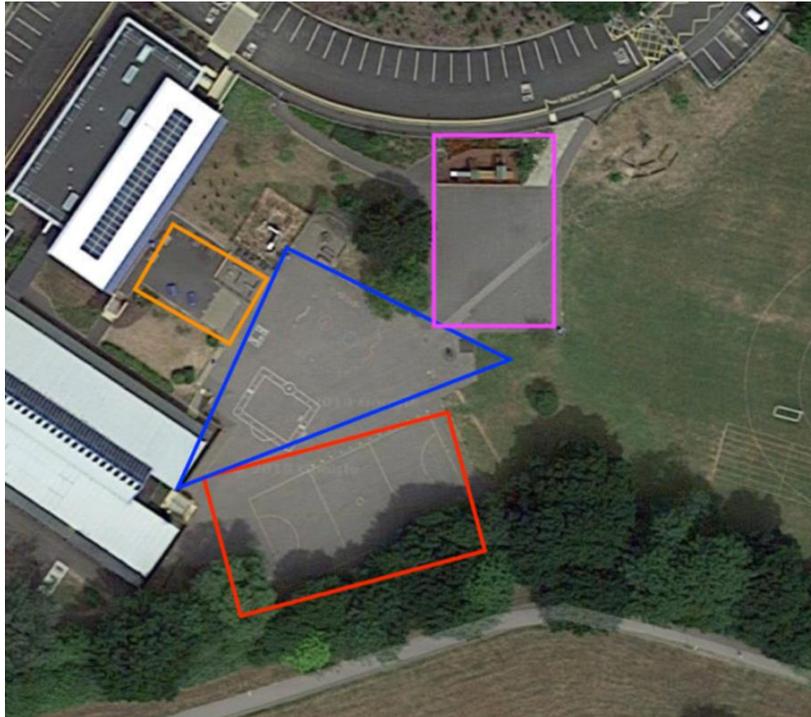
Headline of main lunchtime changes

- Lunchtime will now be between 12:00pm and 1:00pm.
- Eating in the hall will be in two sittings - 12:00 – 12:30 (Year 5 and 6) is the first sitting and 12:30 – 1:00 (Year 3 and 4) is the second.
- Children can sit with their friends to eat their lunch regardless of their class or if they are hot dinners or packed lunch. Seating will be set to reduce anxiety of children 'having to find a seat'
- New dining room tables with attached seats are being ordered to modernise and make the dining space more colourful and attractive.
- A family dining approach will be implemented where children are encourage to positively interact with their peers while displaying good table manners while sharing a meal.
- New rules, organisation and expectations will make the dining space an increasingly calm and positive place.
- Clear start and end times to sitting, meaning no pupil needs to rush their meal.
- A table by table approach to movement around the dining space



Outside Play Space

- A clear zoned off playground split into areas to encourage different forms of play and interaction.
- Due to the split sitting organisation, there will be less children on the playground offering more space and increased opportunity to use pay equipment.



Pink Area – Trim Trail and activities led by the sports leaders

Yellow Area – Quiet area with seating and first aid

Blue Zone – Free play area

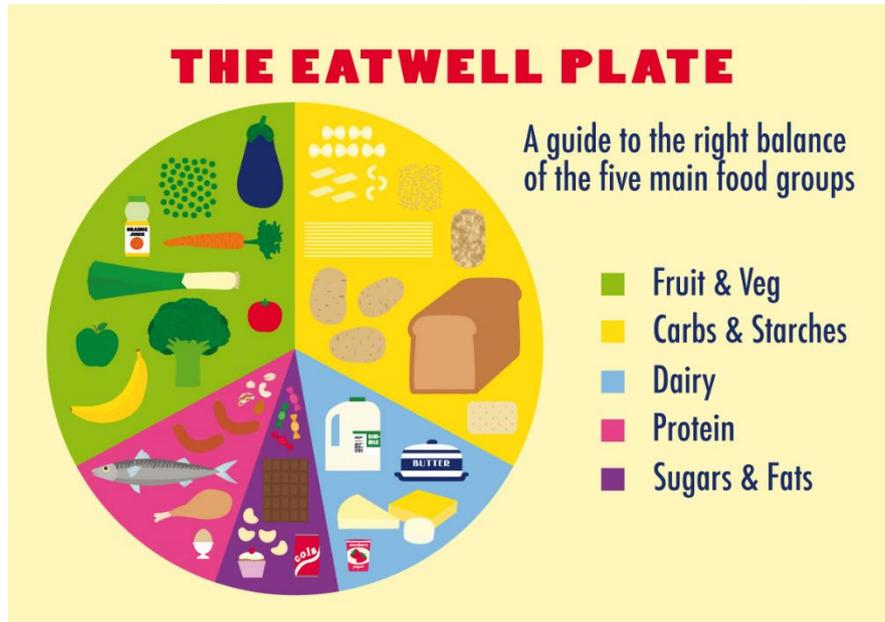
Red Zone – A variety of play equipment led by playground buddies

Healthy Lunchboxes

Eating a healthy, balanced lunch is vital for ensuring children have the right nutrients and enough energy to see them through the school day. School hot meals are a great choice, but if you do make a packed lunch for your child then in line with our Healthy Food Policy and Government guidance, we encourage the promotion of healthy eating.

The Eat Well Guide, encourages a lunchbox to contain:

- a starchy food, e.g. potatoes, bread, rice, pasta;
- plenty of fruit and vegetables, e.g. carrot sticks, an apple, sliced cucumber;
- a source of protein, e.g. beans, pulses, egg, fish, meat;
- a healthy drink, e.g. water, semi-skimmed milk.



The key to a healthy packed lunch is variety and getting the right balance of foods to provide children with all of the nutrients they need to stay healthy. A packed lunch made at home can be a healthy and delicious choice and gives a parent or carer control over the foods and ingredients included.

Advice from the NHS on providing a healthy lunchbox can be found at <https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

What next?

If you require further information on school hot dinners then please contact the school office who will be happy to talk you through the menus and process.

Over the next few weeks of term, we look forward to implementing our new lunchtime approach and will update you soon on how the changes are going. Our hope is that lunchtimes will be an increasingly positive experience for all the children and staff.