



Cawdor Primary School Lunchtime Experience March 2023

[Better Eating Better Learning](#) and [Healthy Eating in Schools](#) is the Scottish guidance on the lunchtime experience for children and young people in Scottish schools. Cawdor Primary School has used this to develop their approach to the lunchtime experience for P1-P7. Separate guidance for Early Learning and Childcare is available in our [ELC Policies page on our website](#).

Canteen Lunches	Packed Lunches
<p>The catering team provide healthy balanced meals each lunchtime following the Healthy Eating in Schools guidance, with children in P1-P7 having three choices each day from the menu. CLICK HERE – Highland Council School Meals</p> <p>If a child needs a special diet, reasonable adjustments can be made to the school menu to accommodate them. CLICK HERE – Highland Council Special Diets</p>	<p>If families are providing a packed lunch for their child, the Eatwell Guide has been designed to support a healthy balanced diet. CLICK HERE – Eatwell Guide</p> <p>It is the responsibility of the family to ensure that lunch is kept at the recommended temperature that will not be a risk to health. This may be the provision of an ice pack or insulated container.</p>

The Better Eating Better Learning guidance states that:

“Whatever their lunch choice in school, children and young people are entitled to have an equally good dining experience. This should be in a safe, welcoming and nurturing environment which is conducive to dining and learning. In short, the dining experience should support a positive attitude towards food and education and demonstrate a whole school, whole child approach.”

Cawdor Primary School support this through:

- **Staggering our lunch sittings.** We know that our younger children sometimes need longer to eat and enjoy their food. Their lunch sitting is our first sitting for this reason. They can stay in the canteen until they feel that they are finished with their food. As the second sitting with our older children is also staggered, this means children who feel that they need a longer time to eat do so without feeling rushed. There are no time reminders for children as this can cause unnecessary pressure to eat quickly which is not good for a child's digestion. If the school lunch has a dessert option that can be eaten without cutlery, e.g. fruit/ biscuit, this can be eaten outdoors.
- **Children managing their eating habits.** We want children to have a positive attitude towards food. We know that forcing children to eat food types or certain amounts of food can lead to an unhealthy relationship with food. School meals are portion controlled based on the [Healthy Eating in Schools](#) guidance. Children decide when they are finished with their food. When they feel that they are finished, they put their tray up to the canteen staff or put their packed lunches away, and do not have to have this checked by an adult. If staff in the canteen notice a pattern of eating behaviours that raises concern, they will share this with the child's class teacher who will liaise with the child's family where appropriate to support positive eating habits.
- **Supervision from our staff.** The staff supporting canteen supervision are there to ensure the safety of our children during lunchtime. For those children having soup, staff will bring this to children to prevent the spillages of hot liquids when moving from the serving area to a seat in the canteen. Some children with an additional support need require support during mealtimes. This support is planned for as part of supervision in the canteen.

Parent Club have further information for families about school meals on their [website](#).