

School packed lunch policy

Netherthorpe Primary School Packed Lunch Policy

Policy approved and adopted: January 2009

Reviewed: February 2016 Elizabeth Gray Next review February 2018

Overall aim of the policy:

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

Description of the setting:

Netherthorpe is a one form entry primary near the centre of Sheffield. The school serves a diverse local area and benefits from the wide ranging backgrounds and beliefs of the community.

Since the policy was first put in place, school has received information from the council that dental decay and obesity rates are the highest in the city. For this reason alone, it is a priority of the school to promote healthy eating.

Why the policy was formulated:

Good health is vital and healthy eating, being one of many contributors to this, can influence physical, mental and social well-being. At Netherthorpe Primary school, the staff are dedicated to helping each child understand the role of healthy eating in achieving good health.

The content of this policy also aims:

- To make a positive contribution to children's health and Healthy Schools Status.
- To encourage a happier and calmer population of children and young people.
- To promote consistency between packed lunches and food provided by schools which, from September 2006 and 2007, must adhere to national standards set by the government. Please visit www.schoolfoodtrust.org.uk for more information.
- To contribute to self-evaluation documents for review by Ofsted.

National guidance:

The policy was drawn up using a range of national documents including information and a draft policy from the School Food Trust, the Food in schools toolkit (Department of Health) and Food policy in schools – a strategic policy framework for governing bodies (National Governors' Council, (NGC) 2005).

Where, when and to whom the policy applies:

To all pupils and parents providing packed lunches to be consumed within school or on school trips during normal school hours beginning from January 2010.

Food and drink in packed lunches: what the policy states

- The school will provide facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is readily available at all times.
- The school will work with the pupils to provide attractive and appropriate dining room arrangements
- The school will work with parents to ensure that packed lunches abide by the standards listed below.
- As fridge space is not available in school, pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible to stop the food going off.
- Wherever possible the school will ensure that packed lunch pupils and school dinner pupils will be able to sit and eat together.

Packed lunches should include a balanced mixture of food. This could include:

- at least one portion of fruit and one portion of vegetables;
- meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus and falafel);
- oily fish, such as salmon;
- a starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereal;
- dairy food such as milk, cheese, yoghurt, fromage frais or custard;
- only water, still or sparkling, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies;

Packed lunches should not include:

- snacks such as crisps. Instead, include seeds, vegetables and fruit (with no added salt, sugar or fat). Savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice.
- confectionery such as chocolate bars, crisps and sweets. Cakes and biscuits are allowed but encourage your child to eat these only as part of a balanced meal.
- Meat products such as sausage rolls, individual pies, corned meat and sausages / chipolatas should be included only occasionally.

Special diets and allergies

Please be aware of nut allergies. Whilst it is very difficult to provide food that do not include any trace of nuts, school requests that items of food that contain nuts as a main ingredient are avoided at lunchtime as there are children and staff in school who are acutely allergic to nuts.

NB: The school also recognises that some pupils may require special diets that do not allow for the standards to be met exactly. In this case parents are urged to be responsible in ensuring that packed lunches are as healthy as possible. For these reasons pupils are also not permitted to swap food items.

Assessment, evaluation and reviewing:

Packed lunches will be regularly reviewed by teaching staff.

Healthy lunches will be rewarded by stickers/stamps/school blue tokens on occasion to reinforce and remind pupils about healthy eating.

Parents and pupils who do not adhere to the Packed Lunch Policy will receive a leaflet in the packed lunch informing them of the Policy. The information in the leaflet will be shared on the school's website.

If a child regularly brings a packed lunch that does not conform to the policy then the school will contact the parents to discuss this.

Any children who consistently bring packed lunches in that are that are either very unhealthy or insubstantial, will have records kept in in the class ECM book and will be included in discussion at Inclusion meetings. If necessary, this will be passed on as a safeguarding issue.

Please note: pupils with special diets will be given due consideration.

Involvement of parents/carers:

Parents and carers of pupils wishing to have packed lunches for a particular reason are expected to provide their children with packed lunches which conform to the packed lunch policy.

Coffee mornings and whole school events, as appropriate, will include information about healthy eating and other health related matters.

School aims to work with parents and carers but reserves the right to remove food that is very unhealthy on occasion and return it to parents and carers at the earliest opportunity. If there is not enough food remaining for the child to eat, school will provide a healthy substitute. This procedure would only take place as a last resort as school aims to work with parents at every step.

School will also actively promote Universal Free school Meals which will be available for EYFS and KS1 children from September 2014.

Linked policies:

PSHE,

Science,

Healthy Food Policy

More information about allergies is available at www.allergyinschools.co.uk .

Last review

Dated: February 2016 (date of most recent review)