

## **Wark C of E First School** **Packed Lunch Policy**

### **Aim**

To make sure that children who bring a lunch from home to eat in school (or on school trips) have food which is just as healthy and nutritious as food now served in school and regulated by national standards.

### **Why do we need a policy?**

The government has placed a duty on schools to ensure that every child is healthy and has invested hugely in improved school meals, free fruit for schools and The School Food Trust which encourages healthy eating. The trust recommends we have a policy and this one is based on their model. Eating healthily is important because it will help children to:

- Be fitter and healthier now and later in life.
- Learn quicker and behave better.

School meals conform to government nutritional guidelines with less sugar, fat and salt and more fresh fruit and vegetables. School lunches also provide a good balance of “complex carbohydrates” such as pasta, rice, bread or potatoes with dairy and other protein foods. There is no reason why a packed lunch cannot provide the same nutrition as a cooked meal. Please visit

[www.schoolfoodtrust.org.uk](http://www.schoolfoodtrust.org.uk) for more information.

### **Who does it apply to and when and where?**

This applies to all pupils and parents providing packed lunches to be eaten within school or on school trips during normal school hours.

### **The policy**

- The school will provide facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is available.
- 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 are as close as possible to the guidance below.
- The school will allow children eating packed lunch or school meals to sit together.
- Parents will need to provide children with a suitable container which they can actually eat the lunch from (rather than need to take food out and place it straight onto the table). A plastic box with a removable lid is ideal.
- Children must only eat their own food and not other children's.

End of Year Parties:

Staff felt as part of creating a healthy ethos within the school and promoting the idea of a balanced diet and life style, special exception to the above rules would be granted for trips and parties as they were seen as a treat.

Staff will order and prepare a suitable array of food taking any dietary requirements into consideration. (no nuts policy still stands)

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Trips - Staff will prepare a packed lunch for each child on a school trip, they are given a choice of fillings for sandwiches. Special dietary requirements would be asked to bring in a packed lunch from home.

### **Guidance**

Suggestions for food to **INCLUDE** in a healthy packed lunch

- At least one portion of fruit or vegetables every day.
- Meat, fish or other source of non-dairy protein (e.g. lentils, beans, soya or hummus,) every day (usually as part of a sandwich, roll or salad).
- Oily fish, such as pilchards, salmon or tuna occasionally.
- A starchy food such as bread, pasta, rice, noodles, potatoes or other type of cereals every day.
- Dairy food such as milk, cheese, yoghurt, fromage frais or custard.
- A drink: water is best followed by semi-skimmed or skimmed milk, sugar free squash, drinking yoghurt, milk drinks or smoothies.
- Cereal bars rather than cakes and biscuits.
- Pretzels, seeds, fruit, crackers and cheese, and vegetable or bread sticks with a dip.
- Curries (vegetable or chicken)
- Boiled rice

Suggestions for food to **NOT TO INCLUDE** in a healthy packed lunch

(these are all foods we have already asked children not to bring to school).

- Confectionery such as chocolate bars. Sweets are not allowed at lunch or any other time.
- Nut or nut products (although they can be very healthy) because of the danger to other children with allergies.
- Fizzy drinks as these are mostly very unhealthy and are likely to make a mess and spoil food.
- Any foods which have been fried in oil.

### **Special diets**

The school also recognizes that some pupils may have verified medical conditions requiring 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.

### **Assessment, evaluation and reviewing:**

Packed lunches are reviewed by lunchtime staff as part of their supervision of the children. Children eating healthy lunches will be rewarded by stickers and other awards.

Pupils/parents who are not following the guidance will then be given a polite verbal warning, followed by a written reminder of school policy and finally they will be asked to come in for a consultation with the Head teacher or Governors.

Pupils' on special diets following verified medical advice will be given due consideration.

Publication of the policy:

The school will write to all new and existing parents/carers to inform them of the policy via the school newsletter. The policy will be available on the school's website and will be incorporated into the school prospectus. The school will use opportunities such as parents evenings to promote this policy as part of a whole school approach to healthier eating.

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All school staff, including teaching and catering staff, will be informed of this policy and will support its implementation.