

Whitecote Primary packed lunch policy

Name of school: Whitecote Primary

Policy approved and adopted: March 2014

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.

How and why the policy was formulated:

This policy has been formulated based on the findings of three through whole school packed lunch surveys (Summer and Autumn 2010 and Spring 2011). We are committed to give all our pupils consistent messages about all aspect of health to help them understand the impact of particular behaviours and encourage them to take responsibility for the choices they make. Reasons for the introduction of a packed lunch policy include;

- To make a positive contribution to the health of our pupils as part of our Healthy Schools Status.
- We believe that eating a healthy, nutritional packed lunch can encourage a happier, calmer population of children.
- It is also written to promote consistency between packed lunches and food provided by school, which adheres to the National Standards set by the government, details of which can be found at www.schoolfoodtrust.org.uk/nutrientstandards.

National guidance:

This policy takes consideration of a range of national documents including: Leeds City Council packed lunch policy toolkit, information and policy from the School Food Trust, the food in schools toolkit (Department for Health) and food policies in schools – a strategic policy framework for governing bodies.

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.

Food and drink in packed lunches:

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 pupils to provide an attractive and appropriate dining room.
- Work with parents to ensure that packed lunches abide by the food in school standards.
- Provide storage space for packed lunches, however parents know that this is not refrigerated. Therefore pupils are advised to bring packed lunches in insulated bags with freezer blocks if necessary to stop food going off.
- Ensure that, whenever possible, packed lunch pupils and school dinner pupils will be able to sit and eat together.

Packed lunches should include:

- At least one portion of fruit and one portion of vegetables (e.g. carrot sticks, cucumber, cherry tomatoes) every day.
- Meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus) every day.
- A starchy food such as any type of bread, pasta, rice, couscous, noodles or potatoes every day.
- Dairy food such as milk, cheese, yoghurt, fromage frais or custard everyday.
- Oily fish, such as tuna and salmon, at least once every three weeks.
- Only still water or fruit juice should be sent as drinks (milk drinks may be sent if children have an insulated bag and freezer blocks).
- Meat products such as sausage rolls, pies, corned beef and chipolatas/sausages should only be included **occasionally**.

Packed lunches should **not** include:

- Snacks such as crisps (good alternatives include savory crackers and breadsticks).
- Confectionery such as chocolate bars and sweets. *Cakes and biscuits are allowed but should only be provided as part of a balanced meal.*
- Fizzy drinks.

Special diets and allergies

Be aware of nut allergies. We recommend you visit the www.allergyinschools.co.uk website for accurate, reliable information on managing allergies in schools.

The school 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 not permitted to swap food items

Assessment, evaluation and reviewing:

Packed lunches will be regularly reviewed by teaching staff and lunch time supervisors.

Healthy packed lunches will be rewarded by praise and stickers.

Parents and pupils who do not adhere to the Packed Lunch Policy will receive a leaflet in their packed lunch box informing them of the Policy with some suggestions/ideas for healthy packed lunches. 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. Please note: pupils with special diets will be given due consideration.

Involvement of parents/carers:

We believe in choice. Parent and pupils therefore have the choice to have a healthy, hot meal provided by the school, or to provide a healthy packed lunch. We expect all parents/carers to provide their children with packed lunches that conform to the packed lunch policy.

In turn, the school will keep the parents informed as per the methods detailed below under "Dissemination of the Policy".

Linked policies:

Other linked policies that are relevant to healthy eating:

Science Policy, Food Policy, PSCE Policy, DT Policy

Dissemination of the policy:

The school will write to all new and existing parents/carers to inform them of the policy and provide guidance via the school newsletter.

The policy will be available on the school's website and will be incorporated into the school prospectus and assemblies.

The school will use opportunities such as parents evenings and Healthy Living weeks to promote this policy as part of a whole school approach to healthier eating.

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

Signed:**Dated:**