

# St Joseph's RC Primary School

## Packed Lunch Policy

**Name of school: St Joseph's RC Primary School**

**Policy approved and adopted: June 2016**

**Due for review: June 2017**

### **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:**

St Joseph's RC Primary School provides a high quality education to pupils aged 4 to 11. **13%** of the pupils are eligible for free school meals. **18%** of pupils are identified as having special educational needs. For **4%** of pupils, English is a second language. The school enjoys a strong Christian tradition.

### **How and why the policy was formulated:**

- To promote healthier diets for our pupils.
- To help pupils understand that healthy eating supports success in class and in sports.
- To support children to understand how to maintain a healthy weight
- To ensure that our school meets the criteria for Healthy Schools status.
- To promote consistency between packed lunches and food provided by schools, which is regulated by national nutritional standards.
- To encourage a happier and calmer population of children and young people.
- To contribute to the school's self evaluation, for review by Ofsted.
- This policy has been formulated following consultation with pupils.
- Parents and carers of new to Reception children will be invited into school to sample meals and meet catering officers.
- The School Council has been consulted over what makes a healthier packed lunch and why the school should encourage healthier options.
- The school's Governing Body has approved this policy and welcomes feedback from pupils, parents and carers.
- More information regarding healthier packed lunches is available from the Council's catering team on tel. (0191) 4246710 or The School Food Trust website [wwwtheschoolfoodtrust.org](http://wwwtheschoolfoodtrust.org).

## 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).

## 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 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. Ideas for better packed lunch contents are featured on the school website.
- As fridge space is not available in school, pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible to keep the food as fresh as possible.
- On special occasions, 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/salad every day.
- meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus and falafel) every day.
- a starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day.
- dairy food such as cheese, yoghurt, fromage frais or custard every day.
- only still water or fruit juice.

<b>Packed lunches should <u>not</u> include:</b>	<b>Packed lunches can include: (It is recommended that the above are only included occasionally)</b>
<ul style="list-style-type: none"><li>• confectionery such as chocolate bars and sweets</li></ul>	<ul style="list-style-type: none"><li>• snacks such as crisps</li></ul>
<ul style="list-style-type: none"><li>• drinks with a high sugar content (including fizzy drinks)</li></ul>	<ul style="list-style-type: none"><li>• meat products such as sausage rolls, individual pies, corned meat and sausages / chipolatas</li></ul>
<ul style="list-style-type: none"><li>• glass (for safety reasons).</li></ul>	
<ul style="list-style-type: none"><li>• nuts (for allergy reasons)</li></ul>	

### Special diets and allergies

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 Mid-day Supervisory Assistants.
- Healthy lunches will be rewarded by congratulatory letters stickers/ postcards home/School Council certificates.
- 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:**

Pupils are normally expected to eat the lunch provided by the school. However, parents of pupils in Key Stage 2 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. If you would like your child to change from school lunches to packed lunches, or vice versa, the school should be given at least 2 weeks' notice for provision to be made. This is due to the fact that the cook needs to order food ingredients in advance. It is not possible to change midweek, except in exceptional circumstances, due to the same reasons. The school will keep the parents and the School Council informed as per the methods detailed below under "Dissemination of the Policy".

### **Dissemination of the policy:**

- The school will inform all new and existing parents/carers of the policy via the school newsletter and website.
- 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 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:**