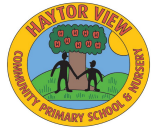


Haytor View Community Primary School & Nursery

Packed Lunch Policy



Learning together - enjoying success - aiming high - celebrating difference – enriching community

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.

National guidance:

The policy was drawn up using a range of national documents including a toolkit and a draft policy from the School Food Trust 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.

Arrangements:

- [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 a named box or an insulated bag to protect the food.
- [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 be made with regards to the following healthy guidelines:

- [Packed lunches should not include confectionery such as chocolate bars, chocolate-coated biscuits and sweets. Cakes and biscuits are allowed but encourage your child to eat these only as part of a balanced meal
- [Nuts, seeds, vegetables or savoury crackers or breadsticks (with no added salt, sugar or fat) served with fruit, vegetables or dairy food are a good alternative to crisps.
- [Meat products such as sausage rolls, individual pies, corned meat and sausages / chipolatas should be included only occasionally.
- [at least one portion of fruit and one portion of vegetables every day.
- [meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus) every day
- [oily fish, such as salmon, at least once every three weeks.
- [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 milk, cheese, yoghurt, fromage frais or custard everyday
- [only water, still or sparkling, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies.

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 teaching staff / catering staff / lunch time partners;

Healthy lunches will be rewarded by stickers;

If a child regularly brings a packed lunch that does not reflect the principles of a healthy packed lunch then the school will arrange to meet with the parents/carers to discuss this.

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

Dissemination 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 induction pack.

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.