

Woodthorpe J.I. School

Packed Lunch Policy

Our School & the overall aim of this policy:

The ethos of Woodthorpe J.I. School is one that promotes awareness and the importance of healthy lifestyles within the school at all times.

We take the health and well-being of our pupils seriously. We believe that a standard, consistent approach to food within school will support our children in making the most of their education.

This policy has been developed 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 regulated by national standards.

An audit of the packed lunches children brought into school showed:

- 30% of pupils brought no fruit or vegetables in from home, as part of their pack lunch;
- 90% of pupils brought a fatty or sugary snack, with 53% bringing 2 or more such snacks;
- 41% brought a sugary drink as part of their packed lunch.

Research shows that:

‘Primary school pupils were more alert and over three times more likely to be ‘on-task’ working with the teacher in the classroom after lunch, following an intervention to improve the dining environment and the nutritional quality of the food served’. *School lunch and learning behaviour in primary schools: an intervention study (School Food Trust)*

Objectives

- To make a positive contribution to children’s health;
- To encourage a happier, healthier and calmer population of children;
- To promote consistency between packed lunches sent in from home and food provided by the school which must adhere to national standards set by the government;
- To contribute to the self-evaluation for review by Ofsted – Ofsted will ask school leaders how they help to ensure a healthy lifestyle for their children and, specifically, whether their dietary needs have been considered;
- To reduce fatty and sugary foods in lunch boxes;
- To increase the portions of fruit/vegetables in children's lunch boxes;
- To promote a balanced diet in the provision of food in lunchboxes.
- To cater for children with allergies and food intolerances

Support & Guidance:

This policy has been developed with the support of Food Net including an NHS Nutritionist, two members of staff who are trained in food hygiene and delivering healthy lunchbox workshops respectively and our Senior Leadership Team.

Where, when and to whom the policy applies:

This policy applies to all pupils and parents providing packed lunches to be consumed within school or on school trips, during normal school hours, from the beginning of September 2016.

It also applies to all staff and visitors attending school trips and using the dining hall.

Our Schools Facilities

- The school will provide dining facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is available on the dining tables throughout lunch time;
- 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 food getting warm;
- Wherever possible the school will ensure that packed lunch pupils and school dinner pupils will be able to sit and eat together;
- The school will work with the pupils to provide attractive and appropriate dining room arrangements.

Packed Lunches: Advice on what to pack

Packed lunches should always include:

- At least one portion of fruit **or** vegetables every day for vitamins and minerals;
- A starchy food every day for energy and concentration e.g. any bread, wrap, chapatti, pasta, rice, noodles, potatoes;
- Meat (or meat substitute), cheese or another source of non-dairy protein e.g. eggs, lentils, kidney beans, chickpeas, hummus;

Drinks:

- A drink of water (still or sparkling), squash or flavoured water

Other:

- Only **one** of these items per day:
One small cake or
One biscuit (not chocolate coated) or
One snack size bag of crisps

These foods should only be eaten occasionally as part of a balanced meal.

Packed lunches should NOT include:

- High fat savoury snacks such as sausage rolls, pasties, fried samosa.
- High sugar and fat snacks such as chocolate bars, sweets.

Special Diets and Allergies

Due to the high risk of nut allergies, we do not allow children to bring foods containing nuts.

The school also recognises that some pupils may require special diets that do not allow for the guidelines above to be met exactly. In these cases parents are urged to be responsible in ensuring that packed lunches are as healthy and close to the guidelines as possible.

For these reasons pupils are also not permitted to swap food items.

Monitoring & Review:

Packed lunches will be monitored regularly and reviewed by lunchtime supervisors. Supervisors will report to the leadership team via the senior lunchtime supervisor.

Parents and pupils who do not consistently adhere to the packed lunch guidance. If a child regularly brings a packed lunch that does not conform to the policy then a member of staff will contact the parents to discuss this.

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

Promotion of the Policy:

During development, parents, and pupils (via questionnaires and opportunity to write in with concerns) were consulted for their views on the content of this policy; governors – our curriculum committee; staff trained in food hygiene and in delivering healthy lunchbox workshops to parents/carers; our leadership team and our senior lunchtime supervisor.

The school will inform all parents and carers of the policy via the school newsletter and it will be available on the school's website.

The school will use opportunities such as parents' evenings and school's Health Week to promote this policy as part of a whole school approach to healthier eating

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

Signed:

Policy approved: 25th January 2018

Due for review: January 2021