



# *Packed Lunch Policy*

Code: NS34

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Agreed by Whitchurch Primary School Governing Body	Name
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Version	Date	Updates
1	September 2022	Policy

## Introduction

What children eat at school is important our school lunches have to meet strict standards to provide 1/3 of a child's daily recommended nutrient requirements. Research from the Food Standards Agency (School Lunchbox Survey, 2004) and later research by the School Food Trust has shown that the majority of lunchboxes surveyed were high in fat, sugar and salt. This Packed Lunch policy forms part of the overall food in school strategy at Whitchurch Primary & Nursery school reinforcing our commitment to supporting children to form healthy relationships with food and good eating habits for life.

## National Guidance

The Packed Lunch Policy was drawn up from the School Food Standards (revised May 22)

<https://www.gov.uk/government/publications/school-food-standards-resources-for-schools> and using a range of national documents including information and policy from the School Food Trust, School Food Guidance from Governors; strategic policy framework for governing bodies. (DfE) revised May 2022

<https://www.gov.uk/government/publications/school-food-standards-resources-for-schools/school-food-guidance-for-governors>

## Aim

Whitchurch Primary School & Nursery wishes work with parents to ensure that all packed lunches brought in from home, consumed in school or taken on school trips provide pupils with healthy and nutritious food that is similar in nutritional content to food provided via our school meals services. The meals provided by school are regulated by National Nutritional Standards for all pupils and meet strict nutritional standards which research has proven will support healthy child development. Whitchurch is also a fully inclusive school and as such we have children with very severe allergies, food intolerances and specific dietary requirements. We are therefore a totally nut free school and will monitor packed lunches to ensure our nut free policy is strictly enforced.

## Healthy Attitudes to eating

We believe that school meals provision (*those provided in school, packed lunches and lunches taken on trips*) need to work alongside our whole school promoting health lifestyle strategy. We should be teaching children to understand that no food is 'bad' as long as it is eaten in moderation. Occasional food treats are a reality of life but unhealthy foods eaten in excess in quantity or frequency could have long term health implications (dental care, obesity etc.)

## How and why the policy was formulated

This Packed Lunch Policy has been formulated in partnership with staff (teaching, support and catering), parents, governors, and pupils. We have consulted with parents through newsletters and formal consultation meetings. We invited views specifically from those parents who regularly send their child with a packed lunch and asked for their views and opinions.

We have shared with parents, staff and governors the expectations around the School Food Standards. We apply the nutritional based standards to ensure that our school meals are well balanced and meet all the nutritional needs of growing children. We will work with parents to support those children choosing packed lunches to eat to the same School Food Standards.

We want to promote healthy lifestyles in everything we do; we have made massive strides in improving our school meals and want the children having packed lunches to have the same benefits and opportunities. We know that children who learn about healthy balanced diets and eat one, grow into healthy adults who make sensible and informed decisions about food.

Whitchurch is a fully inclusive school and as such we educate children with a range dietary needs, some children have severe and life threatening allergies, hence we are nut free school.

## 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 beginning from September 2022.

## Roles and responsibilities

- The Governing Body has overall responsibility for monitoring the implementation of this policy.
- The Headteacher is responsible for ensuring staff are familiar with the Packed Lunch policy, and that it is being applied consistently.
- Staff are responsible for implementing the Packed Lunch policy consistently

- The school will provide staff with appropriate training in relation to this policy and its implementation.
- Parents are expected to adhere to the policy if they choose packed lunches and ensure their child is provided with a packed lunch which meets the policy requirements.
- Our lunchtime staff (SMSAs) and Senior Leaders on duty in the lunch hall will have responsibility for checking and monitoring packed lunches. The key focus will be to remove any items which contain nuts and also give advice and support on what a health balanced lunch should contain.
- Senior leaders will have the authority to remove items which contain nuts (returning them to parents) and also items which they consider in their professional judgement containing excessive fat, salts or sugars (in likelihood this will be if a child has more than one item *eg. Three or four chocolate bars they may remove all bar one*
- Our lunchtime staff and senior staff on duty will not allow children to share packed lunches. This is simply because we have a number of children with severe food allergies and therefore discourage food sharing food.
- Class Teacher will give guidance on what is allowed in school trip packed lunches *eg. We will not permit fizzy drinks, glass bottles or sweets*

### Food and drink in packed lunches: what the policy states

- 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 insulated bags with freezer blocks where possible to stop the food going off.
- The school will ensure that packed lunch pupils and school dinner pupils will be able to sit and eat together.

### Monitoring and communication with parents

Children who bring packed lunches to school will bring their uneaten food home at the end of the day. We will not allow children with packed lunches to use the bins in the lunch hall. This is simply because we have noticed that a number of children are throwing away their lunches and not eating sufficiently and unless parents are aware of this they are unable to make changes. Children with packed lunches will bring their rubbish and uneaten food home for parents to monitor their food consumption.

We ask that parents support us in talking to their child about not sharing the contents of their packed lunch. We have a number of children with severe allergies and strong discourage any sharing of foods bought in from home for health and safety reasons.

### Packed lunches should include *(As outlined in the DfE School Food Standards)*

#### EVERYDAY

- At least one portion of fruit and one portion of vegetables. (*eg. Apple/carrots*)
- Meat, fish or other source of non-dairy protein (*e.g. lentils, kidney beans, chickpeas, hummus and falafel*)
- One portion of starchy food (*eg. bread, pasta, rice, couscous, noodles, potatoes or other type of cereals*)
- One portion of dairy (*eg. milk, cheese, yoghurt, fromage frais or custard*)
- Only water, still or sparkling, semi-skimmed or skimmed milk, yoghurt or milk drinks

#### AT LEAST WEEKLY

- Oily fish or an equivalent source omega 3 fatty acids (*eg. Flaxseeds, chia seeds, soybeans, kidney beans*).

### Regular Packed lunches should not include:

- High fat content snacks such as crisps. Instead we suggest Savoury crackers or breadsticks. (with no added salt, sugar or fat). – **we allow Crisps to be included on Friday ONLY**
- Confectionery such as chocolate bars, chocolate-coated biscuits and sweets. One portion of cakes and biscuits are allowed but encourage your child to eat these only as part of a balanced

meal. – we allow chocolate bars to be included on Friday ONLY

- Processed meat products such as sausage rolls, individual pies, corned meat and sausages / chipolatas. we allow processed meat products to be included on Friday ONLY
- Fast foods – such as MacDonalD’s, KFC or chips are never allowed
- No Nuts or nut products

### 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 will need to coordinate with our SENDCo and negotiate alternative healthy options for packed lunches

### Assessment, evaluation and reviewing

Members of the Senior Leadership Team are on lunch duty daily and are responsible for checking and monitoring packed lunches with the support of the SMSA’s. Parents will be informed if the packed lunch provided does not follow the spirit of this Packed Lunch Policy. Parents and pupils who do not adhere to the Packed Lunch Policy will receive a leaflet in the packed lunch informing them of what constitutes a health balanced lunch, this may also be followed up by a phone call or conversation. If a child regularly brings a packed lunch that is ‘unhealthy’ then a member of the school leadership team will contact the parents to discuss this. In exceptional circumstances the Senior leader on duty will decide if the packed lunch should be replaced with a nutritional school meal and parents charged accordingly. We may insist that the child has school dinners if we are concerned about their welfare.

Healthy lunches will be rewarded by stickers and congratulatory letters sent home .

### Dissemination of the policy

The School will write to all new and existing parents/carers to inform them of this policy via the school newsletter and communications platform. This policy is also available on the School’s website

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.