

New Marske Primary School

Packed Lunch Policy

Approved: Autumn 2019

Review: Autumn 2021

The United Nations Convention on the Rights of the Child (CRC) is at the heart of our school's planning, policies, practice and ethos. As a rights-respecting school we not only teach about children's rights but also model rights and respect in all relationships.

New Marske Primary School is a nut free school. Any foods containing nuts should not be included in packed lunches.

This policy should be read in conjunction with the school's whole school food policy.

Aim To make sure that children who bring a lunch from home to eat in school (or on school trips) have food which is just as healthy and nutritious as food served in school and regulated by national standards.

Why do we need a policy? The government has placed a duty on schools to ensure that every child is healthy and has invested hugely in improved school meals, free fruit for schools and **The School Food Trust** which encourages healthy eating. In September 2014, the Government introduced Universal Free School Meals for children in reception, year 1 and year 2. This provides children in these classes with a free, healthy and nutritious meal every day. The school has a duty to ensure that children who bring in alternative eating arrangements, also eat healthy, nutritious food. The Schools Food Trust recommends that schools have a policy and this one is based on their model.

Eating healthily is important because it will help children to:

- *Be fitter and healthier now and later in life.*
- *Address local and national issues regarding increasing obesity*
- *Learn more quickly and behave better.*

School meals conform to government nutritional guidelines with less sugar, fat and salt and more fresh fruit and vegetables. School lunches also provide a good balance of "complex carbohydrates" such as pasta, rice, bread or potatoes with dairy and other protein foods. There is no reason why a packed lunch cannot provide the same nutrition as a cooked meal. Please visit www.schoolfoodtrust.org.uk for more information.

Who does it apply to and when and where? To all pupils and parents providing packed lunches to be eaten within school or on school trips during normal school hours.

What will the school do?

- *The school will provide a packed lunch option as part of its Universal Free School meals provision. These packed lunches will meet the nutritional guidelines as set out by the **Schools Food Trust**.*
- *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 the pupils to provide attractive and appropriate dining room arrangements.*
- *The school will work with parents to ensure that packed lunches are as close as possible to the guidance below.*
- *The school will allow children eating packed lunch or school meals to sit together, so as not to discriminate against the eating of packed lunches.*

- *Parents will need to provide children with a suitable container which they can carry and eat their lunch from (rather than need to take food out and place it straight onto the table). A plastic box with a removable lid is ideal.*
- *Children must only eat their own food and not other children's.*

Guidance

Suggestions for food to include in a healthy packed lunch

- **At least one portion of fruit or vegetables every day.**
- *Meat, fish or other source of non-dairy protein (e.g. lentils, beans, soya or hummus,) every day (usually as part of a sandwich, roll or salad).*
- *Oily fish, such as pilchards, salmon or tuna occasionally.*
- *A starchy food such as bread, pasta, rice, noodles, potatoes or other type of cereals every day.*
- *Dairy food such as milk, cheese, yoghurt, fromage frais or custard.*
- *A drink: water is recommended, followed by semi-skimmed or skimmed milk, fruit juice, drinking yoghurt, milk drinks or smoothies.*
- *Cereal bars rather than cakes and biscuits.*
- *Pretzels, seeds, fruit, crackers and cheese, and vegetable or bread sticks with a dip.*

Suggestions for food to not include in a healthy packed lunch (these are all foods we have already asked children not to bring to school).

Packed lunches should **not** include:

- *Snacks such as crisps. (Instead, seeds, vegetables and fruit - with no added salt, sugar or fat - savoury crackers or breadsticks served with fruit, vegetables or dairy food.*
- *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.)*
- *Meat products such as sausage rolls, individual pies, corned meat and sausages. (Chipolatas should be included only occasionally.)*
- *Nut or nut products (although they can be very healthy) because of the danger to other children with allergies.*
- *Fizzy drinks as these are mostly very unhealthy and are likely to make a mess and spoil food.*

Special diets

The school also recognises that some pupils may have verified medical conditions requiring 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.

Assessment, evaluation and reviewing:

Packed lunches are reviewed by lunchtime staff as part of their supervision of the children. Children eating healthy lunches will be rewarded by stickers and other awards. Pupils' on special diets following verified medical advice will be given due consideration.

Parents and pupils who do not adhere to the Packed Lunch Policy will receive a letter informing them of the Policy. 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.

Publication 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 prospectus. The school will use opportunities such as parents evenings to promote this policy as part of a whole school approach to healthier eating.

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

Mr J. Dooris
Autumn Term 2019