

Kirk Smeaton Church Of England Primary Packed lunch policy



Updated Sept 2019

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.

How and why the policy was formulated;

At Kirk Smeaton CE Primary School, we ensure the 'Every Child Matters Agenda' is given a high profile. This includes making healthy choices around food. If pupils & parents support us in our quest it will support Kirk Smeaton CE Primary School make a positive contribution to children's health and Healthy Schools Status.

- *To encourage a happier and calmer population of children and young people.*
- To promote consistency between packed lunches and food provided by schools. Please visit https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/788884/School-food-in-England-April2019-FINAL.pdf for more information.
- *To contribute to the self-evaluation for review by Ofsted.*

Food and drink in packed lunches:

- Kirk Smeaton CE Primary 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.
- Wherever possible the school will ensure that pupils eating packed lunches and pupils eating school dinners will be able to sit and eat together.

Packed lunches should include:

- 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, peanut butter and falafel) 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 everyday
- Only water, (still) which is provided at the table or can be brought in the child's water bottle.

Packed lunches should not include:

- Snacks such as crisps. Instead, include nuts, seeds, vegetables and fruit (with no added salt, sugar or fat). Savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice.
- 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 ie. Soreen bars and not chocolate biscuits.
- Meat products such as sausage rolls, individual pies, corned meat and sausages / chipolatas should be included only occasionally.

Special diets and allergies

Be aware of nut allergies. We recommend you visit the www.allergyinschools.co.uk website for accurate, reliable information on managing allergies in schools.

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 staff.

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

Involvement of parents/carers:

Parents of pupils 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.