

Cambo First School Packed Lunch Policy



Reviewed February 2016
Signed Paula Cummings Head
teacher

*This policy should be read in conjunction with our food policy



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:

The working party consists of the head teacher, school cook, 1 governor and the school council leaders. Its aim is to:

- Make a positive contribution to children's health and Healthy Schools Status
- Encourage a happier and calmer population of children and young people
- Promote consistency between packed lunches and food provided by schools which, from September 2006 and 2007, must adhere to national standards set by the government.
- Contribute to the self evaluation for review by Ofsted

Relationship to other policies and legislation and useful websites.

- [Spiritual, Moral, Social and Cultural policy](#)
- [Every Child Matters](#)
- [Race Equality Policy](#)
- [PSHE](#)
- [Design and Technology policy](#)
- [Food policy](#)
- [Science](#)
- [The Healthy Schools Programme: "Growing Schools"](#).
- [Nutritional standards for school lunches and delegated budgets 2014](#)
- [DH/DfES Food in Schools programme](#)
- [Wired for Health web-site](#)
- [Change for Life](#)

- www.allergyinschools.co.uk
- www.schoolfoodtrust.org.uk

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.

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
- Wherever possible the school will ensure that packed lunch pupils and school dinner pupils will be able to sit and eat together
- Packed lunch children will queue to get a plate to eat their lunch off
- They will eat their savoury items as a first course and their pudding as a second course at the same time as those children having school lunch.

Packed Lunches should ideally 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 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 cereal every day
- Dairy food such as milk, cheese, yoghurt, fromage frais or custard every day
- Only water, still or sparkling, fruit smoothies and pure fruit juice are allowed in school at lunch time- squash and pop are not allowed.

Packed Lunches should not include:

- **Snacks such as crisps.** Instead include dried fruit, 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.
- **Sweets such as chocolate bars,** 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.**

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 / teaching assistants / midday meal supervisors and the governing body via governor focussed visits.

Healthy lunches will be rewarded by stickers / congratulatory letters home.

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 head teacher will contact the parents to discuss this.

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

Dissemination of the Policy

The policy will be listed in the school brochure.

The school will use opportunities such as parents evenings and Healthy Eating weeks to promote this policy as part of a whole school approach to healthier eating.

The policy will be disseminated to and adhered to the whole of the school population and anyone using the school.

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

Paula Cummings
Head teacher
February 2016