

We honour God through our actions



Priory RC Primary School

St Catherine's Road
St Marychurch
Torquay
TQ1 4NZ

PACKED LUNCH 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 regulated by national standards.
- To enable children to make informed healthy choices about the food they consume, now, and in the future.

How and Why the Policy was Formulated

- To 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, which must adhere to national standards set by the government. Please visit www.schoolfoodtrust.org.uk for more information
- To contribute to the self-evaluation for review by Ofsted
- Priory Pupil Leadership Team

National Guidance

The policy was drawn up using a range of national documents including information and a draft policy from the School Food Trust, the Food in schools toolkit (Department of Health) and Food policy in schools – a strategic policy framework for governing bodies (National Governors' Council, (NGC) 2005).

Where, When and to Whom the Policy Applies

To all pupils, parents and school canteens 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 lunches will not include any foods which may have nuts or nut traces in them, due to children on site who suffer life-threatening nut allergies.

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 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 or custard every day
- Only water, still or sparkling, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies

Packed lunches can occasionally include:

- Meat products such as sausage rolls, individual pies, corned meat and sausages.
- Cakes and biscuits, but encourage your child to eat these as part of a meal

Packed Lunches Should not Include

- salty snacks such as crisps - instead include seeds, vegetables and fruit with no added salt, sugar or fat.
- confectionery such as chocolate bars, chocolate-coated biscuits, cereal bars, processed fruit bars and sweets.
- sugary soft drinks, such as squash and fizzy drinks (even if labelled as 'sugar-free', 'no-added sugar' or 'reduced sugar' as these drinks can contribute to tooth decay and provide little nutritional value).

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 teaching staff/catering staff/midday meal supervisors/pre-identified pupil packed lunch helpers and HSAG.

Healthy lunches will be rewarded by stickers, congratulatory letters home and HSAG. Please note: pupils with special diets will be given due consideration.

Regular half-termly meetings will be held by our Priory Pupil Leadership Team to review packed lunch policy.

Involvement of Parents/Carers

Pupils are normally expected to eat the lunch provided by the school or parents. However, 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.

Linked Policies

- Design Technology

- Science – Life Processes – Keeping Healthy
- P.S.H.E. – Making Sensible Choices
- P.E. – Exercise and Diet

Dissemination 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 in the school prospectus. The school will use opportunities, such as parents' evenings and Healthy Schools' Workshops and the Science curriculum to promote this policy as part of a whole school approach to healthier eating. All school staff, including teaching, catering and the school nurse, will be informed of this policy and will support its implementation.