

Whiteheath Junior School Packed Lunch Policy



Policy approved and adopted: Updated October 2018

Last reviewed: Autumn 2024

Due for review: Autumn 2026

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.

Whiteheath Junior School is an “allergy aware” school.

How and why the policy was formulated:

This policy was developed by the PSHE coordinator following consultation with pupils and staff before reaching decisions. Whiteheath introduced a packed lunch policy in June 2016 and reviewed and updated it in October 2018:

- To make a positive contribution to children’s health and Healthy Schools London Status.
- To ensure the health and well being of all pupils by becoming an “allergy-aware” school
- 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 <http://childrensfoodtrust.org.uk> for more information.

National guidance:

As part of the School Food Plan, a new set of standards for all food served in schools was launched by the Department for Education. They become mandatory in all maintained schools, and new academies and free schools from January 2015.

This policy was drawn up using a range of national documents including information and a draft policy from the School Food Trust, School Food in England (January 2015), Revised Guide to Standards for school lunches January 2015 (http://www.schoolfoodplan.com/wp-content/uploads/2015/05/School_Food_Standards_140911-V2e.pdf)

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 (during hot summer months).
- Wherever possible the school will ensure that packed lunch pupils and school dinner pupils 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 and falafel) every day*
- *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 everyday*
- *only still water, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies.*

Packed lunches should occasionally contain these items:

- *snacks such as high -fat crisps. Instead, 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.*
- *Cakes, biscuits and cereal bars. No sweets/bars of chocolate allowed.*
- *Meat products such as sausage rolls, individual pies, corned meat and sausages / chipolatas.*

Special diets and allergies – we are an allergy aware school

Be aware of nut/ egg/wheat/ gluten and dairy allergies. We recommend you visit the www.foodmatters.com website for accurate, reliable information on managing allergies in schools. Food items containing nuts of any sort should not be included in any packed lunches

The school also recognises that some pupils may require special diets that do not allow for the standards to be met exactly (particularly when it comes to allergies). 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.

Involvement of parents/carers:

Pupils are encouraged to eat the hot lunch provided by the school. However, parents of pupils wishing to have packed lunches are expected to provide their children with packed lunches which conform to the packed lunch policy.

The primary role model in children's food education lies with the parents/carers.

We wish to build a positive and supportive relationship with the parents/carers of children at Whiteheath Junior School through mutual understanding, trust and co-operation. However, all children will be educated so they know what their packed lunch should contain.

Assessment, evaluation and reviewing:

Packed lunches will be reviewed by teaching staff / catering staff / midday meal supervisors.

Healthy lunches will be rewarded with stickers/house points/ mini credits.

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.

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

Dissemination of the policy:

The school provide any updates via the school newsletter.

The policy will be available from the school upon request.

The school will use opportunities such as parents' evenings and Healthy Weeks e.g Sports Week to promote this policy as part of a whole school approach to healthier eating.

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

Upated: Autumn 2024