



## **ST MATTHEW'S CHURCH OF ENGLAND PRIMARY SCHOOL** **PACKED LUNCH POLICY**

### **Aims and Objectives**

At St Matthew's C of E Primary School our aim is to ensure that all packed lunches brought from home and consumed in school (or on school trips) provide pupils with healthy and nutritious food that is similar to food served in schools, which is now regulated by national standards.

### **Context**

St Matthew's C of E is a one form entry school in Nechells, Birmingham. We are a primary school serving the education of pupils aged between four and eleven years old. We believe in whole school approaches and work in partnership with pupils, parents, staff and governors. We are committed to giving all our pupils consistent messages about all aspects of health to help them understand the impact of particular behaviours and encourage them to take responsibility for the choices they make.

### **Rationale**

St Matthew's C of E Primary School is a healthy school. It is important that we continue to consider all elements of our work to ensure that we promote health awareness in all members of the school community. By working in partnership with pupils, parents, staff and governors we can provide a valuable role model to pupils and their families and promote healthy eating patterns.

We support the '5 a day' campaign to encourage children to eat 5 portions of fruit and vegetables a day, which has been shown to reduce the onset of certain life-threatening conditions as well as being helpful in tackling and preventing childhood obesity.

We have used the following approach to identify what areas we need to change to develop a more healthy approach to the issue of food in our school:

- How well are we doing?
- How well should we be doing?
- What more should we aim to achieve?
- What must we do to make it happen?
- What action should we take and how do we review progress?

### **We are commitment to:**

- Making a positive contribution to children's health and Healthy School Status
- Encouraging a happier and calmer population of children and young people
- Promote consistency between packed lunches and food provided by schools which must adhere to national standards set by the government

### **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.

### **Assessment, evaluation and reviewing**

Packed lunches will be regularly reviewed by teaching staff and lunchtime supervisors on a regular basis.

Healthy lunches will be rewarded with stickers and regularly celebrated in Celebration Assembly.

Parents and pupils who do not adhere to the Packed Lunch Policy will receive a leaflet in the packed lunch 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.

All children who adhere to the 'Dining Room' rules will have an opportunity to be awarded a Lunchtime certificate and sit, with a friend on the 'Golden Table'.

NB pupils with special diets will be given due consideration.

### **Involvement of parents and Carers**

We believe in free choice and have obtained the services of Direct Services to provide healthy school meals. (Direct Services already complies with the Statutory National Standards.) Pupils and parents there have the option of purchasing a healthy hot meal or providing their own healthy packed lunch. We expect all parents and carers to provide their children with packed lunches that conform to the packed lunch policy. In turn, the school will keep parents informed as per the methods detailed below under the 'Dissemination of the Policy'.

#### **Linked policies**

- Food Policy
- Science Policy

#### **Dissemination of the policy**

The school will write to all new and existing parents and carers to inform them of the policy and provide a guidance leaflet on healthy food options and food to avoid.

The school will use opportunities such as parents consultation days and Health weeks to promote this policy as part of a whole school approach to healthier eating.

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

#### **Food and drink in packed lunches Policy guidance for Parents and Carers**

- The school will provide facilities 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
- Where ever possible the school will ensure that packed lunch pupils and school hot 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 (eg 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 or custard everyday
- Only water, still or sparkling, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies

#### **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 Iso a good choice
- Confectionary such as chocolate bars, chocolate-coated biscuits and sweets.

- Cakes and biscuits.
- Meat products such as sausage rolls, individual pies, corned meat and sausages/chipolatas should only be included 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.

<i>Policy Author:</i>	<i>Paulette Osborne</i>
<i>Approved by/when:</i>	<i>Headteacher/SLT Annually</i>
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