



# Packed Lunch Policy

## **School Vision**

Stephenson Memorial Primary School is a learning community. It has a positive ethos which has its foundation in mutual respect, collaborative learning and effective teamwork.

### **Aim of the Policy**

The aim of this policy is to ensure that packed lunches brought from home and consumed in school or on school trips provide learners and staff with healthy and nutritious food that is similar to food served in school, which is now regulated by national standards

### ***How and why the policy was formulated:***

This policy was drawn up following consultation with staff, governors, members of the school council and parents.

We decided to introduce a packed lunch policy for the following reasons:

- To make a positive contribution to children's health.
- To promote and encourage a behavioural change to healthy food.
- To encourage a happier and calmer learning environment.
- To promote consistency between packed lunches and food provided by schools, which must adhere to national standards set by the government.

### **National guidance**

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

### **Implementation**

This policy will apply to all learners consuming a packed lunch within school or on a school trip from June 2013.

### **Guidelines for Packed Lunches:**

- School provides all learners with fresh drinking water throughout the school day.
- We will work with parents to support them to ensure that packed lunches meet the national standards.

- We will listen to learners for suggestions for the dining hall and arrangements over the lunchtime period
- Fridge space is not available for the storage of packed lunches. We provide a dedicated space away from radiators and heaters but recommend that packed lunches are brought in insulated bags with a freezer block to avoid food poisoning.

#### **Packed Lunches Should Try to Include:**

- At least one portion of fruit and one portion of vegetable each day.
- A starchy food such as bread, potatoes, pasta, rice, couscous, noodles or other type of cereal every day.
- Dairy food such as milk, cheese, yoghurt, fromage frais or custard every day.
- Water, fruit juice, diluted sugar free cordial, yogurt or smoothies.

#### **Packed Lunches Should Try Not to Include:**

- Fried snacks such as crisps. Instead try savoury crackers, breadsticks and seeds.
- Confectionary such as chocolate. One plain biscuit or a cake may be included as part of a balanced diet.
- Meat products such as sausage rolls, individual pies, corned meat and sausages should only be included occasionally.
- Fizzy /energy drinks as these are mostly very unhealthy and high in sugar.

#### **Special Diets and Allergies**

School recognises that where a learner has an allergy or medical condition that requires a special diet the packed lunch standard may not exactly be met. In this case parents should inform the school so that suitable arrangements can be made to meet the medical need and to ensure that packed lunches are as healthy as possible. The school will then take relevant medical advice from the school nurse and the allergy in school web site.

It is for medical reasons and because of allergies that learners are not allowed to swap food items.

#### **Assessment and Evaluation**

Children will be asked to take home any items not eaten so parents can monitor what their child is eating.

Packed lunches will be regularly reviewed by staff, catering staff, midday meal supervisors and members of the schools council. Healthy lunches will be included in the learner reward schemes.

Healthy lunches will be rewarded by house points, stickers and certificates, photos of healthy packed lunches can be tweeted to help encourage others. Where packed lunches do not conform to the national standard a leaflet will be placed in the packed lunch box informing parents of the policy. If a learner brings a packed lunch that does not conform to the policy 3 times then the school will contact the parents to discuss this

### **Linked Policies**

The school has a number of policies linked to healthy eating these include science, technology and PHSE

### **Dissemination of the Policy**

This policy will be shared with all parents via the school newsletter, prospectus and the web site. It will be shared with new parents at their child's induction.

The policy will be available on the school's website and will be incorporated into the school prospectus, assemblies, web portal and twitter

The school will use opportunities such as parents evenings and Healthy Living 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.