

North Walsall Primary Academy

Packed Lunch Policy



Date	July 2019
Review Date	July 2020
Reviewers	Miss A. Bills (Regional Education Director – Primary, West) Miss N. Hawkins (Principal) Mr D. Bickley (LAC Chair)



Overall aim of the policy

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 in quality to food served in schools, which is required to meet national standards. As a school, we aim to ensure that any special educational health needs, religious or cultural beliefs that may affect diet are catered for; as such, we expect packed lunches to meet the same high standard.

Context for the policy

At North Walsall, we consider ourselves to be a healthy school that promotes healthy living, healthy eating and the promotion of positive mental health. We aim to promote consistency between packed lunches and food provided by schools, which must adhere to national school food standards. Please visit www.childrensfoodtrust.org.uk/schools/the-standards for more information. This policy has been drawn up using a range of national documents including this template policy from the Children's Food Trust. We are proud to promote our 'Healthy Lifestyle' approach in many other ways, many of which promote the school through national recognition rewards. We are currently a member of 'Food for Life', which promotes healthy lifestyles for children and schools. The 'Food for Life' program currently supports our gardening club and our cooking club. Please visit <https://www.foodforlife.org.uk/> for more information. We are also part of the 'Nation Breakfast Program' sponsored by the Department for Education (DFE). This program aims to ensure all children receive a healthy breakfast, resulting in better attainment, concentration and mental wellbeing. Please visit <https://www.family-action.org.uk/what-we-do/children-families/breakfast/> for more information.

The Role of Parents

Parents must ensure that their child's packed lunch meets the high standards set out within this policy, established through the guidance of national standards. Health and safety guidance must be adhered to when considering our allergy guidelines. If a parent has difficulties for any reason with fulfilling this request, they are encouraged to speak confidentially to a senior member of staff to discuss the issues. If any parent would like to request a modification to the packed lunch policy based on medical needs they should, in the first instance, contact the office manager Mrs Smith, who deals with all healthcare plans on behalf of the school. Items that do not meet the schools guidance for a healthy packed lunch will be substituted with a healthier option by the school and the exchanged item returned to parents at the end of the school day.

The Role of Governors

The governing body supports the principal in implementing the packed lunch policy. It considers all representations from parents regarding the packed lunch policy and liaises with the principal to ensure that the policy is implemented fairly and with sensitivity. It is the governors' responsibility to ensure that the school packed lunch meets all regulations concerning equal opportunities. Governors ensure that the school packed lunch policy enables children to receive a healthy balanced meal whilst at school.

Monitoring and Review

The governing body monitors and reviews the packed lunch policy through its committee work by:

- seeking the views of parents and national guidance, to ensure that they agree with and support the policy
- considering, with the principal, any requests from parents for individual children to have special dispensation with regard packed lunches

Packed lunch Guidance

The school will provide appropriate and attractive facilities for pupils eating packed lunches and ensure that free, fresh drinking water is available at all times. The school will work with parents to encourage packed lunches to meet the standards listed below. As fridge space is not available, pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible.

Packed lunches should include:

- At least one portion of fruit and one portion of vegetables every day
- Meat, fish, eggs, or a non-dairy protein (e.g. lentils, kidney beans, chickpeas, houmous, falafel) every day
- Oily fish, such as salmon, at least once every three weeks
- A starchy food such as any type of bread (white or wholegrain rolls, pitta bread or wraps), pasta, rice, couscous, noodles, potatoes or another cereal every day
- A dairy food such as milk, cheese, yoghurt, fromage frais or custard every day
- A drink of water, fruit juice or smoothie (maximum portion 150 mls), semi-skimmed, 1% fat or skimmed milk, yoghurt or another milk drink.
- Meat products such as sausage rolls, individual pies, corned meat and sausages once a week
- A small cake or biscuit, but encourage your child to eat these as part of the meal not in isolation

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:

The school is aware of food allergies, has a procedure in place to manage food allergies and other special dietary requirements within school. Visit www.anaphylaxis.org.uk/schools/help-for-schools for information on managing allergies in schools. Assessment, evaluation and reviewing packed lunches will be regularly reviewed by: teaching staff / catering staff / midday meal supervisors / pre-identified pupil packed lunch helpers. Healthy lunches will be rewarded with stickers / certificates / congratulatory letters home /. Where packed lunches that are not in line with the packed lunch policy are brought into school, leaflets will be included in the packed lunch to go home and unhealthy items will be substituted with a healthy option by the school and the unhealthy item will be returned to parents at the end of the school day. 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 and offered the option to swap to school dinners. We encourage all children to eat school lunches. However, parents of pupils wishing to have packed lunches for a particular reason are expected to provide their children with packed lunches, which are in line with our packed lunch policy. In turn, the school will keep the parents informed of any governmental changes that may affect policy change.

Websites referred to in the policy

www.childrensfoodtrust.org.uk/schools/the-standards

<https://www.foodforlife.org.uk/>

<https://www.family-action.org.uk/what-we-do/children-families/breakfast/>

Additional Websites

<https://www.healthyschools.org.uk/>

<https://www.gov.uk/school-meals-healthy-eating-standards>

Examples of a Healthy Lunch Box



- EXAMPLE 1**
- Hummus dip
 - Carrot sticks
 - Snow peas
 - Strawberries
 - Lean ham, reduced fat cheese and tomato sandwich on wholegrain bread
 - Plain milk (reduced fat)
 - A banana
 - Tap water

Try getting your kids to help you make up their lunch boxes. They're more likely to eat their food if they helped make it.



- EXAMPLE 2**
- Snow peas
 - Strawberries
 - Grated cheese (reduced fat)
 - Wholegrain roll with mashed hardboiled egg, light mayonnaise and lettuce
 - Tzatziki dip
 - Carrot sticks
 - Tap water

