



*To believe, to achieve, to succeed – together*

## **Packed Lunch Policy**

Our Mission Statement is:

**'To enjoy school, achieve our best and lay the foundations for life long independent learning.'**

*We do this by:*

- Having high expectations of academic achievement and behaviour by continually challenging monitoring and raising standards in order to evaluate the needs of individual pupils
- By continually enhancing our unique site so that we provide a healthy and safe environment which is happy, purposeful, encouraging yet stimulating and creatively structured
- Nurturing every one's emotional and spiritual development through Christian values and the positive caring ethos of the school
- Ensuring we develop self respect and an appreciation of the needs and views of others
- Providing a broad and balanced imaginative curriculum that promotes individual learning styles and develops reflective learners, independent and collaborative thinkers and decision makers
- Seeing all children as individuals, valuing their different strengths and achievements and equipping them to be successful in the modern world

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- Developing and maintaining strong links and a shared vision with our families and local church and community networks

- Nurturing a positive relationship between home and school that ensures a strong learning partnership along side mutual respect
- Ensuring fairness and equality of opportunity for all in our inclusive learning environment so that all children have a positive experience of school life and their individual needs are met

### **Aims and Objectives**

We aim 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 we provide via our hot school meal service, which is regulated by national standards.

### **Context**

Croughton All Saints C of E is a small village school on the edge of the Northamptonshire, Oxfordshire border. 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**

Croughton All Saints CE 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

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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 committed to:**

- Make a positive contribution to children's health and Healthy School Status
- Encourage 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
- Contribute to the self-evaluation for review by Ofsted Inspection

### **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.)

### **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 monitored by teaching staff and lunch time supervisors on a regular basis.

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

We believe in free choice and have obtained the services of Nourish to provide healthy school meals. Pupils and parents have the option of purchasing a healthy hot meal or providing their own healthy packed lunch.

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By following National Guidelines, the school expects all parents and carers to provide their children with packed lunches that conform to the Government's recommendations and expectations.

### **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 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.

### **Food and drink 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 keep the food fresh
- Where ever possible the school will ensure that packed lunch pupils and school hot dinner pupils will be able to sit and eat together

A balanced packed lunch should contain:

- Starchy foods. These are bread, rice, potatoes and pasta, and others.
- Protein foods. These are meat, fish, eggs, beans and others.
- A dairy item. This could be cheese or yoghurt.
- Vegetables or salad, and a portion of fruit.

Starchy foods are a good source of energy, and should make up a third of the lunchbox. But don't let things get boring. Instead of sandwiches give children bagels, pitta bread, wraps and baguettes. Use brown, wholemeal or seeded bread, not white bread.

Get ideas for healthy [starchy foods](#).

Children often like food they can eat with their fingers, so chop up raw veggies such as carrots or peppers, and give them houmous or cottage cheese to dip the

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veggies in. Breadsticks and wholemeal crackers are great finger foods and they can be spread with low-fat soft cheese or eaten with reduced-fat cheddar and pickles.

Replace chocolate bars and cakes with fresh fruit, dried fruit.

Vary the fruit each day and get them to try new things, like kiwi or melon.

Unsalted nuts are a great snack food for children to have at home, but it's best to leave them out of your child's packed lunch. Many schools ban nuts to protect pupils with a nut allergy.

Here are more ideas for [healthy food swaps](#).

You could also make up a tasty fruit salad. Be inventive and encourage your children when they try something new.

### **Making healthier food**

It may take a while for your children to get used to a healthier lunchbox. But it will be worth it for their health, so keep trying.

You can help by eating a wider range of foods at home, as a family. For ideas on how to introduce more fruit and vegetables into your family's diet, read [5 A DAY and your family](#).

Reading supermarket food labels can help you to buy healthier foods for your child's lunch, and for family meal times. Learn more in [Buy healthier food](#).

Save chocolate and cakes for occasional treats. Remember to praise your child when they've tried something new, to show your encouragement.

### **Special diets and allergies**

Be aware of nut allergies. We recommend you visit the [www.allergyinschool.co.uk](http://www.allergyinschool.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.

