

Beam County Primary School Pack Lunch Policy



Aim

To make sure that children who bring a lunch from home to eat in school (or on school trips) have food which is just as healthy and nutritious as the food served in the school, which is regulated by national standards.

Why do we need a policy?

The government has placed a duty on schools to ensure that every child is healthy and has invested hugely in improved school meals, free fruit for schools and the school food trust which encourages healthy eating. The trust recommends we have a policy and this one is based on their model. Eating healthily is important because it will help children to:

Be fitter and healthier now and in later life

Learn quicker and behave better.

School meals can form to government nutritional guidelines with less sugar, fat and salt and more fresh fruit and vegetables. School lunches also provide a good balance of complex 'carbohydrates' such as pasta, rice, bread or potatoes with dairy and other protein foods.

The policy

- Drinking water is available for pupils bringing in packed lunches.
- The school will provide attractive and appropriate dining room arrangements.
- The school will work with parents to ensure that packed lunches are in-line with the guidance below.
- The school will allow children eating packed lunch or school meals to sit together.
- Parents will provide children with a suitable container for their child's packed lunch.
- Children must only eat their own food and not other children's.

Guidance

Suggestions for food to include in a healthy packed lunch:

- At least one portion of fruit and vegetables everyday
- Meat, fish or other source of non dairy protein (e.g. lentils, kidney beans, chick peas, soya or hummus) every day (usually as part of a sandwich, roll or salad)
- Oily fish such as pilchards, salmon or tuna occasionally
- A starchy food such as bread, pasta, rice, couscous, noodles, potatoes or other type of cereals should be included every day
- Dairy food such as milk, cheese, yoghurt, fromage frais or custard
- A drink: water is best followed by semi-skimmed or skimmed milk, sugar free squash, no added sugar juice drinks, drinking yoghurt, milk drinks or smoothies
- Cereals bars rather than cakes or biscuits, plain biscuits are allowed but should be part of a balanced meal

Foods to be avoided:

- Nut or nut products (although they can be very healthy) because of the danger to other children with allergies
- Fizzy drinks
- Sweets
- Crisps
- A bar of chocolate
- Sugary drinks
- Any food which has been fried in oil

Special diets

The school also recognises that some pupils may have verified medical conditions which will need to be brought to the attention of the Headteacher. They may require special diets that do not allow for the standards to be met exactly. Pupils on special diets following verified medical advice will be given due consideration.

Assessment, evaluation and reviewing

Packed lunches are reviewed by lunch time staff as part of their supervision of the children. Children eating healthy lunches will be rewarded with stickers. Pupils/parents who are not following the guidance will be given a polite written reminder of the school policy and may be asked to come in for a consultation with the Headteacher.

Publication of the policy

The school will write to all new and existing parents/carers to inform them of the policy via the school newsletter. The policy will be available on the schools website and will be incorporated into the school prospectus. All school staff, including teaching and catering staff will be informed of this policy and will support its implementation.

Deated: 19.04.16