



Whole School Food Policy

Review Frequency	Biannual
Most Recent Review	Autumn 2021
Next Review Due	Autumn 2023
Head Teacher	Leah Wright
Governor	

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 food now served in school and regulated by national standards.

To make a positive contribution to children's health by encouraging healthy eating habits. The packed lunch policy fits within a wider context of promoting a whole school approach to food and healthy eating.

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 later in life.
- be more attentive and ready to learn during lessons.

School meals conform to government nutritional guidelines with less sugar, fat and salt and fresher 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. There is no reason why a packed lunch cannot provide the same nutrition as a cooked meal. Please visit www.schoolfoodtrust.org.uk for more information.

Who does it apply to and when and where?

This policy applies to all pupils and parents providing packed lunches to be eaten within school or on school trips during normal school hours.

- The school will provide facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is available.
- 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 are as close as possible to the guidance below.
- Whenever possible, the school will allow children eating packed lunch or school meals to sit together.
- Parents will need to provide children with a suitable container which they can actually eat the lunch from (rather than need to take food out and place it straight onto the table). A plastic box with a removable lid is ideal.
- Children must only eat their own food and no other children's. The policy has taken account of children's opinions, and, after a packed lunch survey conducted by the pupil council, a list of agreed treats is included for Friday packed lunches.

The Eating Environment

- All pupils eat in the dining hall with their own class and then move into the playground.
- Pupils who eat packed lunches are encouraged to sit with those who are having school meals.
- In all classrooms, a fruit break and water bottle areas are allocated by class teachers for children to store their healthy snacks.
- In EYFS and KS1, fruit and/or vegetables are provided for the children daily.
- KS2 are now encouraged to bring their own fruit from home as a snack at break time.

Lunchtime champions:

The school council will have the responsibility alongside members of staff such as SMSAs to ensure healthy lunch is being eaten. Each year group will have lunchtime champions, who work Monday to Thursday, will award tokens to pupils who eat salad or vegetables, fruit, and no junk food. Pupils put their token in the token collector tube labelled

with their year group. The year with the most tokens at the end of every half term will receive a reward, such as a half day of active games organised by PSHE/PE lead or a reward of their choice.

Suggestions for food to INCLUDE in a healthy packed lunch

- At least one portion of fruit or vegetables every day.
- Meat, fish or other source of non-dairy protein (e.g. lentils, beans, 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, noodles, potatoes or other type of cereals 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, drinking yoghurt, milk drinks or smoothies.
- Cereal bars rather than cakes and biscuits.
- Pretzels, seeds, fruit, crackers and cheese, and vegetables or bread sticks with a dip.

ON A FRIDAY pupils can include one of the following snacks: crisps, biscuits, pastries, bars or a small cake.

Suggestions for food to NOT TO INCLUDE in a healthy packed lunch

(These are all foods we have already asked children not to bring to school).

- Confectionery such as chocolate bars. Sweets are not allowed at lunch or any other time.
- Nut or nut products (although they can be very healthy) because of the danger to other children with allergies.
- Fizzy drinks as these are mostly very unhealthy and are likely to make a mess and spoil food.
- Any foods which have been fried in oil.
 - To ensure consistency, our school meals provider has been consulted and no longer serves chocolate based products.

Special diets:

The school also recognises that some pupils may have verified medical conditions requiring 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.

Special occasions/birthdays:

When a child is celebrating their birthday, instead of bringing sweets for their class, they may purchase a book and bring it to the office to place a plaque inside that states the child's name and birthday. This book will then be put inside the class library.

Guidance:

A packed lunch policy poster will be displayed across the lunch hall and will be given to parents in the induction meeting. See appendix 1. Parents will also be given guidance on what a healthy lunchbox entails. Parents will also be provided with a lunch box ideas with various options to include in their child's lunchbox.

Breakfast

Breakfast is an important meal that should provide 25% of a child's energy requirement and contribute significantly to their vitamin and mineral requirements.

The school operates a breakfast club that provides a nutritious meal for pupils before the school day. The breakfast menu includes: toast and cereal including: Weetabix, Rice Crispies, Cheerios, almond milk, milk and fruit juice.

Use of food as a reward

The school does not encourage the regular eating of sweets or other foods high in sugar or fat, especially as a reward for good behaviour or academic or other achievements. Other methods of positive reinforcement are used in school. These include complimentary remarks, stickers, stars and assembly certificates amongst others. Food is not used for end-of-term presents to pupils.

For exceptional events such as school discos, food rules may be relaxed through consultation with the Headteacher. In these cases, healthy options will continue to be provided and encouraged.

Drinking water

The National Nutritional Standards for Healthy School Lunches recommend that drinking water should be available to all pupils, every day and free of charge.

The school agrees with this recommendation and provides a free supply of drinking water. Every classroom has access to water, we encourage pupils to bring in a named water bottle and water is available at lunchtime.

Assessment, evaluation and reviewing:

Packed lunches are reviewed by lunchtime staff as part of their supervision of the children. Children, who are showing good behaviour at lunchtime and making an effort to try new healthy foods, will be rewarded with stickers and praise. Children, who have fruit, vegetables/salad and no junk food in their packed lunch, will receive a token. Pupils/parents who are not following the guidance will be sent home a written reminder of the packed lunch policy.

Pupils' on special diets following verified medical advice will be given due consideration.

Cross curricular links

PE

Pupils to be made aware of the importance of a healthy diet and to recognise the links between healthy diet and physical activity for both their short term and long term wellbeing.

Gardening

Pupils are involved in growing foods in the outdoor areas, developing an understanding of where food comes from.

Publication of the policy:

- The school will inform all current parents of the policy via the school newsletter, copies will be sent home to children, who regularly bring a packed lunch to school.
- The policy will be available on the school's website.
- All school staff, including catering staff, will be informed of this policy and will support its implementation.

8. Policy Review

This policy will be reviewed every two years as part of the school's agreed policy review process.

Signed: 

Date: 09/11/2021

Policy review date: October 2023