

**Northern Lights Learning Trust  
Hart Primary School**



# **Packed Lunch Policy**

<b>Review Date:</b>	<b>Autumn 2021</b>
<b>Next Review Due:</b>	<b>Autumn 2024</b>
<b>Person in Charge:</b>	<b>Head Teacher</b>
<b>Governance:</b>	<b>Chair of Governors</b>

## Policy for Packed Lunches.

### People involved in policy formation:

Headteacher  
Subject Leaders  
Children  
Local Governing Body

### This policy should be read in conjunction with the following policies:

SHRE

### Aims

To ensure that all packed lunches brought from home and consumed in school and on educational visits provide the pupils of Hart Primary School with healthy and nutritious food that is similar to the food served in school, which is now regulated by national standards.

To improve the health of pupils, staff and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet.

To ensure that children are well nourished throughout the day and that every pupil has access to safe, tasty and nutritious food and a safe, easily available water supply during the school day.

To make the provision and consumption of food a healthy, enjoyable and safe experience throughout the whole school day

### Rationale

It is widely accepted that children need to develop lifelong skills and an understanding of Healthy growth and living. At Hart Primary School , we seek to actively develop these skills together with developing an increasing understanding so that children are able to learn more effectively [eg through access to water and healthy food], are a healthy weight so that their life chances are high and are physically fit and strong.

The ethos of school as a health promoting environment will be embedded in our daily lives and the Hart Curriculum.

School recognises the important connection between healthy eating and a pupil's ability to learn effectively and achieve high standards in school. It also recognises the role the school can play, as part of the larger community, to promote family health and well-being.

The school aims to make a positive contribution to children's health.

- To encourage a happier and calmer population of children and young people.
- To promote consistency between packed lunches and food provided by schools which, from January 2015, must adhere to national standards set by the government.

(<http://www.schoolfoodplan.com/actions/school-food-standards/>)

## Guidelines

- School will provide facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is readily available at all times.
- School will work with the pupils to provide attractive and appropriate dining 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 stop the food going off.
- Wherever possible, the school will ensure that packed lunch pupils and school dinner pupils will be able to sit and eat together in the same dining environment.
- Pupils must be able to open and eat the packed lunch provided independently unless a child has identified needs.

### Packed lunches should where possible include:

- at least two portions of fruit
- at least vegetables every day.
- meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus, and falafel) every day
- oily fish, such as salmon or sardines at least once every three weeks.
- a starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes, savoury crackers, breadsticks or other type of cereals every day. (Not cereal bars)
- dairy food such as milk, cheese, yoghurt or fromage frais everyday
- only still water, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies.

### We discourage packed lunches containing:

- Multiple servings of confectionery such as chocolate bars, chocolate-coated biscuits and sweets and cakes.
- Meat products such as sausage rolls, individual pies, corned meat and sausages / chipolatas.
- Crisps

### Packed lunches should **not** include:

Hot food – food will not be heated in school.

Pasties

Nuts

Food which may cause a severe allergic reaction to another pupil

**Children must bring packed lunches to school on a morning.**

**School will not accept deliveries of lunches from shops or food outlets. (such as Greggs etc)**

## Special diets and allergies

Hart Primary School is aware of nut allergies and other allergies. School knows to access <https://www.allergyuk.org/> website for accurate, reliable information on managing allergies in schools. School 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.

## **Monitoring and review**

Monitoring will regularly take place by the Headteacher

Packed lunches will be regularly reviewed by staff on lunch duty and midday meal supervisors.

Healthy lunches will be rewarded by general praise in line with school policy.

Parents and pupils who do not adhere to the Packed Lunch Policy will receive notification and a link to the Policy.

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.

Any pupils with special diets will be given due consideration

## **Moving onto Packed Lunch**

Parents and carers must give notice to move to packed lunches the half term prior to the term when packed lunches are to begin. This request must be made in writing to the school office by letter or email.

Pupils who move from Free Universal School Meals in Year 2 to paid lunches in the Autumn Term of Y3 must inform the school in the Summer Term of Y2 that they will be moving to packed lunch.

Movement from packed lunch to dinners can be immediate.

## **Dissemination of the Policy.**

The policy will be available in school in line with all other policies.

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