

St John's Upper Holloway CE Primary School



Packed Lunch policy

January 2024

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School Vision Statement

Our Vision

Jesus said: 'Love each other as I have loved you'. John 15:12

As we are loved, so we shall love.

As we are taught, so we shall teach.

As we are nurtured, so we shall flourish.

Our Mission

- St John's is a small, caring Church of England Primary School. It is committed to supporting our pupils to be happy, successful and fulfilled throughout their lives. We believe that everyone is unique and valued by God. We aspire to be a high achieving school that provides an outstanding education:
 - ❖ promoting the highest standards of teaching and learning, with excellent leadership
 - ❖ being inclusive, celebrating diversity and valuing all religions, faiths, cultures and backgrounds
 - ❖ providing a rich and stimulating curriculum that will inspire and challenge
 - ❖ being a happy, healthy and safe place
 - ❖ providing excellent care, guidance and support with a strong partnership between school, parents and the community.

We seek to promote six Christian values of creativity, thankfulness, truthfulness, friendship, perseverance and courage, each linked by our core value of love. We believe these help to prepare our children for a successful and fulfilling life, so being:

- considerate and respectful with excellent manners
- confident, happy, independent and self-motivated
- co-operative and collaborative
- honest and trustworthy
- resilient, hardworking and determined
- highly principled with moral, spiritual, cultural and social awareness, including shared British Values.

Background

This policy is part of our whole school food policy, and aims to give clear guidance to parents and carers, pupils, governors and staff on providing a healthy packed lunch.

We believe that a healthy packed lunch can contribute to the health of children and young people and needs to be consistent with the nutritional standards provided by school meals.

This policy applies to all packed lunches consumed within school, on school trips and school journeys taking place during the school day. It also applies to packed lunches provided by the school.

This policy has been developed by drawing on key government guidance associated with healthy eating and the school day. It also links to our participation in the national child measurement programme (NCMP). The Eatwell Plate demonstrates how to get the balance right, by showing the proportion of each of the five food groups that should be eaten each day (see appendix A). School meals and packed lunches represent a third of a child's daily intake of foods and nutrients, which presents a great opportunity to promote healthy food choices for children and young people. The School Food Trust (SFT) provides regulations for healthy school meals and packed lunches (see appendix B), and this recommends that foods from the high fat and/or sugar group on the Eatwell plate (eg. crisps and chocolate) should not be included in a packed lunch and should be consumed out of school hours.

This policy has been developed in consultation with parents and carers, pupils, governors and staff.

Responsibility

It is the responsibility of the PSHCE leader for developing and monitoring the packed lunch policy. This is done in consultation with the Headteacher, parents, lunchtime supervisors and the local authority.

Content of packed lunches

Foods to include:

We ask that all packed lunches be based on the School Food Trust's food based standards for packed lunches (appendix A) and should include the following:

- **Fruit and Vegetables:** at least one portion of fruit and one portion of vegetables
- **Protein:** meat, fish, egg or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus and dhal). Oily fish is particularly good, such as tinned or fresh mackerel, sardines and salmon, and fresh skipjack tuna (tinned tuna is not counted as an oily fish)
- **Carbohydrate:** starchy food such as bread, pasta, rice, couscous, noodles, potatoes, chapattis and roti.

- **Dairy:** food such as cheese, yoghurt, fromage frais, or calcium fortified soya products, reduced fat versions of these should be used where possible
- **Drinks:** water only
- **Fruit** based pudding such as fruit salad, tinned fruit with yoghurt or custard, fruity rice pudding, fruit based crumble

Foods to avoid or limit:

- Meat products high in fat such as sausage rolls, individual pies, corned meat and sausages/chipolatas

Packed lunches should not include any of the following:

- Fizzy/sugary drinks in cartons, bottles or cans (including diet drinks and energy drinks which can contain high levels of caffeine and other additives which are not suitable for children)
- Confectionery such as chocolate bars, chocolate-coated biscuits and sweets
- Crisps, cakes and biscuits
- Chocolate spread as a sandwich filling.

Special diets and allergies

We ask that parents/carers be aware of nut allergies and so do not allow any products containing nuts in packed lunches.

The school recognises that some pupils may require special diets that do not follow the national food standards exactly. In this case parents and carers are asked to make sure that packed lunches are as healthy as possible. For these reasons pupils are also not permitted to swap food items.

Packed lunch containers

We ask that pupils and parents/carer

- Provide a packed lunch container where food items can be stored securely and appropriately until the lunchtime period.
- Bring packed lunches in reusable plastic containers, rather than disposable plastic bags and bottles.

Staff

To support a whole school approach, staff are encouraged to comply with the policy when bringing in packed lunches and eating these with pupils (for example during school trips or when seated with the children in the dining hall).

Facilities for packed lunches

We will

- provide appropriate facilities to store packed lunches
- provide free, fresh drinking water
- provide appropriate dining room arrangements for all pupils, regardless of whether they have school lunches or packed lunches, and wherever possible, ensure that pupils with a packed lunch and pupils having school meals, are able to sit and eat together.

Monitoring

To promote healthy eating the school council and the PSHCE leader will regularly monitor the content of packed lunches and involve pupils and staff. We will talk to parents and carers where necessary and offer advice and guidance on bringing healthy packed lunches.

Working with parents and carers

We hope that all parents and carers will support this packed lunch policy. We will offer advice and guidance to parents/carers on packed lunches in the form of workshops and leaflets. We understand that parents may have concerns with regards to the food guidelines and it is been made clear to them (through letters regarding the policy) that we will be sensitive to individual needs.

Policy Review

This policy will be reviewed as part of the schools agreed policy review process. In addition any major legislative or governmental changes regarding school food may lead to this policy being amended.

Approved: Jan 24

Review: Jan 26

Signed by head teacher _____ date _____

Signed by chair of C&S committee _____ date _____

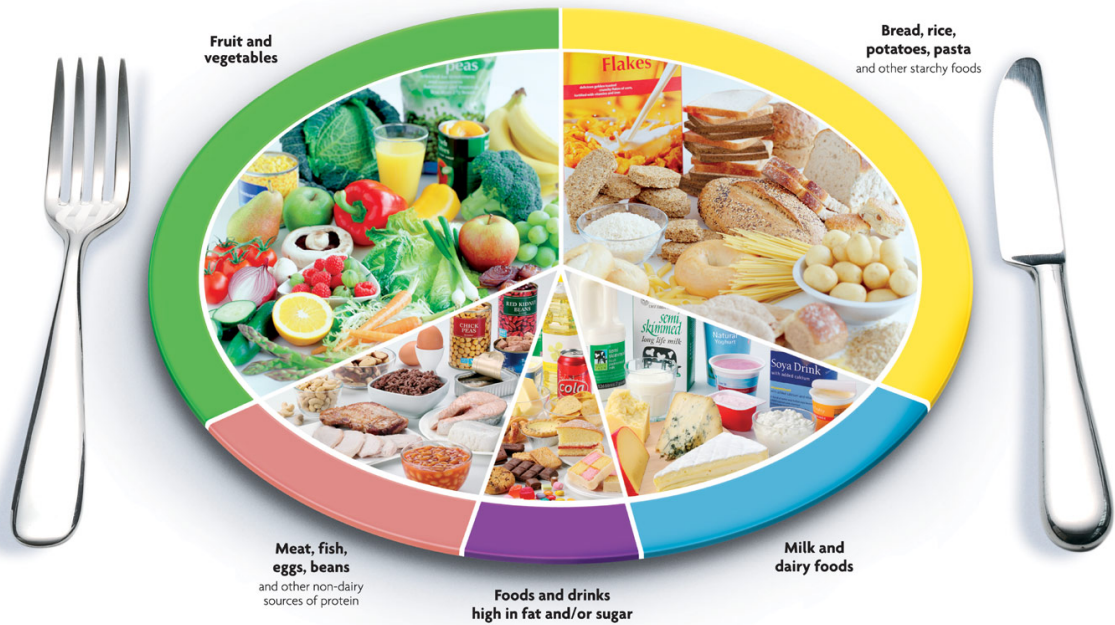
Appendix A

The Eatwell Plate Model A balanced diet should be based on the Eat Well plate model.

The eatwell plate



Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.










Appendix B

The School Food Trust Food Based Standards for Packed Lunches




Packed lunches should follow these food-based standards:

At a glance - the NEW packed lunch policy

For a balanced packed lunch select these healthier foods and drinks

	Fruit and Vegetables	Include at least one portion of fruit and one portion of vegetables or salad every day.	✓
	Meat & Alternatives	Meat, fish or another source of non-dairy protein should be included every day. Non dairy sources of protein include lentils, kidney beans, chickpeas, hummus, peanut butter† and falafel.	✓
	Oily Fish	Include oily fish, such as salmon, at least once every three weeks.	✓
	Starchy Food	A starchy food such as any type of bread or pasta, rice, couscous, noodles, potatoes or other cereals, should be included every day.	✓
	Milk and Dairy Food	Include a dairy food such as semi-skimmed or skimmed milk, cheese, yoghurt, fromage frais or custard every day.	✓
	Drinking Water	Free, fresh drinking water should be available at all times.	✓
	Healthier Drinks	Include only water, still or sparkling, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies.	✓

Avoid including these foods in packed lunches

	Snacks	Snacks such as crisps should not be included. Instead, include nuts†, seeds, vegetables and fruit (with no added salt, sugar or fat). Savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice.	✗
	Confectionery	Confectionery such as chocolate bars, chocolate-coated biscuits and sweets should not be included. Cakes and biscuits are allowed but encourage your child to eat these only as part of a balanced meal.	✗
	Meat Products	Meat products such as sausage rolls, individual pies corned meat and sausages/chipolatas should be included only occasionally.	✗

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**NO NUTS OR NUT PRODUCTS ARE ALLOWED IN PACKED LUNCHES
(this includes chocolate spread)**