

Nanpean Community Primary School
Nurturing Children's Passion to Succeed



Healthy Packed Lunch Policy and Guidelines

Headteacher: Mr Nicholls

Chair of Governors: Mrs Watts

Approved by Governors (Date): 08/02/2022

Next Review (Date): January 2025

Healthy Packed Lunch Policy and Guidelines

2022

Overall Aim Of Our Guidelines

To ensure that all packed lunches brought from home and consumed in school provide pupils with healthy and nutritional food that is similar to the food we serve in school, which is regulated by national standards.

Our Aims

- To make a positive contribution to our pupils health and our healthy schools status.
- To promote consistency between packed lunches and the food provided in school.
- To encourage a happier and calmer atmosphere for pupils and staff by ensuring equality of the food consumed in school.
- To contribute to the self-evaluation for review by Ofsted.

National Guidance

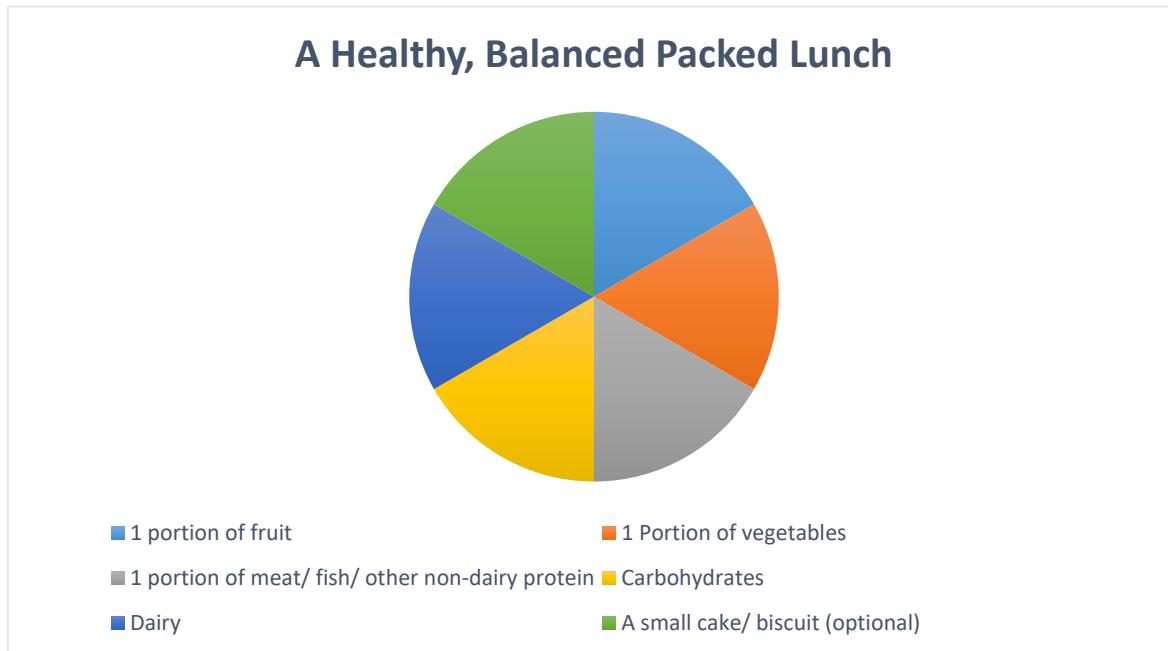
The guidelines were drawn up using a range of national documents, including information from the School Food Trust and the Food in Schools Toolkit.

Who do the guidelines apply to?

The guidelines apply to all pupils and parents providing packed lunches to be consumed within school or on school trips during normal school hours.

Food and drink in packed lunches

- We will provide facilities for pupils bringing in packed lunches and ensure that fresh drinking water is readily available at all times.
- The school will work with pupils, usually via the School Council, to provide attractive and appropriate dining hall arrangements.
- The school will continue to work with parents to advise them as to 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 to stop food ‘going off’.
- Wherever possible we will ensure that packed lunch pupils and school dinner pupils will be able to sit and eat together.



Packed lunches should include:

- At least one portion of fruit and one portion of vegetables every day.
- Meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus) every day.
- Oily fish, such as salmon, at least once every three weeks.
- A carbohydrate food such as wholemeal or granary bread, pasta, rice, noodles, potato salad every day.
- Dairy food such as milk, cheese, yoghurt or custard every day.
- Only normal water (carbonated water is acceptable), no added sugar squash, semi skimmed milk or smoothies.
- One small treat such as crisps, biscuit or cake (not all three)

Packed lunches should not contain:

- Confectionery such as chocolate bars and sweets. Cakes and biscuits are allowed, but these should only be eaten as part of a balanced meal and are limited to one serving per lunchtime. We do not permit sweets to be eaten at school.
- Meat products such as sausage rolls, individual pies, corned meat and sausage / chipolatas should be included only occasionally.

Special Diets and Allergies

Parents need to be aware of nut allergies. We also recognise that some pupils may require special diets that do not allow for the standards to be met exactly. In this case we urge you to be responsible in ensuring that packed lunches are as healthy as possible. For these reasons we ask that pupils do not swap food items.

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Monitoring of Lunches

Staff on duty, lunchtime supervisors and catering staff will monitor the contents of packed lunches.

Staff will not take food off a child if it is considered unhealthy, instead, they will follow these procedures:

- If any concerns regarding a child's packed lunch are noted, this will be raised in the first instance with the child's class teacher, who will speak with the parent.
- If this does not have a positive effect on the child's lunch, this will be raised with the Headteacher.
- If no measures put in place allow the child to have a packed lunch that meets the standards described above, the child will be expected to take up the school dinner option.

School dinners are free to children in Reception to Year 2 under the Universal Infant Free School Meal (UIFSM) scheme and to children in Years 3 to 6 if they are in receipt of Free School Meals. For other children, school dinners cost £2.35 per day.

Playtime 'Tuck' food options

Nanpean School has adopted a Healthy Tuck Policy, in line with Government expectations in relation to the Healthy Schools Award (recently gained by Nanpean School in September 2019). As a result of such guidelines, and from September 2019, children are only allowed to eat fruit for their tuck on a Monday to Thursday. However, in order to teach the children about a Healthy Balanced Diet, we allow a small chocolate bar or small packet of crisps on Friday playtimes in what is classed as our 'Treat Friday'.

Review and Evaluation

Any issues arising from this will be raised with pupils via the School Council.

Serious concerns will be highlighted to the Senior Leadership Team.

Links to school policies / other areas

The guidelines are relevant to, and therefore compliment of, the School Food Policy. They also link into Curriculum learning in food technology, PHSE, Science etc...

Dissemination of the policy:

- We will include a copy of the guidelines to all new pupils and parents / carers.
- We will make regular reference to the guidelines via the school newsletter.
- The guidelines will be available on the school website.
- We will use opportunities such as parent evenings, open evenings etc... to promote the guidelines 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 be encouraged to support its implementation.

Date approved by Governors: February 2022

Next Review Date: January 2025