



ST PAUL'S CATHOLIC PRIMARY AND NURSERY SCHOOL

Our school is a place of learning
A place of love

Packed Lunch Policy

Aim

To ensure 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 school and 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, free school meals for children in Reception, Years 1 and 2 and The School Food Trust which encourages healthy eating. The trust recommends that schools have a Packed Lunch Policy.

Eating healthily is important because it will help children to;

- Be fitter and healthier now and later in life.
- Learn quicker and behave better.

School meals conform 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. A packed lunch should provide the same nutrition as a cooked meal.

Who does this policy 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.

This policy has taken account of the children's opinions and after consultation it has been agreed that Friday's should be Fun Friday. This is in line with the school's Fun Meals on a Friday, when children may have pizza and chips.

A balanced diet and life style means that foods that are not so 'good' are a treat and can be eaten on occasion. Therefore a list of agreed upon treats is included for Friday packed lunches, Christmas parties, school trips and birthdays.

- Christmas Parties – children may bring in party food as directed by the class teacher (No nuts policy still stands).
- School Trips – children may bring an item from Fun Friday list (see below) as a treat.
- Birthdays – children may bring in sweets for their class (no nuts)

Suggestions for food to include in a healthy packed lunch

- At least one portion of fruit or vegetable every day.
- Meat, fish or other source of non-dairy protein (e.g. lentils, beans, soya or hummus), every day
- Oily fish such as pilchards, salmon or tuna
- A starchy food such as bread, pasta, rice noodles, potatoes or other type of cereal every day.
- Dairy food such as milk, cheese, yoghurt, fromage frais or custard.
- A drink: water is best, milk, sugar free squash, drinking yoghurt, milk drinks or smoothies.
- Cereal bars rather than cakes or biscuits
- Seeds, crackers and cheese, vegetables or bread sticks with a dip

Suggestions for food to include ON A FUN FRIDAY in a healthy packed lunch.

- Snacks such as crisps
- Chocolate coated biscuits or wafers
- Small cakes e.g. fairy cakes, cake bars, muffins
- Small pudding pot e.g. chocolate mousse)

Foods that should not be brought into school

(These are foods that we have already asked not to be brought into school)

- Confectionery such as chocolate bars.
- Sweets
- Nuts or nut products (although they can be healthy there is a very serious risk to other children with allergies).
- Fizzy drinks

Special Diets

The school recognises that some pupils may have verified medical conditions requiring special diets that do not allow for the standards to be met exactly. When informing the school that a child has a medical condition or allergy, supporting medical evidence must be provided and due consideration will be given to this.

All school staff (teachers, teaching assistants, catering staff and midday supervisors) will support the implementation of this policy. Children eating healthy lunches will be rewarded with stickers and other awards.

Pupils/ parents who do not follow the guidance will be reminded of this policy. Continued disregard for the policy will be followed with a written reminder and if necessary a meeting with the Headteacher or Deputy Headteacher.

Policy written: November 2014

Reviewed: Annually