

Barkisland CE VA Primary School

Packed Lunch Policy



Purpose of the Policy

This policy aims to ensure that pupils at Barkisland CE VA Primary School have access to healthy and nutritious packed lunches, promoting their overall health and well-being. It aligns with our school vision of nurturing and succeeding, while respecting the diverse needs of our pupils.

Scope

This policy applies to all pupils, staff, parents, and guardians who are involved in the provision and consumption of packed lunches at Barkisland CE VA Primary School.

The policy applies to all packed lunches consumed within school, on school trips and school journeys taking place during the school day.

This policy also applies to children attending our Holiday Club provision.

Roles and Responsibilities

School Leadership Team (SLT):

- Ensure compliance with government legislation regarding food and nutrition.
- Monitor and review the effectiveness of the packed lunch policy.

Teachers and Staff:

- Promote healthy eating habits and educate pupils about nutrition.
- Supervise packed lunch consumption during lunch breaks.

Parents and Guardians:

- Provide packed lunches that meet the school's nutritional guidelines.
- Encourage healthy food choices at home.

Pupils:

- Take responsibility for their own packed lunches.
- Engage in discussions about healthy eating and nutrition.

Special Diets and Allergies

Parents should inform the school of any specific dietary requirements or allergies, and the school will provide guidance on suitable packed lunch options for their child or for the school as a whole.

We do have pupils in school with NUT allergies, therefore, we are a NUT FREE school. Packed lunches must not contain any nuts or products which contain nuts e.g Nutella.

The school recognises that some pupils may require special diets that do not follow the National Food Standards exactly. In this case parents/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.



Nutritional Guidelines

Packed lunches should aim to include a variety of food groups to ensure a balanced diet. The following guidelines should be adhered to:

- **Fruits and Vegetables:** At least one portion of fruit or vegetable.
- **Protein:** Options such as lean meats, fish, eggs, or legumes.
- Oily fish; such as tinned or fresh mackerel, sardines, salmon, tuna
- **Carbohydrates:** Wholegrain options such as wholemeal bread, rice, or pasta.
- **Dairy:** A portion of dairy such as cheese, yoghurt, or milk.
- **Drinks:** The child's water bottle will be accessible to them at lunchtime. Although an alternative drink can be brought in as part of the packed lunch such as pure fruit juice (no added sugar), semi-skimmed or skimmed milk, yoghurt, milk drinks or smoothies. No glass bottles please.
- NO FIZZY DRINKS
- **Puddings:** should be fruit based such as fruit salad, tinned fruit with yoghurt or custard, fruity rice pudding, fruit smoothies, fruit based crumble or a sweet desert limited to one small treat, such as a biscuit or a bun or piece of cake.

Packed lunches should not include any of the following:-

- Glass bottles or containers.
- Fizzy/sugary drinks in cartons, bottles or cans (including diet or energy drinks which can contain high levels of caffeine and other additives which are not suitable for children)
- Sweets
- Peanuts and any nut products.

If these items are found in lunch boxes they will be removed and returned to a parent at the end of the school day. Children will be offered an alternative of water to replace a drink and fruit to replace food item.

Packed lunch containers

We ask that parents/carers and pupils:-

- Provide a packed lunch container where food items can be stored securely and appropriately until the lunchtime period. We recommend parents/carers to include an ice pack with packed lunches, to reduce the risk of harmful bacteria growing if left in warm temperatures. Bring packed lunches in reusable plastic containers, rather than disposing of plastic bags and bottles.
- Thermos flasks or containers with warm/hot food are not allowed as we are unable to regulate the temperature of these foods.

Facilities for packed lunches

We will: -

- Provide free, fresh drinking water
- Provide appropriate dining room arrangements for all pupils, regardless of whether they have a school lunch or packed lunch. All pupils regardless of their meal choice are able to sit together in the hall.

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 if required.



If parents wish their child to begin having a school dinner, all least two weeks' notice is required in line with the school meals menu cycle.

Review Mechanisms

This policy will be reviewed annually by the School Leadership Team to ensure its effectiveness and relevance. Feedback from pupils, parents, and staff will be considered during the review process.

Conclusion

This Packed Lunch Policy is designed to promote healthy eating habits among pupils at Barkisland CE VA Primary School, ensuring that all packed lunches are nutritious and balanced. By working together, we can create an environment that supports our pupils' health and well-being.