

Lawns Park Primary School

Lawns Park: Learning Positivity, Learning Perseverance, Learning Patience, Learning Politeness.

Packed Lunch Policy



September 2024

Review September 2024

Accepted by Governors on

Review date September 2026

Overall aims of the guidance:

To ensure that all packed lunches brought from home and consumed in school provide the pupil with healthy and nutritious food that is in line with National Food Standards.

At Lawns Park Primary School, we want the very best lifetime opportunities for our children by giving them the best start and preparing them to be citizens of the future.

Packed Lunch Guidance

Families may prefer to provide a packed lunch. In such cases we aim to guide parents and carers to make packed lunches as healthy as they can be. Please see our packed lunch guidance for further details.

Our Packed Lunch policy is for guidance. However, we do state that sweets and chocolate confectionary bars **must not** be included in packed lunches, carbonated (fizzy) drinks are also **not permitted**.

Children may bring a small carton of juice to be consumed as part of their lunchtime meal. As a **nut free school** we must also insist that nut based products such as chocolate spread are not included in any foods packed

We recommend that your child creates their packed lunch alongside you or even independently so that they are putting their knowledge of healthy eating into practice.

Packed lunches provided for school trips as part of our Free School Meal provision comply with National Food Standards.

Any meals taken as part of on or off school site residentials will provide a balanced and healthy approach to meals and where possible we will look to use off site providers that comply with the National Food Standards.

How and why the guidance was formulated:

The government has placed a duty on schools to ensure that every child is healthy and set out clear guidelines in the National School Food Standards to encourage healthy eating. Healthy eating is also part of the statutory Health Education curriculum. Eating healthily, as part of a healthy lifestyle, is important because it will help children to:

- Be fitter and healthier now and later in life.
- Improve learning and compliance behaviours.

Our school meals conform to government nutritional guidelines with less sugar, fat and salt and more fresh fruit and vegetables. We would like our packed lunches to provide the same nutrition as a cooked meal where possible.

National guidance:

This guidance has been written to reflect the School Food Standards, revised in June 2021. It has also been written to reflect the Eatwell Plate Model of Healthy Eating and supports key outcomes of the School Food Plan. The policy supports the statutory Health Education programme of study which became statutory in primary schools in September 2020. This includes.

- Understanding what constitutes a healthy diet (including understanding calories and other nutritional content)
- The principles of preparing and planning a range of healthy meals
- The characteristics of a poor diet and the risks associated with unhealthy eating (for example obesity and tooth decay and the impact of substances on diet and health)

Where, when and to whom the guidance applies:

This policy applies to all pupils, parents and carers providing packed lunches to be eaten within school during normal school hours.

Eating arrangements:

At Lawns Park Primary school we will:

- provide facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is available meaning there is no need to include an additional drink in lunchboxes.
- provide an attractive bright and clean environment for pupils to eat their packed lunches.
- work with parents to ensure that packed lunches are as close as possible to the guidance below.
- encourage children eating packed lunch or school meals to sit together.
- advise children to only eat their own food and not other children's
- Please ensure that you keep the contents of lunchboxes cool on warmer days by using an insulated bag and / or freezer block.

Monitoring

Our School Council and/or School Food Ambassadors may carry out regular monitoring of the contents of packed lunches to ensure that we continue to meet the Healthy Schools standard. We know that you will work with us to ensure that your child has a healthy balanced meal, and what we are doing is offering helpful advice to so that all pupils have a healthy, balanced, and nutritious lunch which ensures equality for all pupils.

We will not punish unhealthy packed lunches or stigmatise children who are unable to meet the guidance.

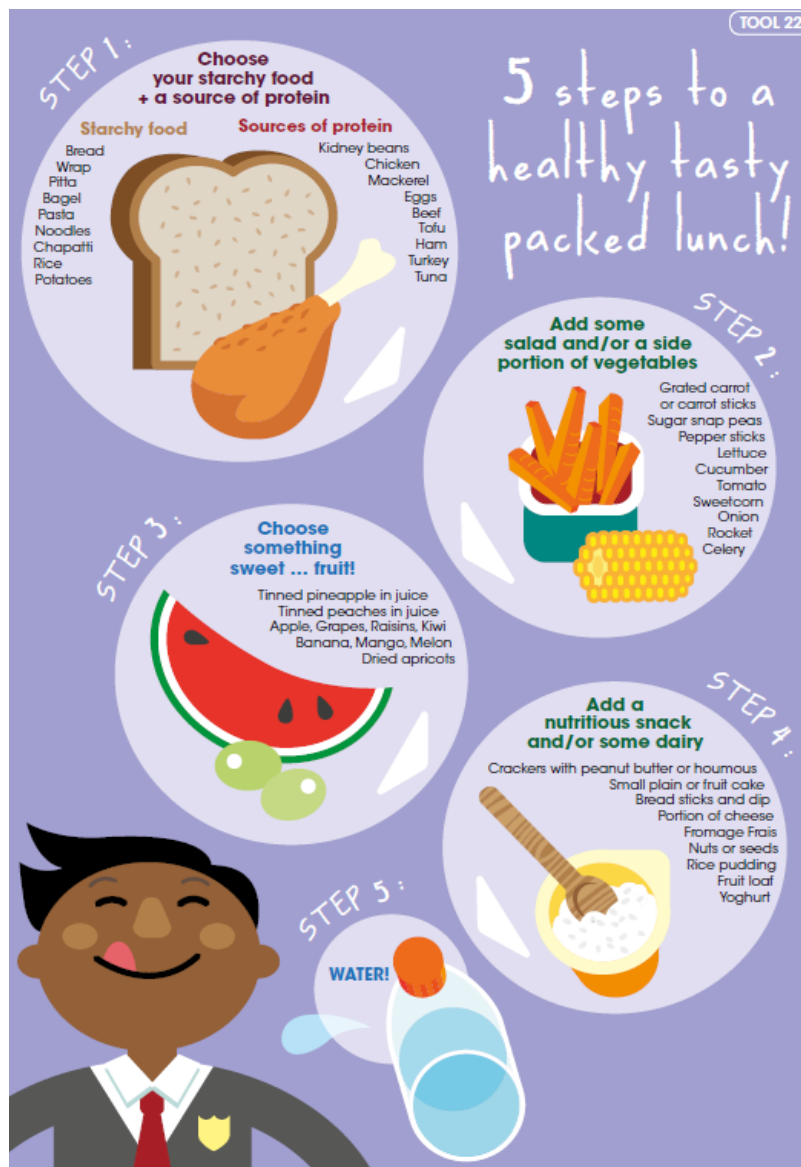
How we will support the guidance

We will support pupils through education and practical learning within our curriculum and an annual health week. In addition, all pupils during their time at school will have the opportunity to attend an after-school cooking club to learn how to prepare nutritious meals. We will ensure that messages within our 'whole school food policy' are consistent and in line with this guidance. At the end of this policy, you will find three useful documents in the appendix to help you prepare a healthy balanced packed lunch.







Review

We welcome pupils, parents and carers to discuss the content of the guidance with school at any time and offer ways to help us improve healthy eating. We will review this guidance biannually involving parents, pupils, governors, and staff.

Appendix One – 5 steps to a healthy packed lunch!



Appendix Two- Frequency Guide

Food Group	How often	Key policy information and tips
Fruit and vegetables 	One or more portion of fruit every day One or more portion of vegetables or salad every day	Fruit should be included as a dessert two or more times a week. Try to include three different fruits and three different vegetables each week. Options can include fresh, tinned (in natural juices) or dried. Pulses and beans count as vegetables. Try to go for different colours and think of creative ways to present them so they are more appealing.
Starchy food 	One or more portions every day	Try to include three or more different starchy foods each week. This could include bread (wraps, pittas, bagels), pasta, rice, potatoes, or couscous. Include a wholegrain variety at least one a week. You could try 50:50 bread or mix white and wholegrain pasta/ rice together.
Milk and dairy 	One portion every day	This includes plain milk, cheese, yoghurts and fromage frais. Check the labels on yoghurts as many are high in sugar. Choose yoghurts containing real fruit where possible. Freezing yoghurts is a great way to keep lunchboxes cool; they'll defrost by lunchtime.
Meat, fish, eggs, beans and other non-dairy sources of protein 	One portion every day A portion of oily fish once or more every 3 weeks	Try to include a variety. This could include chicken, ham, tuna, beans, lentils, cheese, houmous, soya, quorn, tofu, eggs, beef, chickpeas, salmon*, mackerel*, sardines* For vegetarians, include a portion of non-dairy protein (a protein food other than cheese) on three or more days each week. This could include lentils, chickpeas, humus, soya, quorn, tofu, eggs, beans etc.
Foods high in fat, sugar and salt 	Plain/ fruit cakes and biscuits once or twice per week No confectionery* items Limit snacks	A small cakes or biscuit is allowed occasionally as part of a balanced lunch and must not contain any confectionery. This could include scones, fruit loaf, plain muffins, flapjacks, plain biscuits. * Confectionery items include: sweets, chocolate bars, cereal bars, processed fruit bars, anything coated in chocolate. Crisps are not permitted. Crackers, breadsticks, oatcakes and rice cakes can sometimes be included as part of a balanced lunch.
Healthier drinks 	Water is available every day	Free, fresh drinking water is provided by school for all pupils. Therefore there is no need to include an additional drink.