

Exceed to Succeed



## Havelock Primary School

### Packed Lunch Policy

**As a Rights Respecting School we uphold the articles from the United Nations Convention on the Rights of the Child. The following underpin this policy:**

**Article 24:** Every child has the right to the best possible health. Governments must provide good quality health care, clean water, nutritious food and a clean environment so that children can stay healthy. Richer countries must help poorer countries achieve this.

#### 1. Introduction

What children eat at school is important and school lunches have to meet strict standards to provide 1/3 of a child's nutrient requirement. A study by Leeds research team found that only one in five packed lunches contained any vegetables or salad and only one in 100 packed lunches meet the basic dietary standards that school meals provide.

In May 2016, **104** pupils at Havelock Primary School completed an online survey to find out about their eating habits. The survey found that only **23%** included salad and only **44%** included vegetables. Only **22%** of pupils drank water at lunch time.

In June 2016, we also invited all parents to complete a packed lunch questionnaire. The survey found that **68%** were in favour of a Packed Lunch Policy.

Unanimously, all school council pupils and Rights Ambassadors said they support the school introducing a packed lunch policy. Staff, the headteacher and SMSAs were consulted and they were also supportive of the policy.

Based on the results on our food survey and consultation process, we want to support more pupils to have a healthy balanced lunch through the introduction of a packed lunch policy.

#### 2. Aim

This policy has been drawn up in consultation with the headteacher, parents, pupils, the school council, governors and staff with the following aims:

- To improve nutritional quality of packed lunches.
- To ensure that all packed lunches brought from home provide the child with healthy food that is similar in its nutritional value to food served in schools.
- To make a positive contribution to childrens health by encouraging healthy eating habits in childhood setting a trend for lifelong changes.
- To contribute to the self-evaluation for review by Ofsted.

This policy applies to all pupils to all pupils and parents providing packed lunches and other foods to be consumed with school or on school trips during normal school hours. This packed lunch policy promotes a whole school approach to food and healthy eating.

### 3. The Policy

- The school will work with the pupils to provide attractive dining room arrangements.
- The school will work with parents to ensure that packed lunches abide by the standards.
- The school will ensure that free, fresh drinking water is readily available at all times.
- Pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible to stop the food going off.
- Glass bottles and tins are not permitted due to safety issues that could arise.
- All uneaten food and waste will be kept in the lunchbox and returned home with the child so that parents are able to monitor their child's food consumption.

#### **Food Contained in a packed lunch**

Packed lunches should be based on the Eat Well Plate Model (appendix 1) and **should** include the following every day:

- **Fruit and Vegetables** – at least one portion of fruit and one portion of vegetables or salad.
- **Non-dairy source of protein** – meat, fish, egg, beans or pulses such as lentils, kidney beans, chickpeas, hummus and falafel.
- **A starchy food** like bread, pasta, rice, couscous, noodles, potatoes or other types of cereals.
- **Dairy foods** such as milk, cheese, yoghurt, fromage frais.
- **Water or reduced fat milk.**
- **Oily fish**, such as salmon, should be included at least once every three weeks.

To keep packed lunches in line with the food based standards for school meals, packed lunches **should not** include:

- **High fat, high salt, high sugar snacks** such as crisps, sweet popcorn, and other high fat / salt packet savoury snacks such as crisps.

- **Confectionary** such as chocolate bars, chocolate based biscuits, sweets and chewing gum.
- **Chocolate spread**, honey, jam or marmalade as a sandwich filling.
- **Fizzy/sugary drinks or fruit flavoured squash/yoghurt drinks**. This includes diet drinks and energy drinks which contain high levels of caffeine and other additives that are not suitable for children.

One of the following may be included **on Friday**:

- Meat products (such as sausage rolls, individual pies, corned meat and sausages/chipolatas) and crisps. Cakes and biscuits are allowed but children should be encouraged to eat these only as part of a balanced meal.

### **Special diets and allergies**

The school also recognises that some pupils may require special diets that do not allow for the standards to be met exactly. In this case parents are urged to be responsible for in ensuring that packed lunches are as healthy as possible. For these reasons pupils are also not permitted to swap food items.

### **Health and Safety**

It is the responsibility of the parents of the parents/carers to provide an appropriate packed lunch container where food items can be stored securely and appropriately until the lunchtime period. Parents are advised to include an ice pack. Food products prepared and stored in ambient temperatures after a period of time can have increased levels of bacteria in them.

### **Storage of Packed Lunches**

The school will provide storage area/facilities for packed lunch bags in the most convenient place possible. However the school cannot provide cooled storage areas and therefore cannot take legal responsibility for foods prepared at home and then brought into school.

### **Assessment, evaluation and reviewing:**

- Packed lunches will be regularly reviews by midday meal supervisors.
- Healthy lunches that include salad/vegetables and fruit and none of the 'Friday only Foods' will be rewarded with a token that tokens place into the container that corresponds with their House group. The cohort with the most tokens at the end of the term will be rewarded with a prize, privilege and or excursion.
- Pupils who consistently bring in healthy balanced lunch that includes fruit, vegetables (or salad), starchy food (such as bread, rice or pasta), dairy (milk, yoghurt or cheese), protein (eggs, fish, meat or pulses) and water will receive a ticket to the 'Golden Table'.

- Parents and pupils who do not adhere to the Packed Lunch Policy will receive a note in their packed lunch informing them of the policy. If a child regularly brings a packed lunch to school that does not conform to the policy, then the school will contact the parents to discuss this.

## **7. Dissemination of the Policy**

- The school will write to all new and existing parents/carers to inform them of the policy.
- The policy will be available on the school's website and will be incorporated into the school induction pack.
- The school will use opportunities such as parents' evenings to promote this policy as part of the whole school approach to healthier eating.
- All school staff, including teaching and catering staff will be informed of this policy and support its implementation.

## **8. Policy Review**

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