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Healthy Packed Lunch Policy

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Due for Review:	
Committee:	
Signed:	

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Healthy Packed Lunch Policy

Aims and Objectives

- To ensure that pupils who bring a packed lunch to eat in school and on school trips have food which is just as healthy and nutritious as the food served in school lunches.
- To develop fitter and stronger pupils by encouraging the healthier, more balanced packed lunches to be brought in.
- To develop the pupils understanding of what healthy eating habits are.
- To help pupils become more resistant to illness now and in later life.
- To aid concentration and ability to learn through good eating choices.

Who does it apply to?

To all pupils and parents providing packed lunches to be eaten within school or on school trips during normal school hours.

Responsibilities

The Governing Body:

- Will be fully involved in the decision making of this policy and any further changes to it.
- The Governing body will be kept informed about the government's requirements regarding healthy eating and packed lunches.

The Head teacher, supported by the Senior Leadership Team:

- Will ensure that all legal procedures and processes involved with healthy packed lunches and healthy eating are adhered to.
- Offer and supply support to Subject Leaders if required.
- Will be up to date with any developments of healthy eating and packed lunches.

The Subject Leader will follow their job description, their duties will include:

- Promoting the subject within the school and wider community.
- Keep up to date with developments in their subject, attend CPD to support them in their role and support staff.
- Update the policy according to health and welfare developments.
- Ensure the rewards scheme is running effectively and keep a record of certificates given out.

Midday Supervisors/ Class teachers:

- Encourage and advise pupils about the contents of this policy and the healthy packed lunch booklet.
- Use the sticker and reward scheme for the pupils they observe eating healthy and balanced packed lunches.

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Procedures and Practice

The School will:

- Ensure facilities are available to provide fresh drinking water for pupils bringing packed lunches.
- Provide an appropriate dining area for the pupils to eat their packed lunches.
- Work with the pupils to develop their own understanding of healthy food and balanced diets through the curriculum.
- Work with the parents to assist them when making choices for their child's packed lunch. The healthy packed lunch booklet is available for this purpose.

Parents/Carers will:

- Provide a suitable clean container which their children can eat their packed lunch from. A plastic box with a removable lid is ideal. On school trips a clean carrier bag with no holes
- Ensure their children understand that they must only eat their own food and not other pupils'.
- Ensure their child bring a drink to accompany their packed lunch. Drinks suitable for healthy packed lunches are: water, milk, fresh fruit juice and squash.
- Pupils and parents should try to include something in the packed lunch from each food group – see the healthy packed lunch booklet.

Packed Lunches should not include:

- Nuts or anything containing nuts, e.g. peanut butter.
- Chocolate - except on a Friday when it can be a small coating on a biscuit or a small addition of chocolate chips.
- Sweets.
- Fizzy drinks.

Special diets

We strive to deliver a flexible, inclusive approach to healthy eating for all pupils including children with allergies, religious dietary requirements, special educational needs and those learning English as an additional language. The school recognizes that some pupils may have verified medical conditions requiring special diets that do not allow for the standards to be met exactly. In this case parents are urged to be responsible in ensuring that packed lunches are as healthy as possible. If any of the foods in the 'should not include' list need to be a part of your child's daily diet, please inform your child's class teacher.

Assessment, evaluation and reviewing

Packed lunches will be regularly reviewed by staff in the dining areas by observation, and in discussions with individuals and groups of pupils. Parents and pupils who do not adhere to the policy will receive a letter home. If a child regularly brings a packed lunch that does not conform then the school will contact the parents to discuss this. Please note: pupils with special diets will be given due consideration.

Publication 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. All school staff, including teaching and catering staff will be informed of this policy and will support its implementation.