



**Amadeus**  
Primary Academies Trust  
Limitless Learning Together

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# Holy Trinity Lamorbey CE Primary School Packed Lunch Policy

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## Introduction

Pupils are normally expected to eat the lunch provided by school. However, parents of pupils wishing to have packed lunches for a particular reason are expected to provide their children with packed lunches that conform to the packed lunch policy. Children in the Nursery, if they remain on the premises at lunch time, must be provided with a packed lunch too that conforms to the packed lunch policy. This policy was developed in consultation with staff, governors and parents. Copies are available on the school website and in the school office. It follows the recommendations and principles set out according to the DfE (Standards for school food in England) and Change 4 Life.

### **Why the policy was formulated:**

The principles, expectations and guidance set down in this policy are in support of the following aims:

- To ensure that all packed lunches brought from home and consumed in school (or on school trips) provide the pupil with healthy and nutritious food that is similar in quality to food served in schools, which is required to meet national standards.
- To make a positive contribution to children's health.
- To encourage a happier and calmer population of children and young people.
- That each person is treated fairly.

## National Guidance

The policy was drawn up using a range of research, including national documents from the Children's Food Trust and Food policy in schools – a strategic policy framework for governing bodies (National Governors' Council, (NGC) 2005).

Researchers at Leeds University revealed in January 2010 that if the nutritional standards set for school meals were applied to packed lunches only one per cent would comply. This is very worrying as it is accepted that well-nourished and hydrated pupils learn better and it can be noticeable that some children's behaviour is less acceptable in an afternoon after a sugar laden lunch.

- BETWEEN 40-69% OF CHILDREN IN BRITAIN ARE LARGELY INACTIVE.
- BRITISH CHILDREN TYPICALLY EAT LESS THAN HALF THE RECOMMENDED FIVE PORTIONS OF FRUIT AND VEGETABLES A DAY.
- 15% OF 4-18 YEAR OLDS EAT NO FRUIT AT ALL IN AN AVERAGE WEEK.
- 20% OF PUPILS ENTITLED TO FREE SCHOOL MEALS DO NOT TAKE THEM!
- FROM LUNCHBOXES ALONE 9-12 YEAR OLDS ARE EATING DOUBLE THE RECOMMENDED LUNCHTIME INTAKE OF SALT, FAT AND SUGAR AND UP TO HALF THE MAXIMUM DAILY SALT INTAKE.

As with the other school policies, and our Healthy School status, the packed lunch policy is designed to support all members of the school community, so we can live and work together in a supportive way.

*At Holy Trinity Lamorbey we are a community whose ethos and values are built on Christian beliefs, mutual trust and respect for all.*

## Aims and Scope

To ensure that all packed lunches brought from home and consumed in school, (or on school trips), provide the pupils with healthy, nutritious food that is similar to food served in schools, which is now regulated by national standards.

### **Where, when and to whom policy applies:**

All pupils and parents providing packed lunches to be consumed within school or on school trips during school hours.

## The Policy

Food that is recommended in your child's lunch box

- At least one portion of fruit;
- One portion of protein (e.g. lentils, kidney beans, chickpeas, hummus) every day;
- A starch food such as any type of bread, wraps or other type of cereals every day;
- Dairy food such as milk, cheese, yoghurt, milk drink or custard every day;
- Only still water or fruit juice, (No fizzy pop).

Food that is banned:

- Nuts (including traces of nuts – due to allergies)
- Chocolate bars e.g Dairy Milk, Mars bars, Penguin and Kitkats
- Sweets eg, Haribo, Jelly babies, starburst
- Chocolate spread eg. Nutella
- Energy drinks eg, Lucozade
- Fizzy drinks eg. Coke, Lemonade, Fanta
- Savoury snacks eg. Crisps, sausage rolls, popcorn
- Biscuits

## Friday Treats

On Friday every week children are allowed to choose one item from the banned food list and have it in school **excluding any product containing nuts.**

This is to reflect what happens for children who have a school lunch who enjoy chips as a treat on a Friday

## Special Diets and Allergies

The school is aware of food allergies, has a procedure in place to manage food allergies and other special dietary requirements within school

The school recognizes 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 in ensuring that packed lunches are as healthy as possible.

For these reasons pupils are not permitted to swap food items.

## Roles and Responsibilities

### Staff

It is the right of any staff member (teacher, teaching assistant, midday supervisor, senior leader) to remove an inappropriate item of food from your child's lunch box.

### Parent/carer

It is the responsibility of you, as a parent/carer, to ensure your child attends school with a healthy and nutritious lunch every day.

## Consequences

If a staff member is made aware that a child's lunch box contains one, or more, food items from the banned group, **a short reminder of the school policy will be sent to their parent/carer or a conversation had with the parent by the teacher.**

After that, the items will be removed from the child's lunch and will be returned to them at the end of the school day. If the whole lunch is deemed unacceptable then your child's packed lunch will be removed/returned at the end of the day and parents/carers will be required to bring in a suitable replacement. Alternatively, they can pay for their child to receive a school dinner.



