



Northchapel Primary School

Packed Lunch Policy

At Northchapel, we aim to nurture a community that will be aware of their general health (both physical and mental), emotional well being and the benefits of regular exercise, healthy eating, regular drinking of water, the appropriate amount of rest/sleep to build a healthy lifestyle for life.

Aims

- To make a positive contribution to children's health and our School's Healthy Schools Status, to promote healthy lifestyles and to promote consistency between our packed lunches and the National Standards set by Government for food in schools.
- To work together with families to help children to develop healthy choices for a lifetime.
- To ensure that all packed lunches brought from home and consumed in school or on school trips provide pupils with healthy and nutritious food that meets the National Standards.

The policy has been drawn up using a range of national documents including Government guidelines on what constitutes a healthy packed lunch for a primary school child. The policy applies to all pupils and parents providing packed lunches to be consumed within school or on school trips during normal school hours.

Packed lunches will be regularly reviewed by staff, so that discussions can take place with families who find it tricky to adhere to the guidelines. We do have access to good material to provide further suggestions if necessary. New parents receive a copy of the policy in their welcome pack and it will be distributed annually to all parents as a reminder.

All children should bring a clear, sports cap water bottle into school each day with fresh water to enable them to stay hydrated. Water stations are provided in school to enable children to refill this bottle as needed.

Children in Oak and Rowan Classes as well as those entitled to free school meals are provided free with a piece of fruit or vegetable for snack time at morning break. Children in Willow and Beech classes can bring a piece of fruit or vegetable to have at break time. No other snacks, fruit bars or fruit winders are allowed as these are often very high in sugar.

Packed lunches are eaten outside if the weather is nice in the form of a picnic. Picnic benches are provided. If the weather is not suitable, pupils eat their packed lunch in the hall supervised by Teaching Assistants/Mid - day Supervisors. They have from 12.00 – 12.30 to eat their lunch. Children take their rubbish home so parents can monitor what has been eaten. Every effort should be made to minimise packaging as we are an Eco friendly school. Children may bring a small thermos flask to school to hold for instance soup/warm pasta. We recommend Ice packs are put into lunchboxes on hot days as we do not refrigerate.



At a glance - the packed lunch policy



For a balanced packed lunch select these healthier foods and drinks

Fruit and Vegetables	Include at least one portion of fruit and one portion of vegetables or salad every day
Meat & Alternatives	Meat, fish or other source of non dairy protein (eg lentils, kidney beans, chickpeas, hummus, and falafel) every day.
Oily Fish	Include oily fish such as salmon, at least once every three weeks.
Starchy Food	A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day. These are important to fill up your child and give them energy. Fillings of sandwiches should not be sweet, such as jam and chocolate spread.
Milk and Dairy Food	Include a dairy food such as semi-skimmed or skimmed milk, cheese, yoghurt, OR fromage frais every day.
Drinking Water	Free, fresh drinking water should be available at all times.
Healthier Drinks	Include only water, still or sparkling, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies.

Avoid including these foods in packed lunches

Snacks	Snacks such as crisps should not be included. Instead seeds, vegetables and fruits (with no added salt, sugar or fat). Savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice.
Sweets and confectionary	Confectionary such as chocolate bars and sweets should <u>not</u> be included. Cakes and biscuits and chocolate coated biscuits are allowed but encourage your child to eat these only as part of a balanced meal, limited to one of these each day.
Meat Products	Meat products such as sausage rolls, individual pies, corned meat and sausages/chipolatas should be included only occasionally as they can have high levels of salt and sugar.
Nuts	Be aware of nut allergies. Nuts/Peanut Butter/Nut based products are not allowed as pupils have nut allergies. We cannot create a completely nut free environment but we aim to keep exposure to nut products to a minimum.