



Benedict Biscop CE Academy

PACKED LUNCH POLICY

Review Date:	Autumn 2020
Next Review Due:	Autumn 2021
Person in Charge:	Headteacher
Governance:	Chair of Governors

Policy for Packed Lunches.

People involved in policy formation:

S Armstrong
Parents
Children
Local Governing Body

This policy should be read in conjunction with the following policies:

Personal Development

Physical Development

Aims

To ensure that all packed lunches brought from home and consumed in school and on educational visits provide the pupils of Benedict Biscop C.E. Academy with healthy and nutritious food that is similar to the food served in school, which is now regulated by national standards.

To improve the health of pupils, staff and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet.

To ensure that children are well nourished throughout the day and that every pupil has access to safe, tasty and nutritious food and a safe, easily available water supply during the school day.

To make the provision and consumption of food a healthy, enjoyable and safe experience throughout the whole school day

Rationale

It is widely accepted that children need to develop lifelong skills and an understanding of Healthy growth and living. At Benedict Biscop C.E. Academy, we seek to actively develop these skills together with developing an increasing understanding so that children are able to learn more effectively [eg through access to water and healthy food], are a healthy weight so that their life chances are high and are physically fit and strong.

At Benedict Biscop C.E. Academy we aim to do this through **a structured content which sits comfortably with our Personal development, Science and PE curriculum.** The ethos of the academy as a health promoting environment will be embedded in our daily lives.

The academy recognises the important connection between healthy eating and a pupil's ability to learn effectively and achieve high standards in school. It also recognises the role the school can play, as part of the larger community, to promote family health and well-being.

The academy aims to make a positive contribution to children's health.

- To encourage a happier and calmer population of children and young people.

- To promote consistency between packed lunches and food provided by schools which adhere to the DFE school meals – healthy standards:
<https://www.gov.uk/school-meals-healthy-eating-standards>
- To contribute to the self-evaluation.

Guidelines

- The academy will provide facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is readily available at all times.
- The academy will work with the pupils to provide attractive and appropriate dining room arrangements
- The academy will work with parents to ensure that packed lunches abide by the standards listed below.
- As fridge space is not available in school, pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible to stop the food going off.
- Wherever possible the academy will ensure that packed lunch pupils and school dinner pupils will be able to sit and eat together in the same dining environment.

Packed lunches should where possible include:

- at least two portions of fruit
- at least vegetables every day.
- meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus, and falafel) every day
- oily fish, such as salmon or sardines at least once every three weeks.
- a starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes, savoury crackers, breadsticks or other type of cereals every day. (Not cereal bars)
- dairy food such as milk, cheese, yoghurt or fromage frais everyday
- only still water, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies.

We strongly discourage packed lunches containing:

- Confectionery such as chocolate bars, chocolate-coated biscuits and sweets and cakes.
- Meat products such as sausage rolls, individual pies, corned meat and sausages / chipolatas.

Packed lunches should **not** include:

Hot food – food will not be heated in school.

Flasks

Pasties

Nuts

Crisps – any kind

Children must bring packed lunches to school on a morning.

School will not accept deliveries of lunches from shops or food outlets. (such as Greggs etc)

Special diets and allergies

Benedict Biscop C.E. Academy is aware of nut allergies. The academy knows to access <https://www.allergyuk.org/> website for accurate, reliable information on managing allergies in schools. Benedict Biscop C.E. Academy 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 in ensuring that packed lunches are as healthy as possible. For these reasons pupils are also not permitted to swap food items.

Monitoring and review

Monitoring will regularly take place by the Headteacher

Packed lunches will be regularly reviewed by teaching staff on lunch duty.

Healthy lunches will be rewarded by general praise in line with school policy.

Parents and pupils who do not adhere to the Packed Lunch Policy will be **contacted that informed of the Policy.**

If a child regularly brings a packed lunch that does not conform to the policy then the school will contact the parents to discuss this.

Any pupils with special diets will be given due consideration

Dissemination of the Policy.

The policy will be available in school in line with all other academy policies.

The school will use opportunities such as parents' evenings and Healthy Weeks to promote this policy as part of a whole school approach to healthier eating.

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