

## **Mayfield School Primary Section Packed Lunch Policy**

Date policy approved and adopted: June 2017

Date due for review: May 2018

### **Overall aim of the policy:**

- 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 is similar in quality to food served in schools, which is required to meet national standards.
- To promote consistency between packed lunches and food provided by schools which must adhere to national school food standards. Please visit [www.childrensfoodtrust.org.uk/schools/the-standards](http://www.childrensfoodtrust.org.uk/schools/the-standards) for more information.
- To make a positive contribution to children's health and to encourage a happier and calmer population of children

The policy was drawn up using a range of national documents including a template policy from the Children's Food Trust. Parents, Staff, Children and Governors were consulted on this policy in the summer term of 2017.

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

At Mayfield, we believe that eating together forms a vital part of a child's education. It fosters the development of independence, social skills and good manners from an early age. Therefore, packed lunches are not allowed in the infant section and all children in the Years R, 1 and 2 are expected to eat the universal free school meal that is provided daily by the school's catering contractor ISS.

As children progress into the junior section, we *strongly* encourage all children to eat school lunches. The school will provide information and training for parents in how to use the Cypad system to pay for school lunches or to apply to receive free school meals. However, it is accepted that parents may choose not to pay for the school meal.

Parents of junior aged pupils wishing to have packed lunches for a particular reason are expected to provide their children with packed lunches which are in line with our packed lunch policy. The policy applies to all packed lunches to be eaten within school or on school trips during normal school hours.

Parents and carers may, if they wish, take their child home for lunch. If you wish to do so, then please alert your child's teacher in the morning and pick them up at 12.00pm (Year R), 12.15pm (Year 1-3) and return them to school at the end of the lunch break.

### **Food and drink in packed lunches**

The school will continue to provide Key Stage 2 children with a free fruit mid-morning snack every day. The school will also provide appropriate and attractive facilities for pupils eating packed lunches and ensure that free, fresh drinking water is available at all times.

The school will work with parents to encourage packed lunches to meet the standards listed below. As fridge space is not available, pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible.

**To comply with the national schools' food standards, packed lunches should include:**

- At least one portion of fruit and one portion of vegetables every day.
- Meat, fish, eggs, or a non-dairy protein (e.g. lentils, kidney beans, chickpeas, houmous, falafel) every day.
- Oily fish, such as salmon, at least once every three weeks.
- A starchy food such as any type of bread (white or wholegrain rolls, pitta bread or wraps), pasta, rice, couscous, noodles,
- Potatoes or another cereal every day.
- A dairy food such as milk, cheese, yoghurt, fromage frais or custard every day.
- A drink of water, fruit juice or smoothie (maximum portion 150 mls), semi-skimmed, 1% fat or skimmed milk, yoghurt or another milk drink.

**Packed lunches on a weekly basis can include:**

- Meat products such as sausage rolls, individual pies, corned meat and sausages.
- Cakes and biscuits, but encourage your child to eat these as part of a meal

**Packed lunches must not include:**

- Salty snacks such as crisps
- Confectionery such as chocolate bars, chocolate-coated biscuits, cereal bars, processed fruit bars and sweets.
- Sugary soft drinks, such as squash and fizzy drinks (even if labelled as ‘sugar-free’, ‘no-added sugar’ or ‘reduced sugar’ as these drinks can contribute to tooth decay and provide little nutritional value).

*Children will not be allowed to eat these items in school and they will be returned home with the child at the end of the day. The decision of the Head of Primary or his designate on the day is final.*

**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.

There are currently children in our school with severe nut allergies. Therefore, any products containing nuts including peanut butter should not be sent into school. The list of barred foods due to allergies may need to be changed at short notice according to the needs of the children.

**Assessment, evaluation and reviewing**

Packed lunches will be regularly reviewed by teaching staff and midday meal supervisors.

Where packed lunches that aren't in line with the packed lunch policy are brought into school, leaflets will be included in the packed lunch to go home. 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.

**Sharing the policy**

The school will ensure that all parents/carers are aware of the policy by sharing information via the admissions booklet, school newsletter, website and prospectus.

The school will use opportunities such as parents' evenings and healthy living weeks to promote this policy as part of a whole school approach to healthy living. The policy will be shared with all school staff, including teaching staff, the school nurse and the catering provider.