Dormers Wells Junior School Lunch Box Policy

Overall Aim of the Policy:

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

Guiding Principles

In our school we are committed to giving all our pupils consistent messages about all aspects of health to help them understand the impact of the choices they make, and encourage them to take responsibility for these choices. The school supports the ‘5-A-DAY’ campaign to encourage children to eat five portions of fruit and vegetables a day, which has been shown to reduce the onset of certain life-threatening conditions, as well as being helpful in tackling and preventing childhood obesity.

We have used the following approach to identify what areas we need to change to develop a more healthy approach to the issue of food in our school:

- How well are we doing?
- How well should we be doing?
- What more should we aim to achieve?
- What must we do to make it happen?
- What action should we take and how do we review progress?

Rationale

It is important that we consider all elements of our work to ensure that we promote health awareness in all members of the school community. We can provide a valuable role model to pupils and their families with regard to food and healthy-eating patterns. Through effective leadership, the school ethos and the curriculum, all school staff can bring together all elements of the school day to create an environment which supports a healthy lifestyle.

How and why the policy was formulated:

The policy was formulated following some concerns that children were bringing in either an unhealthy lunch or not enough food to sustain them at midday.

National Guidance

This policy was drawn up using a range of documents including a toolkit and a draft policy from the School Food Trust policy in schools – a strategic policy framework for governing bodies (National Governors’ Council, (NGC) 2005). See also www.schoolfoodtrust.org.uk/nutrientstandards

Where, when to whom the policy applies

The policy applies to all pupils and parents providing packed lunches to be consumed within school or on school trips during normal school hours.

Food and drink in packed lunches:

- The school will provide facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is readily available at all times.
- The school will work with the pupils to provide attractive and appropriate dining room arrangements.

Article 2: non-discrimination Article 3: the best interests of the child Article 12: respect for the views of the child Article 28: right to education Article 31: right to leisure, play and culture
The school 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.

**Packed lunches should include:**
- At least one portion of fruit and/or one portion of vegetables every day
- Meat, fish, cheese, fish or other source of protein (e.g. lentils, kidney beans, chickpeas, hummus, peanut butter and dhal) every day
- A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes, roti or chapati or other type of cereals every day
- Dairy food such as milk, cheese, yoghurt, fromage frais or custard
- Only water, still or sparkling, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies

**Packed lunches should not include:**
- Sweets and chocolate
- High fat, low nutrition foods such as pork pies and sausage rolls
- Fizzy or other high sugar drinks

**Special diets and allergies**

Be aware of nut allergies.
The school also 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.

**Assessment, evaluation and reviewing:**
Packed lunches will be regularly reviewed by teaching staff / School Meal Supervisory Assistants / School Council. Parents and pupils who do not adhere to the Packed Lunch Policy will receive a leaflet in the packed lunch informing them 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.

Please note: pupils with special diets will be given due consideration.

**Dissemination of the policy:**
The school will write to all new and existing parents/carers to inform them of the policy via the school newsletter. The policy will be available on the school’s website and will be incorporated into the school prospectus, assemblies, web portal etc.
The school will use opportunities such as the annual health fair and the work on healthy eating provided by Ms. Chand to promote this policy as part of a whole school approach to healthier eating.
All school staff, including teaching and School Meals Supervisory Assistants and the school nurse, will be informed of this policy and will support its implementation.

**Signed:** Date: