



St. John's Church of England VA Primary School

Finding the light in ourselves and each other

Inspired by the Gospel according to John (chapter 8, verse 12)

An aspirational school that encourages every child regardless of their background to 'soar on wings like eagles' in their learning and personal development (Isaiah 40:31)

Packed Lunch Policy

Issued:	April 2024
Term:	2 Year
To Be Reviewed:	April 2026

*A truly inclusive school that is built upon the values of
Hope - Joy - Love - Forgiveness - Faith - Goodness*



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.

School Setting

St. John's Church of England VA Primary School (St. John's) wishes to promote healthy lunches as part of their well-being and Healthy Schools ethos. We are also a NUT FREE zone due to pupil/staff allergies.

How and Why the Policy was Formulated

The policy and any potential issues have been considered in consultation with parents, pupils and governors.

The school has decided to introduce a packed lunch policy for the following reasons:

- To promote consistency between packed lunches and food provided by schools which must adhere to national school food standards
- To make a positive contribution to children's health
- To encourage a happier and calmer population of children.

Please visit www.childrensfoodtrust.org.uk/schools/the-standards for more information.

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

- The school will provide appropriate and attractive facilities for pupils eating packed lunches and ensure that free, fresh drinking water is always available.
- 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.
- Wherever possible the school will enable pupils eating packed lunches and pupils eating school lunches to sit together.



We recommend that packed lunches should include only 4 items from the list below:

- 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)
- oily fish, such as salmon
- 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

Packed lunches can occasionally 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 should not include:

- salty snacks or 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).

Water bottles brought into school each day should only contain water. As sugary soft drinks, such as squash (even if labelled as 'sugar-free', 'no-added sugar' or 'reduced sugar') can contribute to tooth decay and provide little nutritional value. If your child has a special educational need and requires squash, then please speak to a member of the Senior Leadership team.

Special diets and allergies:

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

Visit www.anaphylaxis.org.uk/schools/help-for-schools for information on managing allergies in schools.



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Monitoring

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

Where packed lunches aren't in line with the packed lunch policy are brought into school, parents will be contacted through online systems or email.

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.

Involvement of parents/carers

We encourage all children to eat school lunches from Reception. However, parents of 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.

Sharing the policy

The school will ensure that all parents/carers are aware of the policy e.g. by sharing information via the school newsletter, website, prospectus, in assemblies, online etc. The school will use opportunities such as parents' meetings and healthy living weeks to promote this policy as part of a whole school approach to healthier eating. The policy will be shared with all school staff, including teaching and catering staff and the school nurse.



Packed Lunch Policy Document Control

24th June 2024	Approved	Lee Pocha - Chair of Quality of Education Committee
30th April 2024	Created	Jan Martin