“

Be Your BEST

Believe - Excellence - Safe - Team

Packed Lunches

Policy Owner:	Head Teacher
Amended:	January 2024
Reviewed by SLT:	January 2024
Approved by FGB	February 2024

“

“To keep the body in good health is a duty, otherwise we will not be able to keep our mind strong and clear” **- Buddha**

Intent

At the Pines School, we recognise the importance of healthy eating as part of one of our Curriculum Drivers ‘Healthy Body, Healthy Mind’. Within this Curriculum Driver we promote healthy lifestyles in school and want our pupils to develop an increasing understanding of the many different factors that contribute to keeping healthy, including what constitutes a balanced diet.

We aim to;

- make a positive contribution to children’s health and well-being.
- encourage happier and calmer children and young people.
- promote consistency between packed lunches and food provided by Harrisons (the in school caterers).

Implementation

Where, when and to whom the policy applies

To all pupils, parents and carers 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 appropriate dining room arrangements.
- The school will work with parents and carers 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 during the Summer.

Packed lunches should include

- at least one portion of fruit and one portion of vegetables every day.
- meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus, egg and falafel) every day.
- a starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day
- dairy food such as milk, cheese, yoghurt, fromage frais or custard everyday
- a healthy drink; water, fresh fruit juice, fruit smoothie, milk or a yoghurt drink.

Packed lunches should only include **one** item from the list below

- a packet of crisps
- a cake/biscuit item

Packed lunches MUST not include

- nuts – including peanut butter and Nutella – **because of the life threatening risk** to any other child who may have a severe allergy
- confectionery such as chocolate bars and sweets (fruit strings are considered to be sweets
- drinks other than those listed above– fresh water is available at all times

Special diets and 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.

Please be aware of nut allergies. We recommend you visit the www.allergyinschools.co.uk website for accurate, reliable information on managing allergies in schools.

Impact

All children at The Pines School will eat a healthy, balanced diet at lunch times. This will ensure that they have the energy levels to think, learn and play effectively whilst at school. The long term health benefits for the children will be evident as less children are obese or suffer from tooth decay. Chances of health complications later in life are largely reduced.