

Jubilee Primary Academy

Packed Lunch Policy



Date	May 2023
Review Date	July 2024
Reviewers	Miss Kate Benton – Principal Mrs Joe Westwood – Assistant Principal Mr Gary Smith (LAC Chair)

Aim of policy:

Our aim is 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 to food served in schools, which is now regulated by national standards.

Our school aims to meet the needs of all children and ensure equality of provision whilst taking account of this diversity and difference. We will provide a safe, healthy and appealing eating environment for pupils eating snacks and packed lunches, and ensure fresh drinking water is available at all times. We will encourage all pupils to eat and drink as much of their morning snack or lunch as possible. As fridge space is not available in school parents are advised to send in packed lunches in a cooler bag or food that does not require refrigeration.

It has been recognised that children's concentration and behaviour improves when children drink water throughout the day. Dehydration can give children headaches and make them tired. Therefore, we encourage all pupils to bring a plastic bottle of water to school each day. These can be kept at school and will be filled and emptied each day. This will allow children to have access to fresh drinking water throughout each day.

Packed Lunches may 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, hummus, 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 child friendly smoothie (maximum portion 150 mls), semi-skimmed, 1% fat or skimmed milk, yoghurt or another milk drink – Fruit Juice must not have any added sugar
- Meat products such as sausage rolls, individual pies, corned meat and sausages once a week
- A snack size cake or biscuit, but encourage your child to eat these as part of the meal not in isolation

Packed lunches should not include:

- Salty snacks such as crisps (including vegetable crisps) - instead include seeds, vegetables and fruit with no added salt, sugar or fat

- 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
- Left over 'take away' from the previous day
- Fried Chicken/produce
- Sandwiches must not contain Jam or chocolate spread

Special diets and allergies:

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

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

We have a member of our school community who has a nut allergy, so will no longer be allowing any nut products into school due to the seriousness of the allergy. Please ensure you do not send any nuts into school including Nutella/ chocolate spread etc.

Monitoring

On a daily basis the staff in school see what children have in their lunchboxes whilst supervising in the dining hall. This is an opportunity for them to talk with the children about their lunchboxes and to encourage healthy eating and drinking. However, we may send parents a reminder of this policy if lunchbox contents regularly fall short of the expectations in this policy. It is not our intention to tell parents what and how they should be feeding their children and we will not do so, but we want to work with parents to educate our children about healthy dietary choices so that they can make their own informed choices independently when they are older. If your child has not eaten enough of their lunch, we will wrap it up and send it home in their lunch box in order for you to see.

Celebrations

Treats that are sent into school to celebrate birthdays are allowed. Where possible these will be distributed at home time so parents are able to monitor this.