

St Oswald's Catholic School

Packed Lunch Policy

MISSION STATEMENT.

Following in the footsteps of Jesus, we will love God, love learning and love each other.

Aims 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 of similar nutritional standard to the food served in school, which is regulated by national standards.

Government research has found that only 1% of packed lunches adhere to national food standards. We believe that eating a healthy nutritional packed lunch can encourage a happier, calmer population of children. It is also written in order to promote consistency between packed lunches and food provided by the school, which adheres to the National Standards set by the government, details of which can be found at www.schoolfoodtrust.org.uk

Also we believe that this policy will contribute to pupils' health and well-being and to educate pupils about healthy life choices

National Guidance

This policy takes consideration of a range of national documents including the School Food Standards, School Food in England Jan 2015 DFE, School Food Standards DFE

The revised standards for school food came into force on 1 January 2015 and are set out in the requirements for School Food Regulations 2015.

School food standards are to ensure that food provided to pupils in school is nutritious and of high quality; to promote good nutritional health in all pupils; protect those who are nutritionally vulnerable and to promote good eating behaviour.

Where, when and to whom the policy applies

This policy applies to all parents providing packed lunches for consumption at school or on school trips during normal school hours. It has been written in order to make a positive contribution to the health of our children and as part of our Healthy Schools Status.

The school offers pupils and staff the opportunity to have a cooked lunch which is provided by Absolutely Catering who ensure the meal is balanced and meets national food standards. Where a packed lunch is preferred, it is expected to conform to the packed lunch policy

Food and drink in packed lunches

- The school will provide limited facilities for pupils bringing in packed, we will ensure that free, fresh drinking water is readily available at all times.
- The school will ensure that tables where pupils eat their lunches in the dining hall are tidy and hygienic.
- 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.
- The school will ensure that staff supervising pupils eat packed lunches are aware of food hygiene procedures.
- The school will ensure that eating packed lunches is a sociable experience for children and that they learn and use a high standard of table manners.
- The school will signpost support for parents and pupils to support them to follow the Packed Lunch Policy

Packed lunches should ideally 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, or falafel) every day
- oily fish, such as salmon, at least once every three weeks.
- 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
- only water, still 100% fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies.

Your child will be encouraged to eat the above options first at lunch time.

Packed lunches should NOT include

- Chocolate or nut spread for sandwiches
- snacks such as crisps, wotsits, quavers including the baked variety.
- confectionery such as chocolate bars, chocolate-coated biscuits or sweets.
- Snack packs with processed meat

Small plain cakes and non-chocolate biscuits are allowed but encourage your child to eat these only as part of a balanced meal.

Special diets and allergies

The school recognises that some children have nut allergies and because of this **all nuts and nut products are not allowed.**

The school also recognises that some children 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 and must inform school of a medical reason. For these reasons children are also not permitted to swap food items.

Parents should bring to the attention of the class teacher and a senior member of staff any issues connected with their child's diet. Consultation can be arranged with the school nurse if required.

Hot dinners at St Oswald's Catholic Junior School provide children with a balanced tasty hot meal at a reasonable price of £9.00 a week; free for families that meet certain criteria (please see school office for details).

A termly menu is available to everyone on our school website. www.stoswaldsjun.com

Assessment, evaluation and reviewing

Packed lunches will be regularly monitored and reviewed by Senior Leaders/classroom staff / catering staff / midday meal supervisors. Feedback on the implementation of the policy will be requested from staff, pupils and parents.

Healthy lunches will be rewarded by

- stickers / congratulatory letters home etc
- mentions in merit assembly
- being chosen as healthy eating role models

Parents and pupils who do not adhere to the Packed Lunch Policy will be asked to take home items of food that do not follow our policy. Parents will receive verbal and written reminders 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 and find a solution to this.

Dissemination of the policy

- The school will write to all new and existing parents/carers to inform them of the policy
- The policy will be available on the school's website and will be incorporated into the school prospectus.
- The school will use opportunities such as parent's evenings, newsletters and Healthy Eating lessons to promote this policy as part of a whole school approach to healthier eating.
- All school staff, including lunchtime supervisors and catering staff and the school nurse, will be informed of this policy and will support its implementation.

Signed: *Mrs D Hyland*

Dated: Premises H& S meeting 22nd January

Some useful websites that may help you to prepare healthy packed lunches are :

<http://letsgetcookingathome.org.uk/get-cooking/perfect-packed-lunches>

<http://www.childrensfoodtrust.org.uk/parents/schoolfood/packedlunches>

file:///C:/Users/oswaldsj-ht/Documents/school%20food/School-Food-Standards