



Perivale Primary School Healthy School Policy

Introduction

What children eat at school is important and school lunches have to meet strict standards to provide 1/3 of a child's nutrient requirements.

Aim

This policy has been drawn up in consultation with parents, pupils and staff with the following aims:

- To improve the nutritional quality of packed lunches and other foods taken into schools.
- To ensure that all packed lunches brought from home (or on school trips) provide the child with healthy food that is similar in its nutritional value to food served in schools.
- To make a positive contribution to children's health by encouraging healthy eating habits in childhood setting a trend for lifelong changes.
- To contribute to the self-evaluation for review by Ofsted

This policy applies to all pupils and parents providing packed lunches and other foods to be consumed within school or on school trips during normal school hours. This packed lunch policy promotes a whole school approach to food and healthy eating.

The policy

- The school will work with the pupils to provide attractive dining room arrangements.
- The school will work with parents to ensure that packed lunches abide by the standards.
- The school will ensure that free, fresh drinking water is readily available at all times.
- Pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible to stop the food going off.
- Glass bottles and tins are not permitted due to safety issues that could arise.

- All uneaten food and waste will be kept in the lunchbox and returned home with the child so that parents are able to monitor their child's food consumption

Food contained in a packed lunch

Packed lunches should be based on the Eat Well plate model and should include the following every day:

- **Fruit and Vegetables** - at least one portion of fruit and one portion of vegetables or salad.
- **Non-dairy source of protein** - meat, fish, egg, beans or pulses such as lentils, kidney beans, chickpeas, hummus and falafel.
- **A starchy food** like bread, pasta, rice, couscous, noodles, potatoes or other type of cereals.
- **Dairy foods** such as milk, cheese, yoghurt, fromage frais
- **Drinks** - the school provides water but healthier drinks, such as water, semi skimmed or skimmed milk, yoghurt or milk drinks (150ml)
- **Oily fish**, such as salmon, should be included at least once every three weeks.

To keep packed lunches in line with the food based standards for school meals, packed lunches should **not** include:

- High fat, high salt, high sugar snacks such as crisps, sweet popcorn, and other high fat / salt packet savoury snacks such as crisps.
- Confectionery such as chocolate bars, chocolate-coated biscuits, sweets and chewing gum. (Including those with any chocolate filling or coating).
- Chocolate spread, honey, jam, sugar or marmalade as a sandwich filling.
- Cereal bars and fruit bars.
- Fizzy / sugary drinks or fruit flavoured squash. This includes diet drinks and energy drinks which can contain high levels of caffeine and other additives and are not suitable for children.

Occasionally, the following **may be included**:

- Meat products such as sausage rolls, individual pies, corned meat and sausages / chipolatas should be included only occasionally due to their high fat and salt content.
- Cakes and plain biscuits are allowed but children should be encouraged to eat these only as part of a balanced meal.

On Fridays, children will be allowed to have some of the food that does not adhere to the policy, with a maximum of two of the normally restricted foods.

Birthdays

Parents are asked to only bring in healthy snacks such as fruit for birthdays or small toys to be handed out at the end of the school day.

Break time snacks

Children should only bring in fruit for break times except on a Friday when they can have alternatives such as a cereal bars or crackers only.

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.

Health and safety

It is the responsibility of the parents / carers to provide an appropriate packed lunch container where food items can be stored securely and appropriately until the lunchtime period. Food products prepared and stored in ambient temperatures after a period of time can have increased levels of bacteria in them.

Storage of Packed Lunches

The school will provide storage area / facilities for packed lunch bags, in the most convenient place possible. However the school cannot provide cooled storage areas and therefore cannot take legal responsibility for foods prepared at home and then brought into school.

Assessment, evaluation and reviewing:

Packed lunches will be regularly reviewed by midday meal supervisors.

Healthy lunches will be rewarded with Dojo tokens.

Parents and pupils who do not adhere to the Packed Lunch Policy will receive a leaflet in the packed lunch informing them of the food type not allowed.

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.

Pupils with special diet or food allergies 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.

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 parents evenings to promote this policy as part of the whole school approach to healthier eating.

All school staff, including teaching and catering staff as well as the school nurse will be informed of this policy and will support its implementation.

Policy Review

This policy will be reviewed as part of the schools agreed policy review process. In addition any major legislative or governmental changes regarding school food may lead to this policy being amended.

Letter to Parents – Re Packed Lunch Policy

Dear Parent(s)/Carer(s),

We are writing to inform you of our Packed Lunch Policy. As we know from research undertaken by the School Food Trust, eating a healthy school meal can positively affect children's behaviour for learning, both in the classroom and at playtimes.

Packed lunches will be monitored, if children have an item that is not allowed they will receive a slip in their lunchbox stating which food item is not part of a healthy lunch.

Our school's lunchbox policy asks that parents do not include the following items in their child's lunchbox:

- Crisps
- Sweets/Chocolate bars
- Cakes/biscuits filled or coated in chocolate
- Fried foods
- Chocolate spread, honey, jam, sugar or marmalade as a sandwich filling
- Cereal bars and fruit bars
- Fizzy / sugary drinks or fruit flavoured squash.

We want the children to understand that all food is appropriate in moderation so we will allow children to have **some of the above foods every Friday (two maximum from the above list) excluding chocolate bars, sweets and fizzy drinks.**

After we have developed and introduced the packed lunch policy, we will provide advice and time to adjust, so that the change is as smooth as possible.

More information about packed lunches is available on www.schoolfoodtrust.org.uk/packedlunches or please see the packed lunch policy toolkit on our school website.

Thank you for your support.