

North Wolds Federation

Packed Lunch and Break Time Snack Policy

March 2024



Our **inclusive school community** puts our **Christian values** at its core and endeavours to develop all members to be **wise, happy and spiritually** aware individuals who can achieve their **dreams and goals**. Working with our **local community**, we **care for** and educate each person, **respecting individual differences**. As Jesus welcomed all, so we **welcome everyone** into our school and strive to send them out prepared to be **good citizens** in today's **diverse society**.

We are preparing for a brighter tomorrow.

Start children off on the way they should go, and even when they are old they will not turn from it.
(Proverbs 22:6)

Caring, Respect, Co-operation, Commitment to Achieve, Honesty, Fairness



Our **inclusive school** is at the heart of our **small community** where all families feel **welcome, valued** and **supported** as friends.

Working with our local **community** children leave us, ready for their next learning adventure, as **well-rounded** citizens with the skills, knowledge and the **confidence** to be happy and successful for the rest of their lives.

We nourish their bodies and characters with our school **values** of respect, cooperation, independence, care, happiness and commitment to achieve.

We ensure they have the armour of our **love** and **guidance** to be the best version of themselves and carry that forward with their actions towards others

Caring, Respect, Commitment to Achieve, Co-operation, Happiness, Independence

Policy Approved on : **11/03/2024**
Chair of Governors Signature : **Approved Via Governor Hub**
Policy Review Date : **03/2027**

Aim Of This 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 regulated by national standards. This policy is in line with our context specific intent of health.

This policy is written in line with the Market Rasen Church School Vision including “developing all members to be wise”, “care for and educate each person”, “respecting individual differences”, “preparing for a brighter tomorrow” and “Start children off on the way they should go, and even when they are old they will not turn from it. (Proverbs 22:6)

Our School

The North Wolds Federation recognises that our children come from diverse home backgrounds, cultures, ethnic and faith groups. Our school aims to meet the needs of all children and ensure equality of provision whilst taking account of this diversity and difference. We understand that some children are ‘fussy’ eaters and that it is a major step to get some children to eat anything at all. We would want parents to let us know if this is the case so that we can deal with such children sensitively and with encouragement and praise for what they have eaten.

We will provide a safe, healthy and appealing eating environment for pupils eating 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 fruit 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.

Rationale Of The Policy:

- Schools are required to positively promote the health and well being of its pupils. Work around healthy eating is a high priority.
- The content of lunchboxes need to reflect the requirement of schools to meet minimum food and nutrition standards for school meals.
- The contents of lunchboxes in some schools can be extremely unhealthy, recent audits of lunchboxes have shown that often they contain foods with high levels of fat, sugar and salt, and very few fruit and vegetables.
- To encourage healthy eating habits from an early age and improve the overall nutrition of pupils
- The short term effects of unhealthy packed lunches and food intake can include poor growth, tooth decay, obesity, anaemia, constipation, poor concentration and behavioural problems which may have an impact on a child’s learning.
- The longer term effects of a poor diet in childhood can be an increased risk of stroke, cancer, heart disease and diabetes in adulthood.

Water

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 water bottle to school and keep it in their classroom. Alternatively water bottles are available for £1.00 from the school office. 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.

We are a water only school. As such fruit juices, squash and carbonated drinks should not be sent to school. The only exception to this is milk. The aim of this is to reduce the amount of sugar, colours and preservatives our children consume.

Children have access to water all day. As we know that some prefer to have drinks other than water the school kitchen will provide naturally flavoured infused water to all children at lunch time.

Packed Lunches

The following guidelines for snacks and lunchbox contents may help parents and ensure health and equality for all children.

Packed lunches may include:

- At least one portion of fresh fruit and or vegetables
- Meat, fish or other source of non-dairy protein (e.g. lentils, chick peas, hummus)
- A sandwich that includes a savoury filling (e.g. egg, tuna, cheese, cooked meat)
- A starchy food such as bread, pasta, rice, noodles
- Dairy food such as cheese, yogurt, fromage frais
- A smoothie or yogurt drink
- Cereal bars (not chocolate)

Packed Lunches **must** include:

- At least one portion of fruit or vegetables

The following items are allowed in packed lunches but should only be included in moderation. You may want to consider only sending these items in one day per week. No more than one of the following should be provided each day.

- Chocolate covered biscuits: We would prefer if there **were not** supplied.
- Crisps or similar snacks: Please consider low fat or low salt varieties.
- Pre-packed foods: Lunchables etc
- Cake bars (not chocolate): Please consider lower fat and sugar varieties
- Flavoured yogurt/Mousse(not chocolate): Please consider lower fat and sugar varieties

The following items **should not be provided** and will be taken off the children (if they bring them in to school regularly) and returned to parents. We would never let children go hungry. If your child requires additional food as a result we will provide food that falls in line with school policy and may need to charge parents/carers for the provision of this food.

- Confectionery such as chocolate bars (Mars, Snickers, Milky Way etc) and sweets. (Because of the high sugar content.)
- Sausage rolls and pies / pasties. (Because of the high fat content.)
- Chocolate spread as a filling for sandwiches (Because of the high fat and sugar content.)
- Sugared / toffee and salted popcorn (Because of the high sugar content.)

Allergies

- Nuts and nut products (e.g. peanut butter) should never be sent to school because of allergy concerns. Neither are children allowed to share food items for this same reason.

Promotion of Healthy Packed Lunches

There will be ongoing promotion of the need to provide healthy packed lunches through:

- Pupil, parent / carers newsletters
- School prospectus / brochure
- Whole School / Packed Lunch Policy
- Health weeks / healthy eating activities
- Curriculum content
- Parents evenings / parent consultations
- School website
- Reward schemes
- Workshops for parents
- School involvement in numerous healthy eating initiatives
- School Sports and Health Ambassadors helping to monitor, educate and reward children.

Break time snacks

- Only fruit or vegetables may be enjoyed as snacks during break time.
- In Reception and Key Stage One the school provides fruit or vegetable for the children.
- In Key Stage Two parents should provide fruit or vegetables for the children. The school will sell fruit and vegetables to children for a small charge.
- No other food should be consumed at break time.

Treats

As part of creating a healthy ethos within the school and promoting the idea of a balanced diet and life style, special exception to the above rules would be granted for special occasions and treats such as end of year parties, WOW days and other events.

Special Diets

The school also recognises that some pupils may have verified medical conditions requiring special diets that do not allow for the standards to be met exactly. In these cases we will be happy to meet with parents to find ways to make reasonable adjustments. Medical evidence may be required.

Policy Review

This policy will be reviewed every three years.