



## **North Wolds Federation**

### **Packed Lunch and Break Time Snack Policy**

**April 2018**

#### **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.

In writing this policy we held four consultation groups for parents and consulted with governors, staff and children. This policy was slightly amended for clarification after meetings with parents after the policy launch.

#### **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.

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| • Crisps or similar snacks:              | Please consider low fat or low salt varieties. |
| • Chocolate covered biscuits:            | For example Penguins, Kit Kats                 |
| • Pre-packed foods:                      | Lunchables etc                                 |
| • Cake bars:                             | Please consider lower fat and sugar varieties  |
| • Chocolate flavoured yogurt/Mousse etc, | Please consider lower fat and sugar varieties  |

The following items are **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.

### **Commencement of the new policy**

This policy will come into effect in September 2017

### **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**

- 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 from September 2017..
- 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 recognizes 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 in three years.

Signed:

Date: