

GUIDANCE

Healthy Choices and Packed Lunch Policy 2019



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Making Healthy Food Choices

The aim of our policy is to ensure that the school encourages pupils to make healthy choices in school.

This includes:

- **Water to drink in the classroom.**
- **Fruit or a low sugar snack as a healthy choice at break eg. breadsticks, rice cakes, vegetable sticks.**
- **A healthy tuck shop to operate once a week.**
- **Healthy low sugar school meals to be provided by Taylor Shaw.**
- **Sugary snacks to be seen as a limited treat eg. Birthday cake, single items in a packed lunch.**

Packed lunches:

This policy aims to ensure that all packed lunches brought from home and consumed in school (or on school trips) provide children with healthy and nutritious food.

Our healthy packed lunch policy is applicable to all children and staff in the school and is based on the national Eatwell Guideⁱ which reflects the government mandatory School Food Standardsⁱⁱ, both of which promote healthy choices and restrict foods high in fat, sugar and salt.

Why and how we have created a healthy choices/packed lunch policy?

Eating a healthy diet and exercising regularly can help children and young people to stay a healthy weight as reflected in the Change 4 Life message 'Eat Well, Move More, Live longer'. This means eating a healthy packed lunch or school meal is important to help to stay healthy, feel good and improve ability to learn.

Our packed lunch policy has been developed in response to our schools pupil and parent research, discussions and observations into the content of packed lunches. We found that too many contained unhealthy foods, sugary drinks and not enough fruit and vegetables. This finding is similar to other schools in England and some local schools.

Ofsted are required to report on how the school promotes the personal development and wellbeing of all pupils assessing the extent which school supports pupils to make healthier choices and quality of all food consumed – this may include snacks and packed lunches brought into school.

Our Policy

Our Packed Lunch Policy Framework was created using Government guidance - the results of consultation and research. We welcome parents and pupils continued support and feedback so that we can continue to improve on our commitments.

Guidance- A healthy packed lunch contains:

- **Fruit and Vegetables** - At least one portion of fruit and one portion of vegetables every day.
- **Proteins** - Meat, fish, eggs, or a non-dairy protein (e.g. lentils, kidney beans, chickpeas, houmous, peanut butter, falafel), every day, try to include oily fish, such as salmon, mackerel.
- **Carbohydrates** - 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 food every day.
- **Dairy or alternative** - A dairy food such as milk, cheese, yoghurt, fromage frais, custard every day.

Occasionally, the following may be included:

- **Other** - Meat products such as sausage rolls, individual pies, sausages / chipolatas, ham and chocolate spread should be included only occasionally due to their high fat and salt content.
- **Desserts** - Cakes and plain biscuits (without chocolate) are ok, but should be eaten as part of a lunchtime to be kind to teeth.

Foods and drinks to be limited:

- **Confectionary** – Salty snacks such as crisps and sugary snacks such as chocolate bars, chocolate-coated biscuits, cereal bars, processed fruit bars and sweets. Perhaps, crisps could be included on a Friday as school meals include chips then.
- **Drinks** - Sugary soft drinks, such as squash (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).
- **Note:** the long standing ban on 'energy' drinks in school will remain in place.

Drinks - 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. We encourage all pupils to bring a clear plastic bottle of water to school. These should be filled and emptied each day at home. This will allow children to have access to fresh drinking water throughout each day. Bottles can be topped up at school.

Our school commitment - Food and Drink in Packed Lunches:

Langley Park Primary School 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 will encourage all children to eat a school meal, especially those entitled to a free school meal. However, parents of pupils wishing to have packed lunches for a particular reason are expected to provide their children with packed lunches which are in line with our packed lunch policy.

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. Parents are advised to include an ice pack. 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.

Our commitment

In return we will provide a safe, healthy and appealing eating environment for pupils eating hot and cold school meals and packed lunches and encourage all pupils to eat and drink as much of their lunch as possible.

In addition we will:

- Where possible, any uneaten food will be sent home so parents are aware of it.
- We will work with the pupils to provide attractive and appropriate dining room arrangements.

- We will work with parents to ensure that packed lunches meet the standards listed in this policy.
- We will ensure we listen to parents' views and ensure that this policy meets the needs of children, young people and their families.
- As fridge space is not available in school, pupils are advised to bring food that does not require refrigeration, or packed lunches in insulated bags (cooler bag) or use freezer blocks where possible.
- Could we advise parents to be cautious when sending hot food to school in thermos flasks. Please assess whether the contents could be a scalding hazard and whether the food is staying fresh.

Special diets and allergies

The school is aware of food allergies and has a procedure in place to manage food allergies and other special dietary requirements within school in partnership with our school meal provider Taylor Shaw. In this case parents are urged to be responsible in ensuring that packed lunches are as healthy as possible.

We have children with nut and other allergies. For these reasons pupils are also not permitted to swap food.

Assessment, evaluation, rewards and review:

On a daily basis, staff see what children have in their lunchboxes whilst supervising in the dining hall. 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.

- The Rights Respecting Team (a group of pupils of varied ages) will present an assembly to inform and support pupils. PSHCE lessons and Family Group sessions also provide a positive opportunity to talk with children about their lunchboxes to encourage healthy eating and drinking.
- We may send parents a reminder of this policy if lunchbox contents regularly fall short of the expectations in this policy.
- If your child has not eaten enough of their lunch, children are told to wrap it up and send it home in their lunch box in order for you to see.
- Packed lunches will be regularly reviewed by lunchtime staff and pupils and will not be singled out.

We will try to support families to bring in a packed lunches that follow our guidance and may send home gentle reminders and healthy suggestions from time to time such as the Change 4 Life materials. We know change takes time, and as such we aim to phase in this guidance through a gradual approach over time.

How we will share the policy:

- The policy will be shared with all school staff.
- All new and existing parents will be informed of the policy. It will be available on the school's website.
- We will promote the policy through assemblies, newsletters, and learning in the classroom.
- The school Governing Body and staff endorse this policy for 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.

Reviewed: February 2019
Next review due: February 2020

Signed:

Dated:

ⁱ <https://www.gov.uk/government/publications/the-eatwell-guide>
ⁱⁱ <http://www.schoolfoodplan.com/actions/school-food-standards/>