

# CLOCKHOUSE PRIMARY SCHOOL



## Healthy Packed Lunch Policy

### Mission Statement

**Our School - A family and a home for everyone**

**Working and Learning together to be the best that we can be**

### Our Vision

We are not just a school, we are home!

We lay the foundations for each individual's future and for dreams to be fulfilled - whatever they may be.

No two bricks are the same but are accepted for their uniqueness and are placed in their own special way to meet their needs.

The cement bonds us together as a family to keep us strong, stable and safe.

We are all safe and happy under one roof, we are protected from the elements and prepared to weather every storm.

The key to success unlocks the door to future achievements unseen before.

The windows show us the reflections of our future self as ready, respectful and responsible adults.

Collaboratively, together our home is decorated with challenge and the rooms are furnished with fun.

All around, a variety of trees grow naturally from the seed of success, with nurture and care anything is possible.

So we are not just a school, we are a home that provides a champion for all as well as timeless experiences and skills for a brighter future.

And that is why we are called Clockhouse.

Ring the bell, we're always here!

### School Aims

- To enable all children, members of the school community and the wider community to contribute to school life.
- To promote high standards and provide opportunities for all to achieve their full potential.
- To encourage a sense of self-worth and confidence empowering children to fulfil a contributing role in society.
- To create a diverse and challenging learning environment in which children are cared for and feel safe.
- To provide leadership and management which focuses on raising standards and promoting the personal development and well-being of all members of the school community.

### Introduction

At Clockhouse Primary School we believe we have an important role to play in educating our children towards leading healthy lifestyles. We are committed to giving our children consistent messages about all aspects of health which help them understand the impact of particular behaviours and encourage them to take responsibility for the choices they make.

The school is committed to the belief that a whole school **Healthy Packed Lunch Policy** can make a positive contribution to developing children's healthy lifestyle and thus ensuring a healthy lifestyle as an adult.

### The Policy is intended to:

- Make a positive contribution to children's health.
- Support the school's Healthy School status.
- Encourage a healthier and calmer school population.
- Promote consistency between food brought from home and food provided by the school.

### To whom does the policy apply?

This Policy applies to all children and parent/carers' providing packed lunches to be consumed within school or on school trips during school hours.

## **Aims**

We aim to ensure that:

- Pupils, parents and staff are aware of the school's policy on eating a healthy packed lunch.
- All children have a suitable mid-day meal that sustains and prepares them for their afternoon learning.
- 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 we provide via our hot school meal service and, abide by the British Nutrition Foundation.
- We provide a safe, healthy and appealing eating environment for pupils bringing in packed lunch and that fresh water is available at all times.
- We enable children to develop an understanding of healthy eating through various aspects of our curriculum.
- We promote the School Food Trust guidelines and the national standards.
- The safety of children with allergies is given diligent attention.
- We are at all times consistent with medical, religious and cultural needs of the children.

## **Guidelines**

The following guidelines for lunchbox contents and frequency of serving for each item reflect guidelines for school provided meals. This ensures equality of entitlement for all children.

### **The recommended contents of a healthy lunch box are:**

- A good portion of starchy food e.g. wholegrain bap, thick slice of wholemeal bread, sesame pitta pocket, plain crackers, pasta or rice salad.
- Plenty of fruit and vegetables e.g. an apple, satsuma, handful of cherry tomatoes or carrot sticks, mini can of fruit chunks (preferably decanted into a plastic container), small box of raisins.
- A portion of milk or dairy food e.g. individual cheese portion, pot of yoghurt.
- A small portion of lean meat, fish or alternative e.g. 2 slices of ham, quorn, cheese, tuna, egg or hummus.
- A drink e.g. a small carton of milk or a bottle of water.
- One small biscuit or cake (in keeping with the Balance of Good Health Plate model, which allows a small portion of sugary/fatty foods to be consumed each day).
- Only water, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies.

### **Packed lunches should not include:**

- Crisps or other such snacks (Quavers, Skips etc).
- Confectionery such as chocolate bars, chocolate coated biscuits and sweets. Cakes and biscuits are fine as part of a **balanced** meal.
- Meat products such as sausage rolls, pies, corned meat and sausages should be included only occasionally.
- Sugary drinks such as fruit squash or fizzy drinks.
- Highly processed foods such as cheese strings and pepperoni sticks.

### **Safe eating practice:**

Safe eating practice will be encouraged at all times. This includes:

- Children to wash hands before handling food.
- No sharing of food.
- Parents to give clear information of any food allergies or special diets.
- Children to minimise waste in their lunchbox and recycle or compost wherever possible.
- Encouraging the use of insulated bags and freezer blocks where necessary.

## **Implementation of the Policy**

In implementing the policy the school will:

- Communicate the policy principles on a consistent basis to all staff particularly staff responsible for mid-day provision and supervision.

- Train all appropriate staff to support the successful implementation of the policy.
- Inform parents /carers and children of the policy via newsletters and school website.
- Contact the parents/carers if a child regularly brings a lunch box which does not conform to the policy.
- Discuss with parents/carers food from home that is regularly not eaten by their child.

### **Monitoring and Review**

The Policy will be reviewed on a biennial basis by the Healthy Schools Leader and the Governing Body. This will include evaluation of learning activities, staff training and the monitoring of food choices.

Lunchboxes will be monitored on a regular basis. This is an opportunity for us to talk with children about their lunchboxes and acknowledge if a box has a good balance across the food groups. In this way we will be aware of children who bring high fat/sugar content foods on a daily basis. At no time will a child be made to feel distressed due to their lunch box contents. However we may send parents a reminder of this policy if lunchbox contents regularly fall short of the expectations in this policy.

The school is keen to ensure that all children have had adequate, healthy food to sustain their afternoon learning. Where a child has a significant amount of food left then they will be encouraged to eat a little more.

### **Involvement of Parents and Carers**

We expect all parents and carers to support the school in our aim to promote healthy eating habits. As a result we ask that parents provide their children with packed lunches that conform to the packed lunch policy. It is not our intention to tell parents what and how they should be feeding their children and we will not do so. We want to work with parents to educate our children about healthy dietary choices so that the children, through the understanding of a balanced diet, will develop a greater appreciation of a healthy lifestyle.

### **National guidance**

This policy was developed:

- Using documentation from the School Food Trust, the Food in schools toolkit (Department of Health) and Food policies in schools.
- In discussion and collaboration with members of staff, Governors and pupils.
- In discussion with the School council.

### **During the review process consideration will be given to:**

- The effectiveness of practice and provision in developing and implementing policy aims.
- The value of the policy to all pupils, staff, Governing Body and the wider community.

*This policy has been reviewed and no individual or group are disadvantaged by the policy or process therein.*

**Date Reviewed:** Autumn 2025

**Review Date:** As required / within 2 years