

St Cuthbert's C. E. Primary School

Packed Lunch Policy



Our Vision

Doing all the good we can, through faith, love and excellence.

Micah 6:8 "This is what the Lord requires of you: to do justice, and to love kindness and to walk humbly with your God."

We want St Cuthbert's to be a school where:

Our Ethos

- everyone flourishes through the guidance of our Christian values.
- teaching and learning is creative, engaging and motivational.
- relationships are positive and serve to support others through **compassion** and **kindness**.

"I have come that they may have life and have it to the full." John 10, V10

Our Expectations

- we show **courage** to be the best that we can be.
- the children make excellent progress, fostering a love of learning.
- every child has an **equal** chance to fulfil their full potential.

"All human kind is made in the image of God." Genesis 1, V26-27

Individuality

- we grow and flourish as individuals; through **endurance** we can achieve.
- the value and worth of each individual is celebrated and everyone feels included.
- the children develop a spirit of **curiosity** and a willingness to rise to a challenge through a broad, enriched curriculum.

"All people are called to transform the world" Genesis 1 V26-31, Micah 6 V8

Working Together

- the children are able to **trust** show **respect** and **friendship** to others.
- the community enables our pupils and school to grow in a happy, safe, healthy and spiritual environment.
- we foster links and contribute to the educational community through effective communication.

"Every person is an individual and also part of a community." 1 Cor. 12 V12-27

*This is a vision that is inclusive to all as we are reminded in the words of Luke 18:16:
"But Jesus called them to him, saying, "Let the children come to me, and do not hinder them, for to such
belongs the kingdom of God."*

For we are all equal in the eyes of God.

Compassion

"Clothe yourselves with compassion, kindness, humility, gentleness and patience."
Colossians 3:12



Kindness

"Be kind to one another, tender-hearted, forgiving one another as God in Christ forgave you."
Ephesians 4:32



Trust

"My God is my strength in whom I trust."
Psalm 12



Equal

"You shall love your neighbour as yourself."
Mark 12:31



Potential

"Behold they are one people and they have all one language and this is only the beginning of what they will do."
Genesis 11:6



Courage

"Be strong and courageous. Do not be frightened and do not be dismayed for the Lord your God is with you wherever you go."
Joshua 1:9



Friendship

"Encourage one another and build each other up."
1 Thessalonians 5:11



Respect

"For God gave us a spirit not of fear but of power and love and self-control."
Joshua 1:9



Endurance

"I can do all things through Him who strengthens"
Joshua 9



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Responsible Personnel

- Food for life leader
- Headteacher

Aims

1. To ensure that all packed lunches brought in from home and consumed in school or on school trips provide the pupil with healthy and nutritious food that reflects the standard of food served for school meals.
2. To ensure that packed lunches provide children with the energy and fuel to concentrate and flourish at school.
3. To help children develop an understanding of healthy eating.

Rationale

All food provided at school is governed by law, through the School Food Standards. These government standards are intended to help children develop healthy eating habits and ensure the food provides energy and nutrition that is needed across the day. The standards apply to all food and drinks provided at school such as breakfast clubs, school dinners and afterschool clubs. It is therefore important to have comparable policy guidance for packed lunches brought in from home. Based on the government's School Food Standards, packed lunches brought in from home should follow the policy guidance. By introducing our lunch box policy, this is the school's way of taking responsibility for improving children's health. The positive consequences from introducing this policy should also ensure high attendance levels for all pupils, through good health.

National guidance

The policy was drawn up using a range of national documents including: the Public Health England Healthy Eating and cooking Toolkit; Department of Education School Food Standards Practical Guide; and Food for Life Lunch Box policy template.

Where, when and to whom the policy applies

To all pupils, parents and carers providing packed lunches to be consumed within school or on school trips during normal school hours.

Food and drink in packed lunches

- The school will provide facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is readily available at all times.
- The school will work with the pupils to provide appropriate dining room arrangements.
- The school will work with parents and carers to ensure that packed lunches abide by the standards listed below.
- As fridge space is not available in school, pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible to stop the food going off during the Summer.

Packed lunches should include

- at least one portion of fruit and one portion of vegetables every day.
- a protein food such meat, fish or other source of non-dairy protein (e.g., lentils, kidney beans, chickpeas, hummus and falafel) every day
- oily fish, such as salmon, at least once every three weeks
- a starchy food such as any type of bread (preferably wholegrain), pasta, rice, couscous, chapattis, wraps, noodles, potatoes or other type of cereals every day
- dairy food such as milk, cheese, yoghurt, fromage frais or custard everyday

Packed lunches can occasionally include

- meat products such as sausage rolls, individual pies, corned beef and sausages/chipolatas
- snacks high in salt such as such as crisps or cheddars. Instead, try to include seeds, vegetables, plain popcorn, and fruit (with no added salt, sugar or fat). Breadsticks served with fruit, vegetables or dairy food are also a good choice.

Packed lunches MUST not include

- NUTS – including peanut butter, Nutella or Nutella based products e.g Kinder Bueno – because of the life-threatening risk to any other child who may have a severe allergy
- confectionery such as chocolate bars and sweets (fruit strings are considered to be sweets) beyond one treat sized chocolate bar. Cakes and biscuits are better but encourage your child to eat these only as part of a balanced meal.
- Prime and fizzy drinks – water is always available.

Special diets, allergies and individual exceptions

We are aware that some children are ‘fussy eaters’ or ‘sensitive to certain textures or tastes in food’. In these circumstances it is ultimately the parents’ choice what food is given to their own child.

The school also recognises that some pupils may require special diets that do not allow for the standards to be met exactly.

In the above cases parents are urged to be responsible in ensuring that packed lunches are as healthy as possible and that a discussion is had with the class teacher so what lunchtime staff can be made aware if individual circumstances.

Please note that it is for these reasons that all pupils are also not permitted to swap food items.

Assessment and review

- Lunchtime supervisors will reward children with dojos who have healthy packed lunches.
- Where lunchboxes are consistently not following the standards we expect, a copy of the lunchbox policy will be sent home. If the situation continues, we will work with the parents to provide support in providing a healthy and nutritious lunch box.

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