

Kippax Ash Tree Primary School Lunch Box Policy

Incorporating any other food brought from home



The content of this policy has been written by the Leeds School Food Advisors and agreed by key stakeholders including Councillors, The Health and Wellbeing Service, Leeds Youth Council, Leeds Catering and Public Health. This policy has also been written in consultation with representation from a cross-section of schools in Leeds. Teachers, senior leadership, school support staff, pupils, School Food Ambassadors and parents have all been involved in the development of this policy.

Aim of the Policy

The aim of the policy is to ensure that all food and drinks brought from home, consumed at school or on school trips provide pupils with healthy and nutritious food, promoting equality for all pupils.

This policy supports the right of every child to be healthy. It also ensures that children with severe allergic reactions are protected from harmful foods.

Article 24 - UN Convention on the Rights of the Child : You have the right to the best health care possible, safe water to drink, nutritious food, a clean and safe environment, and information to help you stay well.

National and Local Guidance

This policy has been written to reflect the School Foods Standards that were revised in January 2015. It has also been written to reflect the eatwell plate model of healthy eating and supports key outcomes of the School Food Plan. The policy supports Ofsted's commitment to assess pupil's knowledge of how to keep themselves healthy and our school's ethos of healthy eating.

Where, when and who the policy applies to

All food brought from home to be consumed in school at lunch time or at other times during the normal school day including school trips.

All staff, parents and carers eating food brought from home within school or on a school trip in the presence of pupils.

Eating arrangements

Pupils bringing a packed lunch are provided with a dining environment that is appropriate, hygienic and attractive with a seat and a place to eat.

We will ensure good behaviour and consideration for others is maintained

We will provide free, fresh drinking water at all times for all pupils.

Please ensure you keep the contents of lunchboxes cool on warmer days by using an insulated bag and/or freezer block. Alternatively you can freeze items of the lunch such as yogurts or sandwiches.

Staff supervising pupils eating food from home are aware of school policy and hygiene procedures.

Special Diets and allergies:

The school recognises that some pupils may require special diets for medical, ethical or religious reasons that do not allow for lunchboxes to comply with the policy. Please inform the school of any special dietary requirements in writing, supported by a letter from the GP when possible. The school will work with all families to ensure that lunchboxes are as healthy and nutritious as possible and will agree alternatives where possible. For example a diabetic child may need to bring an emergency sweet snack to school. In these cases parents and carers are responsible for ensuring that the food from home is specific for the child's needs.

The school does not allow the swapping of food items between pupils as there is the potential for an adverse reaction e.g. (nut allergy).

Monitoring

Our School Food Ambassadors will carry out regular monitoring of the contents of packed lunches. We will share findings with parents and pupils where appropriate. Healthy packed lunches will be acknowledged with positive praise. We will not penalise unhealthy packed lunches or make known children who are unable to meet the policy.

A Healthy Lunchbox should include:

At least one portion of fruit (e.g. small apple, orange, grapes, dried fruit, cherry tomatoes) each day.

At least one portion of vegetables (e.g. carrot sticks, cucumber) each day.

A starchy food such as bread, pasta, rice, potatoes or cereals (e.g. pitta bread, tortilla wraps, rice cakes) each day.

Meat, fish or other source of non-dairy protein (e.g. chicken, ham, turkey, tuna) each day.

Dairy food such as milk, cheese, yoghurt, custard each day.

Drinks should be water. Fresh drinking water is available at all times for all pupils.

Occasional treats to include maybe:

Snacks such as crisps or try savoury crackers or breadsticks instead.

A small cake, shortbread, flapjack or plain biscuits.

Drinks with added sugars or sweeteners.

Remains of take away food.

Items high in salt or fat e.g. sausage rolls, meat pies, pasties)

Please do not include:

Fizzy drinks, drinks in cans or glass bottles, dilute squash or fruit juice from concentrate.

Sweets or chocolate.

Nuts or nut products e.g. peanut butter – we have children in school that could have a very severe reaction if they come into contact with any form of nuts.

When implementing the policy the school will aim to:

Support pupils and parents or carers who regularly struggle to provide a packed lunch in line with the policy sensitively on an individual basis.

Remind pupils and parents/carers of the policy if discouraged items are found in lunchboxes. This may be through reminder cards in lunchboxes or if unhealthy food is repeatedly brought into school a letter may be sent home offering alternatives to help families support the policy and protect their children's health.

Help support parents by sending home affordable menu ideas, recipes and useful tips for a healthier lunch box.

Inform parents and carers and pupils of the policy via letter and the school website, including ideas for a healthy lunch box.

Use all opportunities to promote this policy as part of the whole school approach to healthy eating.

Ensure that all school staff including teaching, catering and lunchtime staff are informed of the policy and support its implementation.

Enable parents to monitor what their child is eating by sending back home any food not eaten by the child.

Review

The policy will be formally reviewed each year by our School Council and/or School Food Ambassadors and other key people including parents.

Sharing the Policy

The policy will be available in full on our school website.

Key messages and useful tips will be shared via newsletters as required.

Nominated member of staff to oversee the policy development:

Carole Parkinson – Inclusion Manager, Pastoral Team Leader, Lunchtime Team Manager