

Where children learn with a smile on their face and ambition in their hearts  
Plant yn dusgu efo gwen ar eu wyreb a uchelgon's yn eu calen



# Packed Lunch Policy



@CaegarwPriSch

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## Caegarw Primary School Primary School

### Packed Lunch Policy

**Our vision is** ' to develop as a learning organisation where we live positively and work happily together, with ambition and creativity, to achieve the highest levels of academic success. Our learners become responsible citizens of their World with healthy minds, healthy attitudes, creativity and ambition, ready to work together with the confidence and skills to take on any challenge.

**Our Mission Statement at Caegarw Primary School is;**

*'Where children learn with a smile on their face and ambition in their hearts.'*

The dragon below produced by the children symbolises the vision and ethos of our school with Health and Wellbeing as the heart of the dragon;



At our school we follow an ethos, where 'We are all Learners. We are all Leaders.'



We ensure that Distributive Leaders have led with changes to planning and teaching that are developing a holistic, enriched curriculum that is rich in expressive and creative opportunities as well as engaging and excelling in the core subjects.

## Packed Lunch Policy

Overall aim of the policy: 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 in quality to food served in schools, which is required to meet national standards.

### School setting:

If the children at your school have any particular special educational and health needs, or cultural or religious beliefs which may impact on diet, include a brief description here.

### How and why the policy was formulated:

This should include membership of the working party, the process of developing the policy and issues considered. Include how you consulted parents, pupils and governors before reaching decisions. Include the reasons why you decided to introduce a packed lunch policy,

e.g. to promote consistency between packed lunches and food provided by schools which must adhere to national school food standards.

to make a positive contribution to children's health

to encourage a happier and calmer population of children and young people

### National guidance:



The policy was drawn up using a range of national documents including this template policy from the Children's Food Trust.

Where, when and to whom the policy applies:

The policy applies to all pupils and parents providing packed lunches to be eaten within school or on school trips during normal school hours.

Food and drink in packed lunches: what the policy states Include and adapt the suggestions below as appropriate to the school's individual circumstances:

The school will provide appropriate and attractive facilities for pupils eating packed lunches and ensure that free, fresh drinking water is available at all times.

The school will work with parents to encourage packed lunches to meet the standards listed below.

As fridge space is not available, pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible.

Wherever possible the school will enable pupils eating packed lunches and pupils eating school lunches to sit together.

Packed lunches should include:

- at least one portion of fruit and one portion of vegetables every day.
- meat, fish, eggs, or a non-dairy protein (e.g. lentils, kidney beans, chickpeas, houmous, peanut butter, falafel) every day.
- oily fish, such as salmon, at least once every three weeks.
- 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 every day.
- a dairy food such as milk, cheese, yoghurt, fromage frais or custard every day.
- a drink of water, fruit juice or smoothie (maximum portion 150 mls), semi-skimmed, 1% fat or skimmed milk, yoghurt or another milk drink.



### Packed lunches can occasionally include:

- Meat products such as sausage rolls, individual pies, corned meat and sausages.
- Cakes and biscuits, but encourage your child to eat these as part of a meal Packed lunches should not include:
- salty snacks such as crisps however these could be substituted for seeds, vegetables and fruit with no added salt, sugar or fat.

### The school does not allow;

- Confectionery such as sweets and chocolate bars.
- Sugary soft drinks and **fizzy drinks** (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).
- Unfortunately, we cannot allow nuts in school as several pupils as well as a few staff have serious nut allergies.

### Special diets and allergies:

The school is aware of food allergies, has a procedure in place to manage food allergies and other special dietary requirements within school.

### Assessment, evaluation and reviewing

Packed lunches will be regularly reviewed by teaching staff / catering staff / midday meal supervisors / pre-identified pupil packed lunch helpers (delete as appropriate).

Healthy lunches will be rewarded by.... (stickers / certificates / congratulatory letters home / etc).



Where packed lunches that aren't in line with the packed lunch policy are brought into school, leaflets will be included in the packed lunch to go home. If a child regularly brings a packed lunch that does not conform to the policy then the school will contact the parents to discuss this.