

Healthy Packed Lunch Policy

Overall aim of the policy:

- To contribute to pupils' health and well-being (feel fabulous and more energetic, concentrate better at school, improves behaviour, look healthy, sleep better)
 - To educate pupils and parents about making informed, healthy and affordable life choices, health impacts on obesity
- To ensure that all packed lunches brought from home and consumed in school (or on school trips) provide the pupil with healthy and nutritious food
- It embraces the Every Child Matters Agenda, the right of every child to stay safe, healthy, enjoy and achieve, make a positive contribution, achieve economic well being.

It will therefore

- Make a positive contribution to children's health and Healthy School Status
- Encourage a happier and calmer population of children and young people
- Contribute to the self-evaluation for review by Ofsted
- To promote all foods and drinks to be Halal.

How and why the policy was formulated:

The policy was formulated:

- as part of the school's commitment to being a Healthy School.
- as part of the school's ethos of educating pupils to make responsible life choices.
- 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 in conjunction with a range of national documents including information and a draft policy from the School Food Trust, the Food in Schools Toolkit (Department of Health) and Food Policy in Schools – a strategic policy framework for governing bodies (National Governors' Council, (NGC) 2005).

Consultation of the Policy

The wider school community were consulted prior to the release of the policy. The following groups were consulted:

- Pupils (via the school shura council)
- Teachers
- Governors

Parents are encouraged to comment on the policy, by leaving feedback at the school office or by emailing the school directly.

Where, when and to whom the policy applies:

The healthy packed lunch policy applies:

- To all pupils and parents providing packed lunches to be consumed within school or on school trips during normal school hours (8am-5pm).
- To all staff and governors eating a packed lunch within school or on school trips during 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 parents 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.
- The school will ensure that staff supervising pupils eat packed lunches are aware of food hygiene procedures.
- The school will provide support for parents and pupils to support them to follow the Healthy Packed Lunch Policy

Packed lunches should ideally include:

- At least one portion of fruit **and** one portion of vegetables every day.
- Meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus, peanut butter and falafel) every day
- A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereal every day.
- Dairy food such as milk, cheese, yoghurt, fromage frais or custard everyday
- Only water, still or sparkling, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies.

Packed lunches should NOT include the following more than once a week:

- Snacks such as crisps.
- Meat products such as burgers, sausages and sausage rolls, individual pies should be included only occasionally and to be eaten as part of a balance diet.

Cakes and biscuits are allowed but encourage your child to eat these only as part of a balanced meal. Parents should consider pack sizes and opt for the smallest pack size available for foods such as confectionery, crisps and meat products on the "no more than once a week" list.

Packed Lunches should NOT include the following items:

- Confectionery such as chocolate bars, chocolate-coated biscuits and sweets.
- Chewing Gum (Inc Sugar free)
- Sweetened fizzy drinks like cola, lemonade.
- Flavoured water
- Squash/Cordials
- Juice drinks
- Sports drinks
- Diet drinks
- High sugar milkshakes (more than 12g sugar per serving). 12g = 3 teaspoons sugar

Where such foods are included, it should only be where the items on the positive lists are also included

Recommended alternatives to snacks, confectionery and meat products include:

- Nuts & Seeds
- Vegetables or fruit
- Savoury crackers or breadsticks served with fruit,
- Dairy food

These alternatives should preferably have no added salt, sugar or fat

Implementing the policy

The policy will be implemented from the start of December 2009 following an awareness raising process which includes:

- Raising awareness of the health issues related to a poor diet through work in Science and PSHCE.
- Informing parents and pupils of what the policy contains and its implications for the contents of packed lunches
- Displaying Healthy eating promotional posters around school.
- Using the digital display to promote healthy eating.
- Issuing Pupil/Parent Healthy eating contracts.
- Appoint classroom food monitors.

The policy will be reviewed in on a 2-year basis.

Fizzy drinks, Confectionery and Chewing Gum will be confiscated in the first instance.

Teachers will issue a 30 min detention for each breach of the policy. Confiscated food items will be returned after the detention has been served.

Special diets and allergies

The school recognises that some pupils may require special diets for medical reasons that do not allow for the standards to be met exactly. In this case parents are urged to be responsible in ensuring that packed lunches are as healthy and all products are halal as possible. For these reasons pupils are also not permitted to swap food items.

If the school is aware of children with severe nut allergies in school, it will consult with the parties involved and medical professionals and take action necessary which may include banning known nut products.

Parents should bring to the attention of the class teacher and a senior member of staff any issues connected with their child's diet.

Linked policies and cross curricular teaching:

Other school policies which have links with food and healthy eating are:

- Food policy (draft)
- School Travel Plan – encourage walking and cycling for fitness and well-being
- Eco Schools Agenda (draft) – Energy & Water, Travel, Food, Local Wellbeing, Global Citizenship
- Cross Curricular Subject – Food Technology, Biology, Religion, Physical Activity, History, Literacy

Assessment, evaluation and reviewing:

Packed lunches will be regularly reviewed by teachers, break/lunchtime supervisors and pre-identified pupils. Feedback on the implementation of the policy will be requested from staff, pupils and parents.

Healthy lunches will be rewarded by

- Mashallah points from Tutors after spot checks
- being chosen as healthy eating role models

The school will monitor and report on links between attainment and healthy eating.

Parents and pupils who do not adhere to the Healthy Packed Lunch Policy will receive verbal and written reminders of the Policy. If a child regularly brings a packed lunch that does not

conform to the policy then the school will contact the parents to discuss and find a solution to this.

- A parent workshop/leaflets giving ideas for healthy lunchboxes
- Training for staff *and pupils to support the implementation of the policy*
- *The introduction of a reward scheme for following the policy*

Dissemination of the policy:

- The school will write to all new and existing parents/carers to inform them of the policy via the school newsletter.
- The policy will be available on the school's website and will be incorporated into the school prospectus.
- The school will use opportunities such as parent's evenings, newsletters and Healthy Living weeks to promote this policy as part of a whole school approach to healthier eating.
- All school staff, including lunchtime supervisors and catering staff will be informed of this policy and will support its implementation.

Key Message: Enjoy your food, eat a balance and variety of foods, eat the right amount to maintain a healthy weight, Healthy living, better and affordable food choices, eat plenty of foods rich in starch and fibre, don't eat too many fatty foods, don't have sugary drinks and stop use of high fat, salt and sugar foods as a reward or treat to children and young people.

This booklet was produced by the Tawhid Healthy School committee