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| Packed Lunch Policy | |
| Policy Ref | Gen 018 |
| Purpose | To ensure all food consumed on the Academy premises is similar to that provided by the Academy |
| Committees | Staff and Pupil Wellbeing |
| Other linked policies |  |
| Date of Issue | January 2019 |
| Review Date | January 2022 |

**The Overall aim of this policy**

1. Our aim is 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 to food served in schools, which is now regulated by national standards.

**Our Academy**

1. Discovery Academy recognises that our children come from diverse home backgrounds, cultures, ethnic and faith groups.  Our academy aims to meet the needs of all children andensure equality of provision whilst taking account of this diversity and difference.We understand that some children are ‘fussy’ eaters and that it is a major step to getsome children to eat anything at all.  We would want parents to let us know if this is thecase so that we can deal with such children sensitively and with encouragement and praise for what they **have eaten**.
2. We will provide a safe, healthy and appealing eating environment for pupils eating snacks and packed lunches, and ensure fresh drinking water is available at all times. We will encourage all pupils to eat and drink as much of their morning snack or lunch as possible. As fridge space is not available in school parents are advised to send in packed lunches in a cooler bag or food that does not require refrigeration.

**Water**

1. It has been recognised that children’s concentration and behaviour improves when children drink water throughout the day. Dehydration can give children headaches and make them tired. Therefore, we give all pupils a free water bottle when they first join the Academy. These water bottles can be replaced for £1 from the main school office. These can be kept at school and will be filled and emptied each day. This will allow children to have access to fresh drinking water throughout each day.
2. The following guidelines for snacks and lunchbox contents may help parents and ensure health and equality for all children.
3. **Packed lunches may include:**

* At least one portion of fruit and or vegetable (this could include a dried fruit).
* Meat, fish or other source of non-dairy protein (e.g. lentils, chick peas, hummus).
* A sandwich that includes a savoury filling (e.g. egg, tuna, cheese, cooked meat).
* A starchy food such as bread, pasta, rice, noodles.
* Dairy food such as cheese, yogurt, fromage frais.
* A smoothie or yogurt drink.
* A bottle of water or diluted sugar free cordial drink.
* A biscuit on occasion chocolate coated ones.
* Crisps (baked or other low fat options if possible) or other such snack such as seeds, savoury crackers, breadsticks etc.
* Eating utensils if necessary.

1. **Packed lunches should avoid:**

* Sandwiches that have a ‘sweet’ filling such as chocolate spread.
* Sausage rolls and pies should only be included occasionally.
* Fruit juices and full sugar cordial drinks.

**We request that the following are not included in any packed lunches:**

* Confectionery such as chocolate bars and sweets.
* No fizzy drinks.
* **Nuts and nut products (e.g. peanut butter) should never be sent to school** **because of allergy concerns. Neither are children allowed to share food items for this same reason.**

1. **Packed lunch ideas can be found on** [**www.nhs.uk/change4life/recipes/healthier-lunchboxes#lunchbox-tips**](http://www.nhs.uk/change4life/recipes/healthier-lunchboxes#lunchbox-tips)
2. The following are provided for pupils at the Academy during the day:

**Mid – Morning Break**

**Early Years**

* Fruit – This is provided free of charge for all EYFS pupils.
* Milk – This is provided free of charge for all EYFS pupils.

**KS1 and KS2**

* Fruit – This is provided free of charge for all KS1 pupils.
* Plain cereal bar – not covered with chocolate or with chocolate chips (coco-pop bars are suitable)
* Plain biscuits – digestive, rich tea, ginger
* Water – All children have a school
* Milk is also available to order through Cool Milk – see the office for details

1. **Please no chocolate or sweets should be sent to school.**
2. On a daily basis the staff in school see what children have in their lunchboxes whilst supervising in the dining hall. This is an opportunity for them to talk with the children about their lunchboxes and to encourage healthy eating and drinking.  However, we may send parents a reminder of this policy if lunchbox contents **regularly** fall short of the expectations in this policy. It is not our intention to tell parents what and how they should be feeding their children and we will not do so, but we want to work with parents to educate our children about healthy dietary choices so that they can make their own informed choices independently when they are older.  If your child has not eaten enough of their lunch, we will wrap it up and send it home in their lunch box in order for you to see.
3. **Treats that are sent into school to celebrate birthdays are allowed.  Where possible these will be distributed at home time so parents are able to monitor this.**
4. **We have the best interests of all the children at heart.**