KINGS PARK SCHOOL

PACKED LUNCH & SNACK POLICY

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POLICY OWNER	HEADTEACHER
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	SIGNED	DATE
HEADTEACHER MISS S J WATSON		**01/09/2025**
PROPRIETOR MRS AMY SAUNDERS		**01/09/2025**
RATIFIED BY CHAIR OF GOVERNING BOARD MR ALEX RICHARDS		

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1.0 INTRODUCTION

At Kings Park School, we are committed to teaching your child about how to make sensible food choices as part of maintaining a healthy lifestyle. This packed lunch policy has been developed by drawing on key government guidance associated with healthy eating and the school day. Government strategy outlines an expectation on all schools: To promote a culture of healthy eating the government now expects all schools, in consultation with parents, pupil and staff, to adopt whole school food policies. Schools will be expected to develop healthy packed lunch policies so that those not having cooked school lunches are also eating healthier.

This policy applies to all pupils and parents/carers providing packed lunches and other foods to be consumed within school or on school trips. This packed lunch policy fits within a wider context of promoting a whole school approach to food and healthy eating.

We are aware that sensitivities to food often come hand in hand with Special Educational Needs. Please talk to the teacher if you feel you would be unable to stick to our healthy eating policy.

2.0 AIMS

This policy has been created with the following aims:

- To ensure the contents of lunchboxes reflect the requirements of schools to meet minimum food and nutrition standards for school meals
- To make a positive contribution to children's health by encouraging healthy eating habits in childhood that can influence health and wellbeing in later life.
- To take a proactive approach to promoting healthy eating.
- To give clear guidance to parents/carers, pupils, governors and staff on providing a healthy packed lunch
- To support parents by providing ideas for healthy packed lunches.
- To equip pupils with the skills, knowledge and understanding to enable them to make informed healthy lifestyle choices based on their nutritional understanding.
- To ensure that all children have a healthy and nutritious midday meal that sustains and prepares them for their afternoon learning.

3.0 WHAT SHOULD BE IN A PACKED LUNCH

Parents or carers are expected to provide their children with packed lunches that are consistent with the nutritional standards based on the EatWell plate model and the School Food Trust guidelines. The recommended contents of a healthy lunch box are:

- Fruit and Vegetables; at least two portions of fruit or vegetables every day (a portion is the amount your child can fit into the palm of their hand). This could be fresh, dried or tinned fruit.

- Carbohydrate; a starchy food every day such as bread, pasta, rice, couscous, noodles, potatoes, chapatis/roti, plain crackers, breadsticks, rice cakes.
- Protein; meat, egg or other source of non-dairy protein such as lentils, kidney beans, chickpeas, hummus, dhal, falafel.
- Oily fish; tinned or fresh mackerel, sardines, salmon or tuna should be included at least once every three weeks.
- Dairy; every day such as milk, cheese, yoghurt, fromage-frais, custard or calcium fortified soya products.
- Drinks; (with no added sugar) such as pure fruit juice, semi-skimmed/skimmed milk, milk-based or yoghurt-based drinks, fruit smoothies.
- A bottle of water; It is recognised that the concentration and behaviour of children improve when children drink water throughout the day. Dehydration can give children headaches and make them tired. Therefore, we encourage children to bring in water bottles daily. This is in addition to their packed lunch drink.
- Dessert, such as a small cake, biscuit, cereal bar, fruit loaf/bun OR scotch pancake as part of a balanced meal.
- Please look carefully at packaging as many items that may look healthy can have high levels of sugar and fat. Look for those with 100 calories or less per portion and only include one-a-day for lunch.

4.0 BANNED ITEMS

WE ARE A NUT FREE SCHOOL.

PLEASE DO NOT SEND YOUR CHILDREN WITH NUTS OR FOOD CONTAINING NUTS. THIS INCLUDES NUTELLA, PEANUT BUTTER, BOMBAY MIX, HAZLENUT & CHOCOLATE PANCAKES/BRIOCHE AND CERTAIN PRE PACKAGED BISCUITS.

Packed Lunches should not include:

- Sweets/confectionery/chewing gum.
- Fizzy or sugary drinks.
- Energy drinks.
- Crisps and Biscuits are only allowed as part of a balanced meal and as a reasonable portion size. We do not allow sharing bags of crisps or packets of biscuits.
- Takeaway food/leftovers

For a healthier snack you could try:

- Replacing cakes and pastries with fruit bread or teacake.
- Replacing salted savoury snacks, such as crisps, with breadsticks, rice cakes, cheese and crackers or popcorn (not sweet or toffee)
- Including dried fruit or fruit salad
- Supplying water, milk, 100% fruit juice, sparkling water, fruit smoothie, or yoghurt drink.

The school recognises that some pupils may require special diets that do not follow the National Food Standards exactly. In this case parents/carers are asked to inform the school and make their child's lunchbox as healthy as possible. For this reason, pupils are not permitted to swap food items amongst themselves.

5.0 LUNCHTIME PROVISIONS

Each classroom will have a designated area where they can store and eat their lunch. Water bottles will be stored there and can be used throughout the day and refilled as needed.

We ask that parents/carers and pupils provide a packed lunch container where food items can be stored securely and appropriately until the lunchtime period. Fridge space for packed lunches is not available so it is advisable to bring packed lunches in insulated bags with an ice pack to keep the food fresh.

Please try to use reusable plastics wherever possible.

6.0 EXCEPTIONS

This policy may be relaxed for the following reasons:

- Cake, sweets and chocolate may be provided on special occasions such as Birthdays. These will need to be shop bought items with a list of the ingredients so that we can check against any allergies. Any foods containing nuts should still not be sent into school on these occasions.
- Occasionally, the children may organise a cake sale for charity and purchase cakes to raise money for a good cause.
- The children may bring in food for parties such as Christmas, when the restrictions of this policy do not apply.
- End of the week rewards from teachers.

7.0 MONITORING

To promote healthy eating teachers may monitor the content of packed lunches. Parents/carers and pupils who do not adhere to the packed lunch policy will receive a leaflet in the packed lunch informing them of the policy or may be invited to attend a packed lunch workshop.

If a child regularly brings in a packed lunch that does not conform to this policy, the school will contact the parents/carers to discuss this.