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**Packed lunch policy**

**Name of school: The Stewart Bilingual School – La Petite Ecole Bilingue**

**Policy approved and adopted: 4th May 2020**

**Due for review: May 2021**

**Overall aim of the policy:**

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 that is similar to food served in schools, which is now regulated by national standards and following the food and hygiene regulations.

**School setting:**

The school does not have any particular special educational and health needs, nor cultural or religious beliefs but is committed to be respectful of all faiths and to accommodate any allergies or specific diets when possible.

***How and why the policy was formulated:***

This policy was developed within the circumstances of COVID-19 in prevision of re-opening the school but minimising risks of contamination and in alignment with social distancing rules and with the aim to:

* To ensure the school follows Food and Hygiene standard set by the government. Please read <https://www.food.gov.uk/business-guidance/safer-food-better-business> for more information.
* To make a positive contribution to children’s health and Healthy Schools Status.
* To encourage a happier and calmer population of children and young people.
* To promote consistency between packed lunches and food provided by schools which must adhere to national standards set by the government. Please visit [www.schoolfoodtrust.org.uk/nutrientstandards](http://www.schoolfoodtrust.org.uk/nutrientstandards) for more information.
* To contribute to the self-evaluation for review by ISI/Ofsted

**National guidance:**

e.g.: The policy was drawn up using a range of national documents including a toolkit and a draft policy from the School Food Trust and Food policy in schools – a strategic policy framework for governing bodies (National Governors’ Association, (NGA) 2007). <https://www.london.gov.uk/what-we-do/health/healthy-schools-london/awards/sites/default/files/FoodPolicyGovernorGuidance.pdf>

**Where, when and to whom the policy applies:**

e.g.: To all pupils and parents providing packed lunches to be consumed within school or on school trips during normal school hours.

# Food and drink in packed lunches: what the policy states

* + 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 the pupils to provide clean, attractive and appropriate dining room arrangements
	+ The school will work with parents to ensure that packed lunches abide by the standards listed below.
	+ The school will do her best to fit as many lunch packs as possible in the fridge space available.
	+ As fridge space is limited in school, pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible to stop the food going off.
	+ Wherever possible the school will ensure that packed lunch pupils and school dinner pupils will be able to sit and eat together.

Packed lunches should 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
	+ oily fish, such as salmon, at least once every three weeks.
	+ a starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day.
	+ dairy food such as cheese, yoghurt, fromage frais or custard everyday
	+ water, still or sparkling, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies.

Packed lunches should not include:

* + Any kind of nuts
	+ snacks such as crisps. Instead, include seeds, vegetables and fruit (with no added salt, sugar or fat). Savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice.
	+ confectionery such as chocolate bars, chocolate-coated biscuits and sweets. Cakes and biscuits are allowed but encourage your child to eat these only as part of a balanced meal.(\*biscuits are authorised for the afterschool only)
	+ Meat products such as sausage rolls, individual pies, corned meat and sausages / chipolatas should be included only occasionally.

## Special diets and allergies

Be aware of nut allergies. We recommend you visit the [www.allergyinschools.co.uk](http://www.allergyinschools.co.uk/) website for accurate, reliable information on managing allergies in schools.

The school also recognises that some pupils may require special diets 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 as possible. **For these reasons pupils are also not permitted to swap food items.**

Any allergy, diet requirement or food intolerance should be notified to the administration and staff. Posters should be seen in common areas and dining area to notify allergies.

**Assessment, evaluation and reviewing:**

Packed lunches will be regularly reviewed by teaching staff / catering staff / midday meal supervisers / pre-identified pupil packed lunch helpers.

Healthy lunches will be rewarded by an occasional certificate during assembly.

Parents and pupils will receive this packed lunch 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 this.

Please note: pupils with special diets will be given due consideration.

**Involvement of parents/carers:**

Pupils are normally expected to eat the lunch provided by the school. However, due to COVID-19 exceptional circumstances parents of pupils are asked to prepare packed lunches. In regular times this is only allowed for a particular reason and parents are expected to provide their children with packed lunches which conform to the packed lunch policy. In turn, the school will keep the parents and the parents council informed as per the methods detailed below under “Dissemination of the Policy”.

**Linked policies:**

List all of the school’s policies that are relevant to healthier eating. E.g. food technology, PSHE, science, technology (primary schools), on site policy etc.

**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 or a separate letter.

The policy will be available on the school’s website and will be incorporated into the school tours and assemblies etc.

The school will use opportunities such as parents evenings and Healthy Living weeks to promote this policy as part of a whole school approach to healthier eating.

All school staff, including teaching and lunch-aid or catering staff, will be informed of this policy and will support its implementation.

**Signed:**

**Dated:**