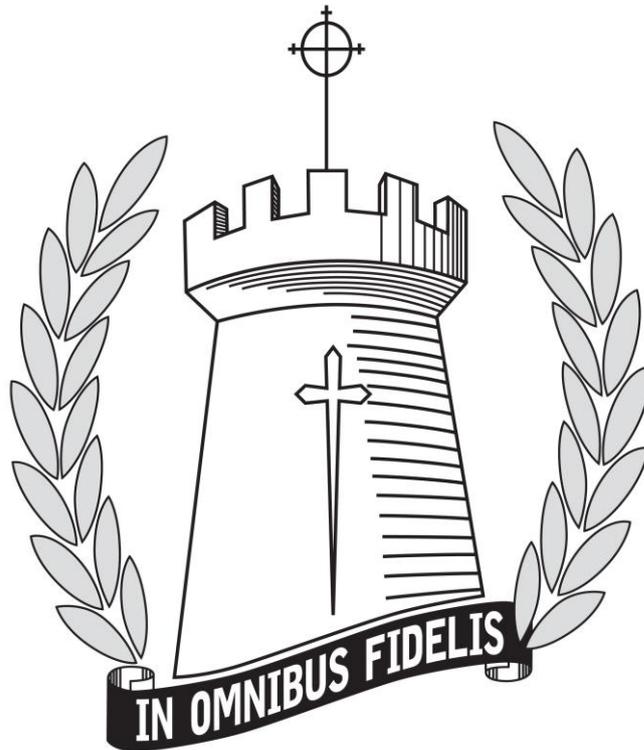


ST. DAMIAN'S RC SCIENCE COLLEGE



Packed Lunch Policy

Approved by Governors:	November 2017
Date to be reviewed:	Every two years

St Damian's RC Science College

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 the pupil with healthy and nutritious food that is similar to food served in schools, which is now regulated by national standards.

School Setting

Consideration will be given to any pupil in school who may have any particular special educational and/or health needs, cultural or religious beliefs which may impact on their diet and packed lunch.

Policy Formulation

This policy has been developed through consultation with the pupil learning forum and governors:

- 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 school food standards.

National and Local Guidance

The policy was drawn up with the support of the Tameside and Glossop Children's Nutrition Team using a range of national documents.

Where, When and To Whom 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

At St Damian's:

- We provide facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is readily available at all times.
- We provide an attractive and appropriate dining room arrangements.
- The school works with parents to ensure that packed lunches meet the standards listed below.
- Wherever possible the school will ensure that packed lunch pupils and school dinner pupils will be able to sit and eat together.

Suggested Packed Lunch:

- 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, houmous, 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 or potatoes every day.
- Dairy food such as milk, cheese, yoghurt, fromage frais or custard every day.
- Only water, still or sparkling, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies.

Packed Lunches Should Not Include:

- Snacks such as crisps. (Instead, include nuts, seeds, vegetables and fruit - with no added salt, sugar or fat - savoury crackers or breadsticks served with fruit, vegetables or dairy food.)
- Confectionery such as chocolate bars, cereal bars, chocolate-coated biscuits and sweets or yoghurts with any form of confectionary. (Cakes and biscuits are allowed but encourage your child to eat these only as part of a balanced meal.)
- Meat products such as sausage rolls, individual pies, corned meat and sausages. (Chipolatas should only be included occasionally.)

Special Diets and Allergies

St Damian's RC Science College recognises that some pupils may require special diets that don't exactly conform to the school food standards. It is requested that parents take extra care to ensure those packed lunches are as healthy as possible and discourage their children from swapping food items to reduce risk of infection.

Assessment, Evaluation and Reviewing

Packed lunches can be reviewed by staff on lunchtime duty. If a child's lunch causes concern 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, parents of pupils wishing to have packed lunches for a particular reason 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 school nutrition action group / packed lunch group informed as outlined below.

Relevant Policies

Curriculum, PSHE

Sharing the Policy

This policy will be available on our website and a paper copy can be requested from school. It will be shared with all school staff, Pupil Learning Forum, and catering staff.