

# MAYBURY PRIMARY SCHOOL

## Packed Lunch Policy

Updated: Spring 2024



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# Maybury Primary School

Produced : November

Reviewed : Spring 2024

To be reviewed: Spring 2026

## Packed Lunch Policy

### Mission

Our values-based school nurtures curiosity and creativity through an inspiring, broad and engaging curriculum, where learning is at the heart of all that we do. Our children learn to become resilient and self-assured in an environment where safety is outstanding. Everyone is challenged and encouraged to thrive and achieve as individuals, preparing them for their role as caring and active citizens in modern Britain.

### Vision statement

Believe. Achieve. Succeed.

### **1. Aims and objectives**

At Maybury Primary School we want to ensure that all packed lunches brought from home and consumed in school (or on school trips) provide children with healthy and nutritious food that is similar to food served in schools, which is now regulated by regular standards.

### National Guidance

This policy takes consideration of the national [school food standards](#) which sets out duty to provide nutritious food for pupils, and encourage healthy eating.

This policy applies to all parents providing packed lunches for consumption at school or on school trips during normal school hours. It has been written in order to make a positive contribution to the health of our children and as part of our Healthy Schools approach. We believe that eating a healthy nutritional packed lunch can encourage a happier, calmer children. It is also written in order to promote consistency between packed lunches and food provided by the school, which adheres to the National Standards set by the government, details of which can be found at <https://www.foodforlife.org.uk/schools/benefits/school-food-standards>.

### **The school will:**

Provide storage facilities for children bringing in packed lunches and ensure that fresh drinking water is available on the tables for all the children to drink. **(No other drinks will need to be provided by the parents)**

We strive for all our children to have a balanced diet. This will be achieved by children having:

- At least one portion of fruit or vegetables every day.

- A portion of meat or other source of non-dairy protein for example (lentils, chick peas)
- Dairy foods for example (cheese, yoghurt, fromage frais.)
- A portion of carbohydrate for example (bread, pasta, rice, couscous)

Your child will be encouraged to eat the above options first at lunch time.

- A balanced diet can also include an occasional **small** portion of snacks such as:
- Snacks such as crisps (or a healthier alternative such as savoury crackers, bread sticks or rice cakes)
- A small cake or chocolate coated biscuit (THESE MUST BE NUT FREE)

Parents are encouraged to be aware of portion sizes as the children get a maximum of 25 minutes to eat their lunch each day.



### **Special diets and Allergies**

The school also recognises that some children may require special diets or have allergies to certain foods 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. With this in mind children swapping food is actively discouraged. Therefore, we can no longer allow peanut butter and Nutella as sandwich fillings due to their high nut content. These fillings could seriously affect any child or adult with a nut allergy.

Our curriculum includes topics on healthy lifestyles and reinforces the packed lunch policy. Parent workshops are also arranged to support parents in adhering to this policy.

### **Assessment, Evaluation and Reviewing**

Packed lunches will be regularly reviewed by lunchtime learning leaders and periodically by the Senior Leadership Team. Packed lunches that are not providing a balanced meal will be highlighted to the class teachers and then discussed with parents. Support will be offered via our Home School Leader for parents who are finding it difficult to adhere to the policy.

## **Hot Dinners**

All children have a choice of a hot meal cooked on the school premises. For health and safety reasons packed lunch should not include any warm food. If parents would prefer their child to have a hot meal at lunch time please see the school office to order hot dinners.

Hot dinners at Maybury Primary provide children with a balanced tasty hot meal they free for Reception, Year 1 and Year 2 children and for families that meet FSM criteria (please see school office for details). Children in Years 3-6, who are not eligible for a free school meal, should make payment using the school's online payment system.

A termly menu is available to everyone on our school website. Please [click here](#) to view.

Children in Key Stage 2 have a daily choice of main, jacket potato or vegetable option.

Halal meat is provided for children who request it, this is sourced from a reputable Halal franchise.

If children would like to swap from a packed lunch to hot dinner or vice versa, they must inform the school office by the end of a half term for the following half term.