



**Dore Primary School**

# **School Packed Lunch Agreement**

To be read by all parents, adult leaders, volunteers and visitors to Dore Primary School.

# Dore Primary School Packed Lunch Agreement

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## **The aim of our agreement is:**

To ensure that all packed lunches brought from home and consumed in school (or on school trips) provide children with healthy and nutritious food.

Our healthy packed lunch agreement is applicable to all children and staff in the school and is based on the national Eatwell Guide<sup>i</sup> which reflects the government mandatory School Food Standards<sup>ii</sup>, both of which promote healthy choices and restrict foods high in fat, sugar and salt.

## **Why and how we have created a packed lunch agreement?**

Eating a healthy diet and exercising regularly can help children and young people to stay a healthy weight as reflected in the Change 4 Life message 'Eat Well, Move More, Live longer'. This means eating a healthy packed lunch or school meal is important to help to stay healthy, feel good and improve ability to learn.

Our packed lunch agreement has been developed in response to our schools pupil and parent research, discussions and observations into the content of packed lunches. We found that some contained unhealthy foods, sugary drinks and not enough fruit and vegetables. This finding is better than many other schools nationally but we still want to strive for the best for our children.

Ofsted are required to report on how the school promotes the personal development and wellbeing of all pupils assessing the extent which school supports pupils to make healthier choices and quality of all food consumed – this may include snacks and packed lunches brought into school.

## The Healthy Packed Lunch Agreement

Our Packed Lunch Agreement Framework was created with our pupils using the results of the consultation and research. We welcome parents and pupils continued support and feedback so that we can continue to improve on our commitments.

### Key messages are:

- **Fruit and Vegetables** - At least one portion of fruit and one portion of vegetables every day.
- **Proteins** - Meat, fish, eggs, or a non-dairy protein (e.g. lentils, kidney beans, chickpeas, houmous, falafel), every day, try to include oily fish, such as salmon, mackerel.
- **Carbohydrates** - A starchy food such as any type of bread (white or wholegrain rolls, pitta bread or wraps), pasta, rice, couscous, noodles, potatoes or another cereal food every day.
- **Dairy or alternative** - A dairy food such as milk, cheese, yoghurt, fromage frais, custard every day.

### Occasionally, the following:

- **Other** - Meat products such as sausage rolls, individual pies, sausages / chipolatas, ham and chocolate spread should be included only occasionally due to their high fat and salt content.
- **Desserts** - Cakes and plain biscuits (without chocolate) are ok, but should be eaten as part of a lunchtime to be kind to teeth.

### Foods and drink we would like to avoid:

- **Confectionary** – Salty snacks such as crisps and sugary snacks such as chocolate bars, chocolate-coated biscuits, cereal bars, processed fruit bars and sweets
- **Drinks** - Sugary soft drinks, such as squash and fizzy drinks (even if labelled as 'sugar-free', 'no-added sugar' or 'reduced sugar' as these drinks can contribute to tooth decay and provide little nutritional value).

An exception to this is on a Friday when in school we have fish and chips on the school meal menu please feel free to send your child with a treat.

### Drinks - water:

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.

- We encourage all pupils to bring a clear plastic bottle of water to school. These will 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. We will ensure that free, fresh drinking water is

readily available at all times, therefore, it is not essential to include a drink in packed lunches as water is provided.

### **Our school commitment - Food and Drink in Packed Lunches:**

Dore Primary School recognises that our children come from diverse home backgrounds, cultures, ethnic and faith groups. Our school aims to meet the needs of all children and ensure equality of provision whilst taking account of this diversity and difference.

We will encourage all children to eat a school meal, especially those entitled to a free school meal. However, parents of pupils wishing to have packed lunches for a particular reason we encourage provide their children with packed lunches which are in line with our packed lunch agreement.

### **Health and safety**

It is the responsibility of the parents / carers to provide an appropriate packed lunch container where food items can be stored securely and appropriately until the lunchtime period.

### **Storage of Packed Lunches**

The school will provide storage area / facilities for packed lunch bags, in the most convenient place possible. However the school cannot provide cooled storage areas and therefore cannot take legal responsibility for foods prepared at home and then brought into school.

### **Our commitment**

In return we will provide a safe, healthy and appealing eating environment for pupils eating hot and cold school meals and packed lunches and encourage all pupils to eat and drink as much of their lunch as possible.

In addition we will:

- Where possible, any uneaten food will be sent home to communicate with parents.
- We will work with the pupils to provide attractive and appropriate dining room arrangements.
- We will work with parents to ensure that packed lunches meet the standards listed in this agreement.
- We will ensure we listen to parents' views and ensure that this agreement meets the needs of children, young people and their families.

- As fridge space is not available in school, pupils are advised to bring food that does not require refrigeration, or packed lunches in insulated bags (cooler bag) or use freezer blocks where possible.
- Teaching and school staff will be aware of the agreement, they will lead by example and follow the packed lunch agreement

### **Special diets and allergies**

The school is aware of food allergies and has a procedure in place to manage food allergies and other special dietary requirements within school in partnership with our school meal provider Taylor Shaw. In this case parents are urged to be responsible in ensuring that packed lunches are as healthy as possible.

- As we have children with nut allergies and ask nuts and nut products (e.g. peanut butter) should not be sent to school because of allergy concerns. For these reasons pupils are also not permitted to swap food.

### **Assessment, evaluation, rewards and review:**

On a daily basis the staff in school see what children have in their lunchboxes whilst supervising in the dining hall. 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.

- We will engage a team of pupils responsible to help monitor and support pupils, it is also a positive opportunity to talk with children about their lunchboxes to encourage healthy eating and drinking.
- 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.
- Packed lunches will be regularly reviewed by staff and pupils and will not be singled out.

We will try to support families to bring in a packed lunches that follow our guidance and may send home whole school gentle reminders and healthy suggestions from time to time. We know change takes time, as such we aim to phase in this guidance through gradual approach over time.

### **How we will share the agreement:**

- The agreement will be shared with all school staff.
- All new and existing parents will be informed of the agreement. It will be available on the school's website and mentioned in the school prospectus and in Early Years at transition.

- We will promote the agreement through assemblies, newsletters, and learning in the classroom.
- All parents will receive a leaflet to summarise the key points of our agreement endorsed by our pupils.
- The school Governing Body, Pupils, Parent / Carer Representatives and staff endorse this agreement for implementation.

### **Agreement Review**

This agreement will be reviewed as part of the schools agreed review process. In addition, any major legislative or governmental changes regarding school food may lead to this agreement being amended.

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<sup>i</sup> <https://www.gov.uk/government/publications/the-eatwell-guide>

<sup>ii</sup> <http://www.schoolfoodplan.com/actions/school-food-standards/>