

## **Packed Lunch Policy for Tranmere Park Primary School**

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<b>Ethos</b>
<p>To ensure that all packed lunches brought from home and consumed in school (or on school trips) provide pupils with a healthy, balanced and nutritious lunch promoting equality for all pupils. To recognise that healthy eating promotes pupils' ability to learn effectively and achieve high standards in school.</p>
<b>Objectives</b>
<p>To ensure all pupils, staff, governors and parents/carers are provided with the correct information in order to make healthy choices and are informed of new developments and initiatives related to healthy eating.</p> <p>This policy has been written to reflect the School Food Standards that were revised in January 2015. It has also been written to reflect the Eatwell plate model of healthy eating and support key outcomes of The School Food Plan. The policy supports Ofsted's commitment to assess pupils' knowledge of how to keep themselves healthy and our school's ethos of healthy eating.</p>
<b>How the Policy is implemented</b>
<p>The policy applies to all pupils and parents or carers providing packed lunches to be eaten within or on school trips during normal school hours.</p> <p>Pupils bringing packed lunches are able to eat together with those who eat a school meal and will be sometimes offered tasters of school meals when appropriate. Evidence shows that school meals are more nutritious than packed lunches; therefore school meals are encouraged as the preferred option for all pupils.</p> <p>We will provide an attractive, bright and clean environment for pupils to eat their packed lunch. We will provide free, fresh drinking water for all pupils, therefore there is no need to include an additional drink in lunchboxes.</p> <p>In order to minimize the risk of any accidents and burns, pupils should not bring hot food (eg soup) as part of their packed lunch. In addition, only yoghurts which are eaten with a spoon are allowed: yoghurts in a tube are not allowed due to pupils needing assistance to open them and the mess that they can cause. Please ensure you keep the contents of lunchboxes cool on warmer days by using an insulated bag/and or freezer block. Alternatively, you can freeze items of the lunch such as yoghurts or sandwiches. Where possible children will also be able to keep packed lunches in a cool place within the classroom/shared area of school.</p> <p>We do acknowledge that some special diets may not allow lunchboxes to comply with the policy. The school is happy to work with all families to ensure that lunchboxes are as healthy and nutritious as possible and will discuss and agree alternatives where possible.</p> <p>Our school catering service is committed to meeting the dietary needs of all pupils so we encourage pupils to eat a school meal where the packed lunch policy does not support their needs. Please feel free to inform the school of any special dietary requirements in writing, supported by a letter from the GP when possible.</p>
<b>How we monitor the Packed Lunch Policy</b>
<p>We have assigned two School Food Ambassadors who will carry out regular monitoring of the contents of packed lunches supported by the School Food Council. We will share findings with parents and pupils where appropriate.</p>

Healthy packed lunches will be acknowledged and rewarded where appropriate with stickers, team points, special mentions, and a choice of when they would like to come into lunch with a chosen friend. We will not punish unhealthy packed lunches or stigmatise children who are unable to meet the policy, but give guidance and support to where possible.

**Health & Safety (Refer to general school health & safety policy (who is schools H&S officer) refer to 'Be Safe' & where kept in school**

The school follows the guidelines of the "Be Safe" booklet for all general health and safety issues connected to Healthy Schools. This is kept in the staffroom. In addition, staff should refer to the Health & Safety policy. During their time here, pupils are taught the importance of safe handling of tools and equipment and encouraged to assess and minimise risks with increasing independence.

Please refer to these additional policies to supplement this one: equal opportunities, SEN, EAL and Gifted and Talented.