



Nurturing Life Long Learners



Transforming schools... changing lives

Auriol Junior School Packed Lunch Policy

Overall aim of the policy

To make sure all packed lunches brought from home and consumed in our school (or on school trips) give our pupils healthy and nutritious food which is similar in quality to school meals, which must meet national school food standards.

Rationale for policy

We all want our children to enjoy the best possible health and the food they eat is an important part of that. Auriol is committed to teaching children about healthy living and leading by example both in and out of the classroom. The objectives of this policy are as follows:

- To help improve children's health and give them a consistent message about eating well – evidence shows that children who eat healthier foods at primary school age are more likely to continue to choose to eat healthier foods as they grow older and have more autonomy over food choices
- To create a level playing field between children having a school dinner and those bringing a packed lunch, ensuring similar nutritional standards are applied to both types of lunch

Background information

Government advice states that sugar should make up no more than 5% of a child's daily calorie intake. Currently children aged 4-10 years consume nearly three times this amount. Children are also eating more saturated fat and salt than is recommended. This can have a detrimental effect on their health and is a key factor behind spiralling rates of childhood obesity which is at an all time high in England. In Epsom and Ewell borough, 26% of children are above a healthy weight in year 6.

The Government has asked all schools to play an active role in helping children be healthier. In 2018, Ofsted will introduce a healthy rating award for schools which will judge schools on how they support children's health.

More than half of primary schools already have a packed lunch policy and a national survey from 2017 conducted by the Jamie Oliver Food Foundation found 80% of parents support a packed lunch policy.

National guidance

This policy has been drawn up in consultation with Parent Forum, the senior leadership team, the Governing Body and follows the guidelines from the Children's Food Trust.

Where, when and to whom this policy applies

The policy applies to all pupils and parents providing packed lunches to be eaten in school.

Vale Road, Stoneleigh, Epsom, Surrey, KT19 0PJ

Tel: 020 8393 4721 Fax: 020 8786 8193 EMail address: info@auriol.surrey.sch.uk

Website: www.auriol.surrey.sch.uk

Headteacher: Mrs Mandy McDowall

Company Registration No. 07768726 VAT Registration No. 200109287

Food and drink in packed lunches: our school's policy

- Our school will provide appropriate facilities for pupils eating packed lunches and ensure that free, fresh drinking water is available at all times.
- Our school will work with parents to encourage packed lunches to meet the standards listed below.
- As fridge space is not available, pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible
- We will enable pupils eating packed lunches and pupils eating school lunches to sit together.

In order to provide a healthy, balanced meal, packed lunches should include:

- at least two portions of fruit or vegetables everyday
- One portion of meat, fish, eggs, or a non-dairy protein (e.g. lentils, kidney beans, chickpeas, houmous, falafel) every day
- a starchy food, such as bread (white or wholegrain rolls, pitta bread or wraps), pasta, rice, couscous, noodles, potatoes, home made pizza
- a dairy food like milk, cheese, yoghurt, fromage frais or custard every day
- a drink of water, fruit juice or smoothie (maximum portion 200mls), semi-skimmed, 1% fat or skimmed milk, yoghurt

Change4Life has lots of ideas of healthy lunchboxes here:

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

Treat Friday and Trips

In line with the Children's Food Campaign guidance children will be allowed to have treats in their packed lunch on a Friday only and on school trips. This may include, cakes, biscuits and/or crisps, up to a maximum of two items per child.

Packed lunches should not include:

- salty snacks like crisps - instead include unflavoured popcorn, unsalted crackers or rice cakes, seeds, vegetables and fruit with no added salt, sugar or fat. Look for foods with mostly green 'traffic light labels' on the pack.
- High sugar cakes, biscuits, confectionery like chocolate, chocolate-coated biscuits, cereal bars, processed fruit bars and sweets. Instead consider including malt loaf, , tea cakes, low sugar jelly or scones. Look for food with mostly green 'traffic light labels' on the pack.
- sugary soft drinks, like squash and fizzy drinks and energy 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).
- nuts

Special diets and allergies:

Our school is aware of food allergies. We have a procedure in place to manage food allergies and other special dietary requirements. Read our guide to producing and sharing allergen information, and visit www.anaphylaxis.org.uk/schools/help-forschools for more information.

Auriol is a NUT FREE school

Assessment, evaluation and reviewing

Our staff will review packed lunches regularly.

Where packed lunches which are not in line with our policy are brought into school, a letter will be sent home to parents/carers. If a child regularly brings a packed lunch that does not meet our policy, we will contact parents to discuss this. Please be assured that children will not have restricted items removed from their lunchboxes; midday supervisors will not intervene but will alert the office staff for a letter to be sent home .

Date policy approved and adopted:	May 2019
Date due for review:	Summer 2020

Q&A

It's not fair because chips, cakes and puddings are included in school dinners

School dinners at Auriol are in line with the School Food Standards – this is a legal standard for all state schools. The meals have to meet certain nutritional standards, including at least two portions of vegetables a day and portion size guidelines, which have been developed by nutritionists. Currently the standards do allow some desserts to be served, but these have strict sugar limits and are usually naturally sweetened with fruit. The School Food Standards are currently being updated and will limit the amount of sugar that can be served even further.

It's up to me as a parent to choose what my child eats

We want Auriol to be a place where children learn about and experience healthy eating both inside and outside the classroom. This is why we have taken the decision to restrict certain types of food from school. This includes crisps, chocolate and sweets. These are all foods which according to the Government 'Eatwell Plate' says should only be served as an occasional treat , not as an everyday lunch item. There is more information on the 'Eatwell Plate here: <https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>

My child is very fussy. I am worried they won't eat anything for lunch if they can't have crisps etc

We certainly do not want any child to go hungry at school and will work with you to ensure that your child has a lunch they will eat. However this is a good opportunity to encourage children to try new things. On average it can take a child up to seven tries to accept a new taste. Children are often more amenable to trying new things when eating with their peers rather than their parents.

My child eats a healthy meal at home so why can't they have crisps/ biscuits/ cake at school

We have no way of knowing what each child is eating at home. The policy has been developed so similar guidelines apply to children eating a school meal and a packed lunch. The food items we are restricting from schools are all foods that the Government's 'Eatwell Plate' recommend should be eaten occasionally and in smaller portions.

Who is to say what foods are healthy or not healthy

The school food standards are developed by a team of specialist public health nutritionists and are based on the best available evidence about children's nutritional needs.