

# GODWIN JUNIOR SCHOOL



# Packed Lunch Policy

Date agreed by Governors	Summer 2021
Next Review	Summer 2023

<b>Linked Documents</b>



**The United Nations Convention on the Rights of the Child (UNCRC) articles which inform this policy are:**

- Article 3: The best interest of the child must be top priority in all decisions and actions that affect children.
- Article 6: Every child has the right to life and to develop to their full potential.
- Article 18: Both parents share responsibility for bringing up their child and should always consider what is best for their child.
- Article 24: Every child has the right to the best possible health. Governments must provide good quality health care, clean water, nutritious food, and a clean environment and education on health and well-being so that children can stay healthy

**School's Purpose:** To prepare pupils for lifelong success

**School's Vision:** At Godwin Junior School we:

- Value everyone
- Instil a love of learning
- Seek and encourage talent
- Inspire resilient learners
- Open minds to develop responsible global citizens
- Nurture confident, articulate individuals

This policy has been drawn up in consultation with the school governing board, staff and pupils.

### **Aims**

- To ensure the nutritional quality of packed lunches is of an acceptable standard
- To ensure that all packed lunches brought from home (or provided by the school) provide the child with healthy food that is similar in its nutritional value to food served in schools
- To make a positive contribution to children's health by encouraging healthy eating habits in childhood, setting a trend for lifelong healthy eating habits

This policy applies to all pupils and their parents/carers providing packed lunches consumed within school or on an educational visit during normal school hours. It also applies to the packed lunches provided by Godwin Junior School as and when they are required. This packed lunch policy promotes a whole school approach to food and healthy eating while also taking into consideration those who have special diets and/or allergies to specific foods.

### **Food contained in a packed lunch**

Packed lunches should be based on the Eatwell Guide model (Appendix 1) and should include the following every day:

- Fruit and Vegetables: at least one portion of fruit (fresh, dried or tinned) and one portion of vegetables or salad
- Non-dairy source of protein: meat, fish, egg, beans or pulses (such as lentils, kidney beans, chickpeas, hummus and falafel)
- A starchy food: bread, pasta, rice, couscous, noodles, potatoes or other type of cereal
- Dairy foods: milk, cheese, yoghurt or fromage frais
- An individual/single serving of cake (ideally plain sponge) is permitted on an occasional basis (once a week) as long as this is part of a nutritionally well-balanced packed lunch
- Drink – water only. The school will ensure that free, fresh drinking water is readily available at all times

To keep packed lunches in line with the food-based standards for school meals, packed lunches should **NOT** include any of the following:

- High fat, high salt, high sugar snacks such as crisps, pretzels, nuts and sweet popcorn
- Confectionery including chocolate bars, chocolate-coated biscuits, sweets and chewing gum
- Chocolate spread, nut/peanut butter, biscuit spread, honey, jam or marmalade as a sandwich filling
- Cereal bars, fruit bars and biscuits (both sweet and savoury varieties)
- Meat products with a high fat and/or high salt content such as sausage rolls, individual pies, corned meat and sausages /chipolatas
- Any drinks. The school will ensure that free, fresh drinking water is readily available at all times

The above applies to packed lunches provided by both parents/carers and Godwin Junior School (when they are requested for educational visits).

### **Health and Safety**

#### **Special diets**

The school recognises that some pupils may require special diets that do not allow for the standards to be met exactly. In this case parents/carers are urged to be responsible in ensuring that packed lunches are as healthy as possible.

#### **Allergies**

We are aware that some members of our school community (both pupils and adults) have a food allergy/allergies (known, or perhaps unknown). Parents/carers are advised that if they have any concerns relating to their child, medical advice should be taken. It is the responsibility of parents/carers to inform the school in writing of any allergy issues.

For these reasons, as a precaution, Godwin Junior School operates a strict **“No food sharing policy”**. This means that ALL pupils - not just those with allergies - only eat their own food whether in school or when on an educational visit. **Pupils are NOT permitted to share or swap food times at any time.**

In addition to this, we are aware that some allergies are so severe that they can be triggered via air-borne infection. **For this reason, the following food products are NOT to be brought on to school premises or included in any educational visit packed lunch:**

- Nuts (of any description including sesame seeds)/ Bombay mix
- Peanut butter / other nut-butters
- Chocolate spread (which may contain nuts or traces of nut)
- ANY variety of nut, hazelnut chocolate, chocolate or biscuit spread (which may contain nuts or traces of nut)

### **Storage of Packed Lunches**

It is the responsibility of parents/carers to provide an appropriate packed lunch container where food items can be stored securely and appropriately until the lunchtime period. During periods of warm weather, parents/carers are advised to include an ice pack within their child’s pack lunch box/bag. Food products prepared and stored in ambient temperatures after a period of time can have increased levels of bacteria in them.

The school will provide a storage area for packed lunch boxes/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.

### **Waste and disposal**

The school will, within reason, send any uneaten packed lunch food items back home. The rationale for this is that parents/carers can also monitor what their child has consumed during the day.

### **Assessment, evaluation and reviewing**

Packed lunches will be regularly reviewed by the school Welfare Officer and Senior Leadership Team.

If it is deemed necessary to confiscate a food item from a child’s packed lunch, it will be returned to the child at the end of the day with a note to the parent/carer. (Appendix 2)

Consideration will be given to children with wholly inappropriate packed lunches, as they will need to be given an alternative if all/much of their food is deemed unsuitable. The school will provide the child with a school meal/packed lunch and the school will contact the parent/carer to discuss this. (Appendix 3)

If a child regularly brings a packed lunch that does not conform to the policy, the school will contact the parents/carers to discuss this.

Pupils with a special diet or food allergies will be given due consideration.

### **Dissemination of the policy**

- The school will write to all parents /carers to inform them of the policy
- The policy will be available on the school's website
- The school will use opportunities such as Parent/Carer Conference to promote this policy as part of the whole school approach to healthier eating
- All school staff will be informed of this policy and will be expected to support its implementation

### **Policy Review**

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

# Appendix 1 EATWELL GUIDE

## Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturated	Sugars	Salt
1046kJ 250kcal	3.0g	1.3g	34g	0.9g
	LOW	LOW	HIGH	MED
13%	4%	7%	38%	15%

of an adult's reference intake

Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

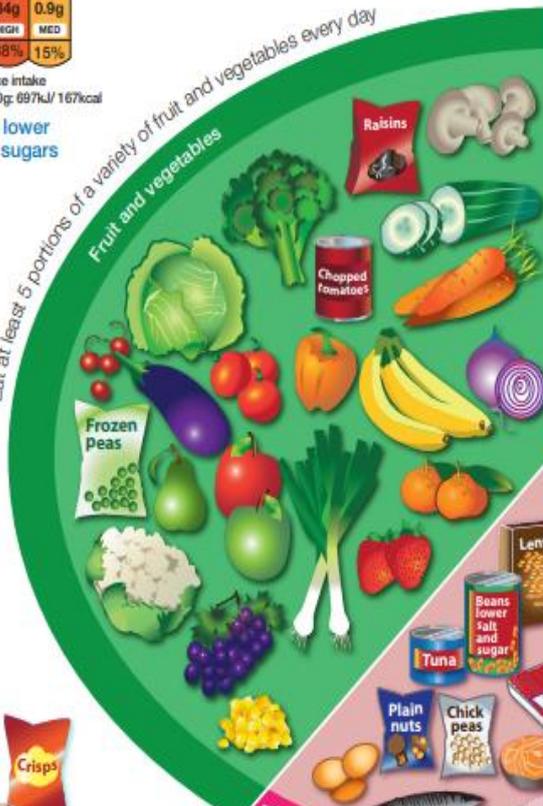
Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

Eat at least 5 portions of a variety of fruit and vegetables every day



Choose wholegrain or higher fibre versions with less added fat, salt and sugar



Eat less often and in small amounts

Beans, pulses, fish, eggs, meat and other proteins  
Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat



Dairy and alternatives  
Choose lower fat and lower sugar options



Choose unsaturated oils and use in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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## APPENDIX 2

### CONFISCATED FOOD/DRINK FROM HOME PACKED LUNCH

Dear Parent/Carer,

Name of pupil ..... Class .....

Food/Drink confiscated.....

Today (INSERT DATE), the above food/drink was confiscated from your child’s packed lunch as it is not in accordance with the **Godwin Junior School - Packed Lunch Policy** (please find the Policy attached to this letter).

As a substitution for the confiscated item, your child was given ..... to eat/drink instead.

This afternoon, we have returned the item to your child so that it can be enjoyed at home; however, we kindly ask that this particular food/drink is not part of any future packed lunch that is prepared for your child to consume at school or when on an educational visit.

If you would like to discuss this matter further, please do not hesitate to contact the school.

Yours sincerely,

Sine Brown  
Head Teacher



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**APPENDIX 3**

**UNSUITABLE HOME PACKED LUNCH**

Dear Parent/Carer,

Name of pupil ..... Class .....

RE: UNSUITABLE packed lunch.

Today (INSERT DATE), we found that your child’s packed lunch did not follow the **Godwin Junior School - Packed Lunch Policy** (please find the Policy attached to this letter). The aim of the Policy is to encourage our pupils to develop healthy eating habits by ensuring the nutritional quality of the packed lunches eaten at school and on educational visits.

Because your child’s packed lunch did not follow the school’s Packed Lunch Policy, we provided him/her with a school meal / school packed lunch to eat instead.

This afternoon, we have returned the packed lunch to your child so that it can be enjoyed at home. We kindly ask that you contact the school so that we can discuss this matter with you further and perhaps offer assistance in suggesting packed lunch options that can be enjoyed by your child when at school or on an educational visit.

Yours sincerely,

Sine Brown  
Head Teacher