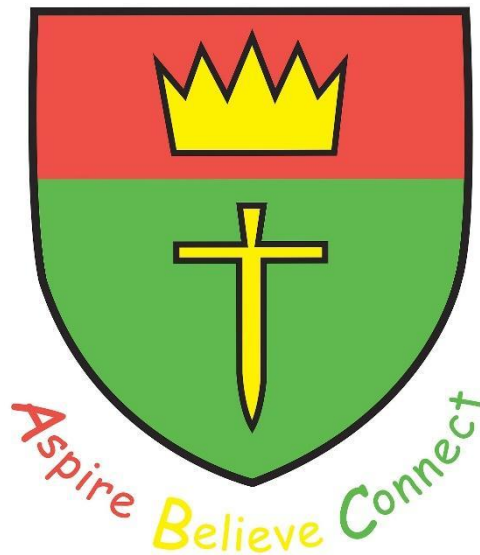


St Oswald's CE VA Primary School



Packed Lunch Policy

St Oswald's CE VA Primary School

Packed Lunch Policy:

Principles and Implementation

Agreed by governors: November 2025

Implementation date: November 2025

Review date: November 2027

Vision, Ethos and Values



Background

Our Ethos and Values Statement is an easy to understand model of religious education in St Oswald's. Children in our school know that love is the most important value of all, in line with the new command that Jesus gave us to love one another ([John 13:34](#)), which is why this is placed above all in our statement.

Vision

Our school vision is 'God has a plan' ([Jeremiah 29:11](#)). At St Oswald's, we believe that God has a wonderful plan for us all and we seek to discover that plan on a daily basis, weaving this into our school values and all aspects of school.

Ethos

Sitting below love lies our school's ethos: *Aspire, Believe, Connect*. As easy as A, B, C, this statement is easy to remember and most importantly represents what we want our children to do in every aspect of their education and lives.

Core Christian Values

The mission statement is underpinned by seven core Christian values that each link to one aspect of *Aspire, Believe, Connect*. As children aspire to be the best they can be in every way, they will grow in wisdom. In order to believe in themselves and develop their own beliefs about the world around them, our children are taught about the importance of trust and strength on their journey. We also believe in the values of peace and friendship in helping us to connect with those around us. Binding together all of these and very much at the heart of our values - and indeed the Christian gospel/Jesus' teaching - is love ([John 3:16](#); [Mark 12:31](#)).

Introduction

The school is dedicated to providing an environment that promotes healthy eating and enables pupils to make informed food choices. This will be achieved by the whole school approach to food provision and food education documented in this policy.

Aims

Our aim is to ensure that all packed lunches brought from home and consumed in school (or on school trips) provide the pupil with healthy and nutritious food that is similar to food served in schools, which is now regulated by national standards.

How and why the policy was formulated:

- To promote healthier diets for our pupils
- To help pupils understand that healthy eating supports success in class and in sports

- To support children to understand how to maintain a healthy weight
- To ensure that our school meets the criteria for Healthy Schools status
- To promote consistency between packed lunches and food provided by schools, which is regulated by national nutritional standards
- To encourage a happier and calmer population of children and young people
- To contribute to the school's self-evaluation, for review by Ofsted
- This policy has been formulated following consultation with pupils and parents/carers.
- The School Council has been consulted over what makes a healthier packed lunch and why the school should encourage healthier options
- The school's Governing Body has approved this policy and welcomes feedback from pupils, parents and carers
- More information regarding healthier packed lunches is available from the Council's catering team on tel. (0191) 4246710 or The School Food Trust website www.theschoolfoodtrust.org.

National guidance:

The policy was drawn up using a range of national documents including information and a draft policy from the School Food Trust, the Food in schools toolkit (Department of Health) and Food policy in schools - a strategic policy framework for governing bodies (National Governors' Council, (NGC) 2005).

Food and drink in packed lunches

- The school will provide facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is readily available at all times.
- The school will work with the pupils to provide attractive and appropriate dining room arrangements
- The school will work with parents/carers to ensure that packed lunches abide by the standards listed below.
- As fridge space is not available in school, pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible to keep the food as fresh as possible.
- Wherever possible the school will ensure that packed lunch pupils and school dinner pupils will be able to sit and eat together.

We are a nut free school!

As a result of a severe nut allergy, children and staff are not allowed to bring in items which contain nuts or have 'May contain Nuts' on the packaging.

Packed lunches should aim to include:

- Some starchy foods such as bread (sliced bread, pitta bread, wraps, bagels) pasta, rice, potatoes, couscous or noodles; choose wholegrain where possible
- 1 portion of fruit and 1 portion of vegetables or salad every day (grapes should be sliced vertically - choking hazard)
- Dairy food such as cheese, yoghurt, milk, fromage-frais or custard
- Meat, fish, or another source of non-dairy protein, (beans, lentils, pulses, hummus, falafel) every day
- Only plain water or naturally flavoured, fruit juice or milk drink
- Oily fish once every 3 weeks e.g. sardines or salmon
- Savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice.

Packed lunches should **not** include:

- Crisps or crisp type snacks e.g. flavoured rice cakes or cheddars (except on Friday)
- Sweets
- Glass (for safety reasons)
- Any confectionery or chocolate type item such as chocolate bars, chocolate biscuits, chocolate cakes or chocolate yoghurts/desserts
- Drinks with a high sugar content e.g. isotonic drinks, (these encourage tooth decay and have little or no nutritional value) fizzy drinks and high sugar still drinks e.g. Rubicon/Ribena.

Special diets and allergies

The school also 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. For these reasons, pupils are also not permitted to swap food items.

Ideas for healthier packed lunches

Ideas for better packed lunch contents are featured on website below.

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

School trips

A packed lunch will be provided by the school, for all children who are eligible for pupil premium funding. Children are welcome to bring their own packed lunches on trips; however, these lunches **must not include** sweets or chocolate bars. One small packet of crisps, not a share bag is allowed or snack size Pringles tub.

Assessment, evaluation and reviewing:

Mid-day Supervisory Assistants will regularly review packed lunches. Parents/carers and pupils who do not adhere to the Packed Lunch Policy will receive a leaflet in the packed lunch informing them of the Policy. If a child regularly brings a packed lunch that does not conform to the policy, then the school will contact the parents to discuss this.

Please note: pupils with special diets will be given due consideration.

Parents, carers and family members

Our relationships with parents/carers are very important and we aim to support them with information and advice around food, so that they are best prepared to make healthy choices for their families.

Pupils in KS1 are expected to eat lunch provided by the school unless there are medical reasons why this wouldn't be possible. In KS2, parents/carers of pupils wishing to have packed lunches for a particular reason are expected to provide their children with packed lunches which conform to the Packed Lunch Policy.

Parents are asked to apply for their child to take a packed lunch **at the start of each new term** but children can switch to school meals any time - no notice is required.

The school will keep the parents and the School Council informed as per the methods detailed below under "Dissemination of the Policy".

Dissemination of the policy:

The school will inform all new and existing parents/carers of the policy via the website, new starter pack and MySchoolApp.

The school will use curriculum opportunities such as Design and Technology, Science and PSHE to promote this policy. Healthy Living days and weeks will

contribute to promoting this policy as part of a whole school approach to healthier eating.

All school staff, including teaching and catering staff and the school nurse, will be informed of this policy and will support its implementation.