



# St John's Church of England Primary School

## Lunch Policy

Date Approved:

March 2023

Headteacher:

Miss Anna Pyatt

Chair of Governors:

Mr Robin Davis

Review Date:

March 2025

Love, Respect, Value

St John's Church of England Primary School is committed to high expectations for all and to embracing equality.

*Then Jesus said, "I AM the Bread of Life.  
He who comes to Me will never go hungry, and he who believes in Me will never be thirsty again."  
John 6:35*

## **Purpose**

St John's C of E Primary School aims to provide a happy and secure environment for the pupils, staff, parents and visitors to the school. Our inclusive Christian ethos of '*Growing Together in Love and Respect*' lies at the heart of all we do. As a Church of England School, our inclusive ethos means that we strive to ensure the success of all pupils and to include them in all aspects of school life.

Jesus placed hospitality and eating at the heart of His ministry and it is at the heart of the living Church today. Every time we come to church we see the Altar on which the '*Bread of Life*' is offered to every believer at Holy Communion. From this one eternal meal, flows the gift of life, love and nourishment for the soul. Hospitality and Food are essential for the physical wellbeing of every human and we take this to heart at our school.

As an inclusive school, we welcome all faiths to share in the enjoyment of hospitality and eating and aim to respect, reflect and celebrate the dietary requirements of all children.

## **National Guidance**

The Lunch Policy was drawn up from the [School food standards: resources for schools - GOV.UK](https://www.gov.uk/government/publications/school-food-standards-resources-for-schools/school-food-guidancefor-governors) and using a range of national documents including information and policy from the School Food Trust, School Food Guidance from Governors; strategic policy framework for governing bodies (DfE)

<https://www.gov.uk/government/publications/school-food-standards-resources-for-schools/school-food-guidancefor-governors>

## **Aims**

St John's C of E School wishes to work with parents to ensure that all packed lunches brought in from home, consumed in school or taken on school trips provide pupils with healthy and nutritious food that is similar in nutritional content to food provided via our school meals services. The meals provided by school are regulated by National Nutritional Standards for all pupils and meet strict nutritional standards which research has proven will support healthy child development. St John's is also a fully inclusive school and as such we have children with very severe allergies, food intolerances and specific dietary requirements. We are therefore a totally nut and sesame free school and will monitor packed lunches to ensure our nut free policy is strictly enforced. We may be required to eliminate other products (eg poppy seeds) if a child presents with a severe allergy to a specific item. We will review this policy regularly to reflect the changing dietary needs of our children.

### **Healthy Attitudes to Eating**

We believe that school meals provision (those provided in school, packed lunches and lunches taken on trips) need to work alongside our whole school promoting healthy lifestyle strategy. We should be teaching children to understand that no food is 'bad' as long as it is eaten in moderation. Occasional food treats are a reality of life but unhealthy foods eaten in excess in quantity or frequency could have long term health implications (dental care, obesity etc). We teach the children the importance of achieving a balanced diet across the curriculum in Design & Technology and Science.

### **How and why the policy was formulated**

This Lunch Policy has been formulated in partnership with staff (teaching, support and catering), parents, governors, and pupils. We have consulted with parents through newsletters and consultation meetings asking for their views and opinions. We apply the nutritionally based standards to ensure that our school meals are well balanced and meet all the nutritional needs of growing children. We will work with parents to support those children choosing packed lunches to eat to the same School Food Standards.

We know that children who understand and choose a healthy balanced diet, grow into healthy adults who have a positive relationship with food and make positive choices about food.

### **Where, when and to whom the policy applies**

To all pupils and parents providing packed lunches to be consumed within school or on school trips during normal school hours.

Currently, the Government provides 'Universal Free School Meals' to ALL children in Reception, Year 1 and Year 2. From Year 3 upwards, we encourage children to continue to eat our nutritious school dinners (provided by our in-house catering COOMBS team) but parents are expected to pay for these meals.

If you are unable to pay for these meals, you may be eligible for Pupil Premium Funding and we encourage you to come and speak to one of our Office Team members to discuss.

### **Roles and responsibilities**

- The Governing Body has overall responsibility for monitoring the implementation of this policy
- The Headteacher is responsible for ensuring staff are familiar with the Lunch Policy, and that it is being applied consistently.
- Staff are responsible for implementing the Packed Lunch policy consistently
- The school will provide staff with appropriate training in relation to this policy and its implementation.
- Parents are expected to adhere to the policy if they choose packed lunches and ensure their child is provided with a packed lunch which meets the policy requirements
- Our lunchtime staff (EPMs) and duty Senior Leadership Team (SLT) members will have responsibility for checking and monitoring packed lunches. The key focus will be to remove any items which contain nuts/other allergens and also give advice and support on what a healthy balanced lunch should contain
- EPMs and SLT will have the authority to remove items which contain nuts/allergens and also items which they consider in their professional judgment containing excessive fat, salts or sugars (in likelihood this will be if a child has more than one item eg. three or four chocolate bars they may remove all bar one

- Our lunchtime staff and senior staff on duty will not allow children to share packed lunches. This is simply because we have a number of children with severe food allergies and therefore discourage sharing food
- Class Teachers will give guidance on what is allowed in school trip packed lunches eg. we will not permit fizzy drinks, glass bottles or sweets

#### **Food and drink in packed lunches:**

- The school will provide dining facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is readily available at all times. Children will provide their own water bottles.
- The school will work with parents 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 stop the food going off
- The school will ensure that packed lunch pupils and school dinner pupils will be able to sit and eat together.

#### **Monitoring and communication between parents and school**

Children who bring packed lunches to school will bring their uneaten food home at the end of the day. We will not allow children with packed lunches to use the bins in the lunch hall. This is simply because we have noticed that a number of children are throwing away their lunches and not eating sufficiently and unless parents are aware of this they are unable to make changes. Children with packed lunches will bring their rubbish and uneaten food home for parents to monitor their food consumption. We ask that parents support us in talking to their child about not sharing the contents of their packed lunch. We encourage all of our children to take care of each other and to be aware of others' allergies. Therefore, as we have a number of children with severe allergies, we actively discourage any sharing of foods bought in from home for health and safety reasons.

*If parents opt for their child to have packed lunches:*

- there will be a commitment to bringing in a packed lunch EVERY DAY- it will not be possible to switch between packed lunches and school dinners
- the child will eat packed lunches for the whole half term with the option to return to school dinners the following half term
- please give one week's notice before switching

**Packed lunches should ensure the children have energy throughout the school day and should therefore include (as outlined in the DfE School Food Standards):**

#### **EVERYDAY**

- At least one portion of fruit and one portion of vegetables (eg. apple/carrots). If providing grapes, please cut up the grapes for younger children
- Meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas)
- One portion of starchy food (eg. bread, pasta, rice, couscous, noodles, potatoes or other type of cereals)
- One portion of dairy or dairy alternative (eg cheese, yoghurt, fromage frais or custard)
- Only water which will be in the child's water bottle already

#### **AT LEAST WEEKLY**

- Oily fish or an equivalent source omega 3 fatty acids (eg. flaxseeds, chia seeds, soybeans, kidney beans).

*-We ask that lunch boxes adhere to our 'No Meat Friday' rule.*

*-We ask that all packed lunches contain cold, picnic style food- there is no provision for heating up of food, nor will we be able to freeze items.*

*-Please ensure the lunch box is clearly labeled with the child's name and class*

*-Please ensure the lunch box is kept within an insulated bag and not a carrier bag or school bag as the children will keep their lunch boxes in their lockers; there is no provision for storage in the school kitchen*

#### **Regular Packed lunches should not include:**

- High fat content snacks such as crisps. Instead we suggest savoury crackers or breadsticks. (with no added salt, sugar or fat). – we allow Crisps to be included on Friday ONLY
- Confectionery such as chocolate bars and sweets. One portion of cakes and biscuits is allowed but encourage your child to eat these only as part of a balanced meal
- Fast foods – such as MacDonald's, KFC or chips are never allowed and no delivery of fast food will be allowed
- No items containing any known allergens which may endanger a child in our school- currently, we ask that you do not send in any items containing **peanuts, tree nuts, sesame seed, poppy seed (such as hummus or tahini)**

To uphold and maintain our Church of England ethos, the 'Grace' will always be said in the classroom before the children eat: 'God bless this food which we now take, may it do us good, for Jesus' sake. Amen.'

Children will be encouraged to show good manners throughout the lunch service and eat with respect for others in order to ensure lunchtime is a positive experience for all children and staff. Children are encouraged to show hospitality to others in helping setting up and ensuring they clean up after themselves.

#### **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 will need to coordinate with our SENCo and negotiate alternative healthy options for packed lunches

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

Named SLT member: Miss Ayanna Stevens (SENCo)

Members of the Senior Leadership Team will work with the EPMs who are on daily lunch duty and are responsible for checking and monitoring packed lunches.

Parents will be informed if the packed lunch provided does not follow the spirit of this Lunch Policy. Parents and pupils who do not adhere to the Lunch Policy will receive a leaflet in the packed lunch informing them of what constitutes a health balanced lunch, this may also be followed up by a phone call or conversation. If a child regularly brings a packed lunch that is 'unhealthy' then a member of the school leadership team will contact the parents to discuss this. In exceptional circumstances the Senior leader on duty will decide if the packed lunch should be replaced with a nutritional school meal and parents charged accordingly. We may insist that the child has school dinners if we are concerned about their welfare.

### Dissemination of the policy

The School will write to all new and existing parents/carers to inform them of this policy via the school newsletter and communications platform. This policy is also available on the School's website.

The School will use opportunities such as Information evenings and Healthy Living weeks to promote this policy as part of a whole school approach to healthier eating.

## 14 MAJOR ALLERGENS



DO	DO NOT

 	  
<p>           Bread            Rice cakes            Cold pasta            Cold pizza            Wraps            Salad            Fruit            Vegetables            Biscuits         </p> <p>           Yoghurt            Raisins            Crisps on a Friday         </p>	<p>           Nuts            Sesame seeds            Poppy seeds            ANY products containing the above - be aware that these foods can be difficult to spot and the list of ingredients may need to be checked            Ice cream/ice lollies            Fizzy drinks            Crisps (Mon-Thurs)            Chocolate bars         </p>

# KEEP US SAFE



## NO PEANUTS

Look for me in:  
peanut butter  
cakes  
biscuits  
peanut oil  
arachis oil  
peanut flour  
ground nuts  
beer nuts



## NO TREE NUTS

Including:  
almond hazelnut  
walnuts brazil nuts  
cashew chestnut  
macadamia nut  
pecan pine nuts  
pistachio coconut



## NO SESAME

Look for me in:  
humous bread/crackers tahini  
sesame oil sesame flour cereals  
protein and energy bars vegetarian burgers