



Heartwood CE VC Primary and Nursery School

Packed Lunch and Snack Policy

Heartwood CE VC Primary and Nursery School is dedicated to promoting 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.

Phase year group breakdowns:

EYFS: Nursery and Reception

KS1: Year 1 and Year 2

KS2: Year 3, 4, 5, 6

Aims

The main aims of our school food policy are:

1. To provide and encourage a range of healthy food choices throughout the school day and in line with the mandatory School Food Standards.
2. To support pupils to make healthy food choices and be better prepared to learn and achieve.
3. To ensure a consistent approach to healthy eating across the federation community including pupils, staff and parents/carers.

1.Snacks

- Children in EYFS are offered daily milk.
- Children in EYFS and KS1 are offered a free daily snack, which is either a piece of fruit or vegetable. Children in EYFS and KS1 do not bring their own snacks into school.
- Children in KS2 are not provided with a free snack and so can bring their own in from home. Children are allowed to bring a piece of fruit or vegetable, a cereal bar which does not contain nuts, or a dairy product such as cheese or yogurt. Chocolate, crisps, sweets etc are not allowed.

2. School Lunches

- School meals are provided by an external catering provider and are served in the dining hall. The school meals meet the mandatory requirements of the School Food Standards 2015. It is the responsibility of the caterers to ensure the standards are reached.
- School meals are planned on a 3-week cycle and always contain various options including vegetarian. Dietary requirements can be catered for but the providers would need information and notice to provide some menus. The school meals menu can be found on our school website.

3. Packed Lunches

- We encourage all children to have a school meal especially those in receipt of universal free school meals and Free school meals in KS2. Parents can, however, choose to send their child with a packed lunch.
- The packed lunch policy is developed using guidance from the Children's Food Trust. The guidance aims to support pupils to have a balanced lunch and best prepare them for learning in the afternoon.

Packed lunches should aim to include:

- Some starchy foods such as bread (sliced bread, pitta bread, wraps, bagels), pasta, potatoes, couscous; choose wholegrain where possible
- At least 1 portion of fruit and 1 portion of vegetables or salad
- Dairy food such as cheese or yoghurt
- Meat, fish, or another source of protein such as eggs, beans and pulses, hummus, falafel

Packed lunches should not include:

- Sweets or Chocolate bars
- Fizzy drinks
- Chocolate yoghurts or desserts
- Chocolate spreads

If a child brings in the restricted items, they will not be allowed to eat them, and the parent/carer will be called to provide a replacement.

Parents may include **one small** cake or biscuit based item which may include chocolate. We do urge parents to see this as an occasional treat.

The schools provide water for all pupils at lunchtime; therefore, there is no need for packed lunches to include a drink. Where parents do provide a drink, it should be low sugar content and not fizzy.

5. Drinks

Children bringing packed lunches can bring a carton of juice or a low sugar drink for lunchtime. Water is provided in the school hall and can be accessed in the classrooms. Children should bring a refillable bottle to school each day.

6. School trips

A packed lunch will be provided by the school, for all children who usually have a free school meal. Children are welcome to bring their own packed lunches on trips, however, these lunches must adhere to the same food and drink guidance described above.

Special dietary requirements

The school will do everything possible to accommodate pupils' specialist dietary requirements including allergies, intolerances, religious or cultural practices.

Individual care plans are created for pupils with food allergies. If a child has a food allergy, evidence will need to be provided.

Due to staff and pupils with serious nut allergies, the school is nut free.

