

**Christ Church CE School
Packed Lunch Policy
Autumn 2018**



Christ Church CE School
Redhill Street
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NW1 4BD

Christ Church C of E Primary School
Packed lunch policy

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Mission Statement

The Christian Faith is at the heart of our school community. At Christ Church we care for each other and learn together.

Christ Church is a small, caring school which is committed to a broad, balanced curriculum and to a continual raising of standards. We aim to contribute to the spiritual, moral, cultural, mental and physical needs of every individual.

We are a Church of England school, with a strong commitment to the teaching of Christianity whilst supporting a multi-faith approach to the curriculum. We recognise, value and celebrate the rich cultural diversity that exists in our school.

The Christian ethos of the school is reflected in our positive, disciplined and calm atmosphere. We believe that effective learning takes place when children work in a purposeful and stimulating environment that supports a wide range of learning styles. Mutual respect between adults and children promotes excellent behaviour and well developed social skills. With this approach we seek to achieve high academic standards.

We aim to cater for each individual, taking particular account of any specific needs or abilities. We endeavour to ensure that all our children fulfil their potential and, within this context, we emphasise health and safety, enjoyment and achievement and the beginnings of responsibility for themselves and others. These skills will be carried forward to the next phase of education and throughout life.

The whole school community is committed to a collective responsibility for the implementation of the values inherent in this statement.

Our School Aims - Every Child Matters

The Ethos of the School

The school aims to provide a positive, disciplined, purposeful environment, within a Christian context. We aim to teach children to be caring, to exhibit good behaviour and appropriate social skills and to begin to take responsibility for themselves and others.

The Values of the School

The School aims to value every child and to contribute to the Spiritual, Moral, Cultural, Mental and Physical well being of our whole school community. We value the diversity of our community and we aim to promote the health and safety of everyone.

The Standards of the School

The School aims to teach a balanced Curriculum and to ensure that each child fulfils his or her potential. We aim to provide teaching and learning of a high standard. We believe that this is achieved when pupils are highly motivated, enjoy coming to school, and are appropriately challenged.

Christ Church C of E Primary School

Packed lunch policy

Date of policy: Autumn 2018

Review date: Autumn 2020

Introduction

The aim of this policy 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 regulated by national standards.

This policy applies to all pupils and parents providing packed lunches to be consumed within school or on school trips during school hours.

Packed lunches should include:

- A portion of healthy starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes, savoury crackers or other type of cereals
- At least one portion of fruit **and** one portion of vegetables
- A lean portion of meat, fish, eggs or other source of lean non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus or falafel)
- A portion of milk or dairy foods (e.g. yoghurt or cheese)
- Water as a drink

If you choose to include a dessert for your child, please make sure it is fruit based (e.g. fruit salad, fruity rice pudding, fruit smoothies).

On Fridays, children may have one small, snack sized biscuit OR cake as part of their lunch.

Packed lunches should not include:

- Nuts (this is to avoid severe allergic reactions which may be caused by direct or indirect exposure to nuts)
- Crisps or chips (due to fat content)
- Processed meat products such as sausage rolls, burgers, chicken nuggets and individual pies (due to fat and salt content and being stored in the classroom at room temperature)

- Cereal bars (due to high sugar content)
- Confectionery such as chocolate bars, chocolate-coated biscuits, sweets and chewing gum (due to high sugar content)
- Fizzy, sugary or energy drinks.

Special diets and allergies

Children who require special diets may find it difficult to meet these standards exactly. In these cases, packed lunches should be made as healthy as possible, using appropriate alternatives.

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

Please inform your child's class teacher or a meal-time supervisor if your child has dietary needs which we need to be made aware of.

Containers

Please ensure packed lunches are provided in a secure, reusable container which your child is able to open and close independently.

School Trips

The Friday lunch policy should be followed on all trips. All accompanying adults will also follow the policy.

Monitoring

To promote healthy eating we will regularly monitor the content of packed lunches and involve pupils and staff. We will talk to parents and carers where necessary and offer advice and guidance on bringing healthy packed lunches. If children consistently bring packed lunches that do not adhere to these guidelines a letter will be sent home with a copy of this policy.