

Packed Lunch Policy

As part of our commitment to supporting children to develop healthy habits for life, and because we know that a healthy balanced diet plays a vital role in growth and development, in line with National guidelines, our school meals are planned to provide good nutrition over each menu cycle. As it is not possible for school to monitor, on a daily basis, the balance and nutrition of individual lunch boxes you are asked to follow this Packed Lunch Policy. We all enjoy treats now and then of course, so we have factored those in on a Friday ☺

Monday to Thursday:

Your child's lunch **should** include:

Sandwiches *and/or* eg pasta salad, rice salad, tinned fish or cold meat salad

A piece of fruit/vegetable sticks

A drink

Your child's lunch **may** also include:

breadsticks or plain crackers

sausage rolls, scotch eggs, cold meats, pieces of cheese

plain biscuit, flapjack type cereal bar (not kelloggs' breakfast bar type) or a small un-iced muffin or cake.

The following items are not permitted:

high sugar items or sweets of any kind (including fruit winders)

fizzy drinks

chocolate covered biscuits or cakes e.g. Kit Kat or similar

bagged snacks eg crisps, cheese puffs or similar

These items are all high in salt, sugar or fat and have limited nutritional value.

Friday:

Lunchboxes may include a 25g bag of crisps, cheese puffs or similar and/or a chocolate covered biscuit or cake.

Still no sweets or high sugar drinks.

NB We are trying to reduce single use plastic in school and request that packed lunches do not include any plastic pots or cartons and that sandwiches are not wrapped in cling film.

Please remember that all Reception, Year 1 and Year 2 children are eligible for a free school meal.

If you are not sure whether your child is eligible for free school meals, please contact the school office for advice.



We are a rights respecting school. All our policies and procedures are written and reviewed to ensure that children's rights, as detailed in the United Nations Convention on the Rights of the Child, are respected and promoted.