



SWILLINGTON PRIMARY SCHOOL

Snack and Packed Lunch Policy

At Swillington Primary School we make sure that children who bring a lunch from home to eat in school (or on school trips) have food which is just as healthy and nutritious as food now served in school and regulated by national standards.

School Mission Statement

We will work together to inspire every individual, without exception, to respect themselves and others, to love learning and life, experience success, and become optimistic citizens of the future.

Assessment, evaluation and reviewing:

Packed lunches are reviewed by lunchtime staff as part of their supervision of the children. Children eating healthy lunches will be rewarded by stickers and other awards. Pupils/parents who are not following the guidance will be given a polite verbal warning, followed by a written reminder of school policy and finally they will be asked to come in for a consultation with the Leadership Team or with the Governors. Pupils' on special diets following verified medical advice will be given due consideration.

How will other parents know about the policy?

We will inform all new and existing parents/carers to inform them of the policy. The policy will be available on the school's website. We will use opportunities such as parents evenings to promote this policy as part of a whole school approach to healthier eating. All school staff, including teaching and catering staff, will be informed of this policy and will support its implementation.

We welcome any of your feedback. Please come and speak to us if there is anything you are unsure of. The policy will be reviewed in July 2016

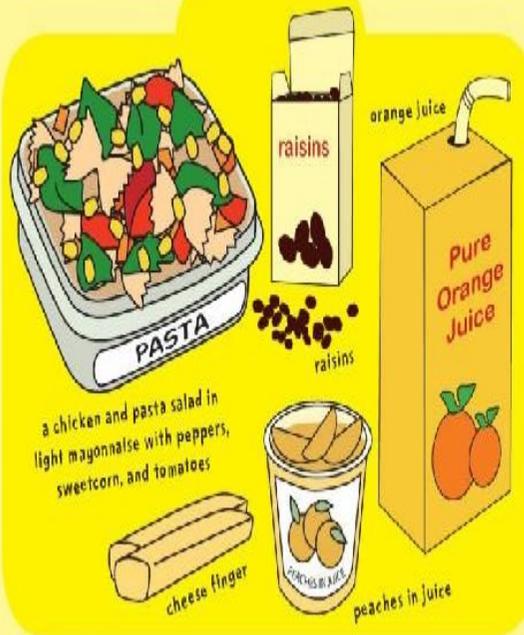
What is the policy?

- The school will provide facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is available.
- The school will work with the pupils to provide attractive and appropriate dining room arrangements.
- The school will work with parents to ensure that packed lunches are as close as possible to the guidance below.
- The school will allow children eating packed lunch or school meals to sit together.
- Children must only eat their own food and not other children's.

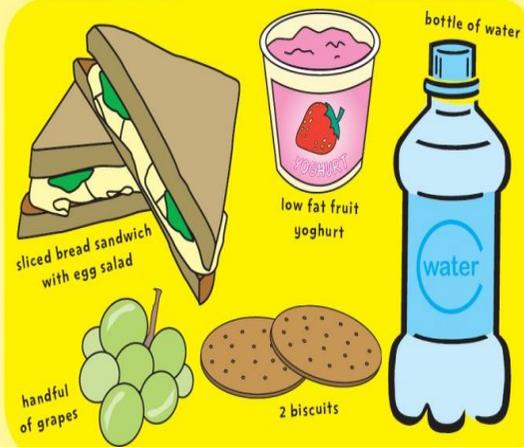
End of Year Parties and Trips:

We feel as part of creating a healthy ethos within the school and promoting the idea of a balanced diet and life style, special exception to the above rules would be granted for trips and parties as they are a treat.

example of a balanced lunchbox...



example of a balanced lunchbox...



Above are examples of healthy lunch boxes.

What food could I include in my child's packed lunch?

Suggestions for food to INCLUDE in a healthy packed lunch

- At least one portion of fruit or vegetables every day.
 - Meat, fish or other source of non-dairy protein (e.g. lentils, beans, soya or hummus,) every day (usually as part of a sandwich, roll or salad).
 - Oily fish, such as pilchards, salmon or tuna occasionally.
 - A starchy food such as bread, pasta, rice, noodles, potatoes or other type of cereals every day we are allowing a packet of crisps (only to be eaten with their lunch).
 - Dairy food such as milk, cheese, yoghurt, fromage frais or custard.
 - A drink: water is best followed by semi-skimmed or skimmed milk, sugar free squash, drinking yoghurt, milk drinks or smoothies.
 - Cereal bars rather than cakes and biscuits.
 - Pretzels, seeds, fruit, crackers and cheese, and vegetable or bread sticks with a dip.
 - Roti (instead of parantha)
 - Curries (vegetable or chicken)
 - Boiled rice
 - etc.)
- Packed lunches should **not** include:

confectionery such as chocolate bars, chocolate-sweets. (Cakes and biscuits are allowed but encourage your child to eat these only as part of a balanced meal.)

What snacks are allowed in school for break time?

We believe that for children's learning to be enhanced certain foods can not be eaten by children during their break time. Below is a list of suggested snacks.

Suggested snacks:

Dried fruit

Fresh fruit

Cereal bars

Plain biscuits (not chocolate based or covered)

Children will be challenged if they are seen eating snacks that are not listed above. The item of food may then be confiscated and an adult will be asked to collect it.

Feel free to come and discuss this with us on Thursday 23rd June at 3:30 in the main hall.