



Packed Lunch Policy

Rationale

Kingsmead Primary School aims for all children to develop healthy lifestyles both for their time at Kingsmead and into their adult life. Children who have a filling, healthy and nutritious lunch are better able to concentrate in lessons and, as a result, this supports their learning.

Kingsmead School offers healthy school lunches through our own kitchen and these are available to all pupils:

- If your child is in Reception class or Year 1 or Year 2 they will automatically receive a free school meal thanks to the Universal Free School Meal offer.
- If your child is in Nursery or Years 3, 4, 5 or 6 our school lunches are priced at £1.60 per day – however if you are in receipt of certain benefits you may qualify for a Free School Meal (please check with the school office if you need help finding out if you might be eligible for Free School Meals).

We understand that in some cases parents/ carers may not wish to take up this offer and we therefore allow children to bring a packed lunch to school. However, we ask that this is healthy and nutritious and in line with this policy. This is to meet our aim of all children having an appropriately healthy lunch at Kingsmead.

Acceptable items

A packed lunch should contain one item from each of the four food group as shown below.

Bread, Rice, Pasta, Potato	A Protein eg: sandwich filling	Fruit & Veg	Milk & Dairy foods
This can be a roll, bagel or pitta bread, a wrap or a pasta, rice, couscous or noodle salad.	This can be meat, chicken, tinned fish, beans, hummous, egg or cheese	This can be salad, carrots, celery, tomatoes or cucumber. Also all kinds of fresh fruit, dried fruit.	Including cheese of all kinds, yogurt or fromage frais, semi-skimmed milk.
<i>These starchy foods are important for children. They are filling and provide energy.</i>	<i>Growing children need the protein, iron and vitamins these foods provide.</i>	<i>These foods provide fibre and vitamins which help to keep your child healthy.</i>	<i>The calcium and protein in this food group are needed for building strong bones & teeth.</i>

Foods that are high in fat or sugar are not allowed in Kingsmead packed lunches. These include: crisps, deep fried food such as chips (especially as it will be cold), sweets, chocolate bars or biscuits, chocolate spread or cereal bars. These are examples for guidance and other similar items may be deemed unacceptable if they break our guidelines. We recommend water for children to drink and fizzy drinks, fruit juices and flavoured water are not allowed. Bottled water or milk cartons are allowed. The school always provides water for all children to drink every lunch time so you do not need to send a drink with packed lunches at all.

Support for Parents / Carers

We ensure that parents and carers are fully informed about the packed lunch requirements through individual letters, newsletter and website. In addition we produce guidelines on healthy packed lunches with examples menus to support with healthy suggestions. Any parents / carers wishing their children to start having packed lunches are asked to sign a packed lunch agreement. Copies of all the relevant documents are easily accessible at the school office.

We actively identify and inform families who may be entitled to free school meals and the school office will support parents and carers wishing to apply. This is a part of our admission process for any new children joining the school

Monitoring / Unacceptable items in packed lunches

Packed lunches are monitored regularly and in cases where unacceptable items are brought into school parents will be informed and these may be removed from the child's lunch. In this case the child will be offered healthy alternatives from the school lunch menu and parents/ carers will be informed of this through a note home identifying the items removed. In cases of repeated issues with packed lunches a member of SLT will contact the family directly.

Policy review date: February 2019