

# Temple Learning Academy

## Packed Lunch Guidelines



At Temple Learning Academy we aim to make sure that our school dinners offer our pupils a nutritional and balanced diet. This is because a healthy dinner provides children with the energy they need for their afternoon learning.

We want our children to enjoy their lunch whether they have school dinners or bring in food from home. Below is an example of a healthy, affordable packed lunch bought from Asda that includes foods from each of the main food groups.



A sandwich with a choice of filling.

Raisins  
£1 for 4 packets

A yoghurt.  
33p

Carrot sticks  
£1 for 4 packets

A packet of crisps.  
66p  
12 packs

A biscuit  
40p a packet

We ask that you **do not include fizzy drinks or sweets** in packed lunches because they are very high in sugar. This sugar can cause children to have a rush of energy followed by a drop in concentration, which makes it difficult for them to engage in their learning.

If you would like more information about the government's new school food standards and their suggestions for packed lunches, please ask your child's class teacher for a leaflet.

**'Eat well, move more, live longer' – Change for life'**



## **Overall aim of the guidance:**

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 now regulated by national standards.

*At Temple Learning Academy we want the very best lifetime opportunities for our children by giving them the best start.*

## **How and why the guidance was formulated:**

The government has placed a duty on schools to ensure that every child is healthy and set out clear guidelines in the **National School Food Standards** to encourage healthy eating. Eating healthily is important because it will help children to:

- Be fitter and healthier now and later in life.
- Learn more quickly and behave better.

Our school meals conform to government nutritional guidelines with less sugar, fat and salt and more fresh fruit and vegetables. We would like our packed lunches to provide the same nutrition as a cooked meal where possible.

## **National guidance:**

This guidance has been written to reflect the School Food Standards that were revised in January 2015.

It has also been written to reflect the Eatwell Plate model of healthy eating and supports key outcomes of the School Food Plan. The policy supports Ofsted's commitments to assess pupils' knowledge of how to keep themselves healthy and our school's ethos of healthy eating.

## **Where, when and to whom the guidance applies:**

This policy applies to all pupils and parents providing packed lunches to be eaten within school or on school trips during normal school hours from September 2018.

## **Eating arrangements:**

At Temple Learning Academy we will:

- provide facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is available.
- provide an attractive bright and clean environment for pupils to eat their packed lunches.
- work with parents to ensure that packed lunches are as close as possible to the guidance below.
- encourage children eating packed lunch or school meals to sit together.
- advise children to only eat their own food and not other children's
- Please ensure that you keep the contents of lunchboxes cool on warmer days by using an insulated bag and / or freezer block.

## **Monitoring**

The Academy Leadership Team and lunchtime staff will carry out regular monitoring of the contents of packed lunches. We will share findings with parents and pupils where appropriate.

Healthy packed lunches will be acknowledged and rewarded with positive praise, stickers and special mentions. We will not punish unhealthy packed lunches or stigmatise children who are unable to meet the guidance.

## **How we will support the guidance**

Pupils and parents or carers who regularly struggle to provide a packed lunch in line with the guidance will be supported sensitively on an individual basis.

If discouraged items are found in lunchboxes, the school will remind pupils and parents/carers of the policy. This may be through reminder cards in lunchboxes or, if unhealthy foods are repeatedly brought into school, a letter may be sent home offering alternatives and solutions to help families support the guidance and protect their children's health.

We will support parents by sending home affordable menu ideas, recipes and useful tips for healthy packed lunches.

We will support pupils through education and practical learning in the curriculum.

## **Review**

We welcome pupils and parents/carers to discuss the content of the guidance with school at any time and offer ways to help us improve healthy eating.

The guidance will be formally reviewed each year by our Governing Body and other key people including pupils and parents.