



St Agnes Catholic Primary School

Packed Lunch Policy



Date policy was approved: September 2023

Review date: September 2025

Person(s) responsible for overseeing Healthy Eating: Whole School Focus

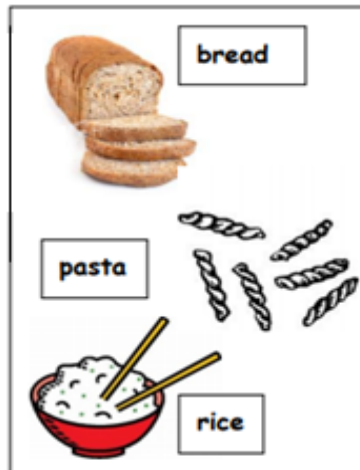
Aim	<p>The main aims of our school food policy are:</p> <ol style="list-style-type: none">1. To provide a range of healthy food choices throughout the school day in line with the mandatory School Food Standards2. To support pupils to make healthy food choices and be better prepared to learn and achieve3. To ensure a consistent approach to healthy eating across the school community including pupils, staff and parents/carers
Context	<ul style="list-style-type: none">• “Tackling obesity is one of the greatest long-term health challenges this country faces. Today, around two-thirds (63% of adults are above a healthy weight, and of these half are living with obesity¹.• We have 1 in 3 children leaving primary school who are already overweight or on the cusp of obesity with 1 in 5 living classified as obese².”• Obesity prevalence is highest amongst the most deprived groups in society³.• Children in the most deprived parts of the country are more than twice as likely to be obese as their peers living in the richest areas⁴.• This is sowing the seeds of adult diseases and health inequalities in early childhood.• Obesity is associated with reduced life expectancy. It is a risk factor for a range of chronic diseases, including cardiovascular disease, type 2 diabetes, at least 12 kinds of cancer, liver and respiratory disease⁵, and obesity can also impact on mental health⁶.” <p>(Policy paper. Tackling obesity: empowering adults and children to live healthier lives. Published 27 July 2020, Department of Health and Social Care</p> <p>https://www.gov.uk/government/publications/tackling-obesity-government-strategy/tackling-obesity-empowering-adults-and-children-to-live-healthier-lives)</p> <ul style="list-style-type: none">• Locally, children in Tower Hamlets have high levels of excess weight (overweight or obesity). Among 4-5 year olds, 21.8% have excess weight (of whom 11.7% are obese) and among 10-11 year olds, 41.4% have excess weight (of whom 25.3% are obese) (NCMP data 2018/19 academic

	<p>year). Both of these are above the average for London and England, although the levels of obesity among 4-5 year olds in Tower Hamlets are falling gradually.</p> <p>https://www.towerhamlets.gov.uk/lgnl/health_social_care/public_health/healthy_lifestyle_children.aspx</p> <ul style="list-style-type: none"> The London Vision was founded from a partnership made up of Public Health England, NHS, Mayor of London and London Councils. It has a shared ambition to make London the World's healthiest global city. It points out the above statistics. It supports the healthy eating agenda and the healthy catering commitment. <p>https://www.london.gov.uk/sites/default/files/11448_hlp_london_vision_-_annual_report_2019_full_version.pdf</p> <ul style="list-style-type: none"> The issue of poor oral health also continues in Tower Hamlets, with high levels of children aged 5 years old who have one or more decayed, missing or filled teeth (2016-17). Tower Hamlets has 31.1% cases compared to the national figure of 23.3% and 25.7% in London (National Dental Epidemiology Programme for England: oral health survey of 5 year old children 2014/15 and 2016/17).
School Meals	<p>School meals are provided by Tower Hamlets Catering. They are free to everyone from Reception up to Y6. The school is a water only school so children are not allowed any other drinks.</p> <p>School meals are planned on a 2 week cycle and are updated on a termly basis (please see the school website for current school menu).</p> <p>We encourage and promote uptake of salad, fruit and vegetables at all times to all pupils.</p> <p>We consult termly with pupils, staff, governors and our catering provider around menu options, choices, portion sizes and quality control. We work with our school caterer to constantly review and improve school food.</p> <p>We have worked to improve the lunchtime experience for all pupils, making every effort to reduce queues thereby making lunchtimes a more enjoyable and stress free experience for pupils.</p>
Packed Lunches	<p>We understand that not all children opt to have a school meal and prefer to bring a packed lunch from home. However, we ask that packed lunches from home are healthy and adhere to these guidelines</p> <hr/> <p>Everyday packed lunches should <u>aim</u> to include:</p> <ul style="list-style-type: none"> A source of carbohydrate for energy such as bread (sliced bread, pitta bread, wraps, bagels), rice, pasta, couscous or plain crackers (Choose wholegrain where possible) 1 portion of fruit and 1 portion of vegetables or salad This could include a variety of fresh, tinned or dried items. Dairy food such as cheese, yoghurt or fromage frais

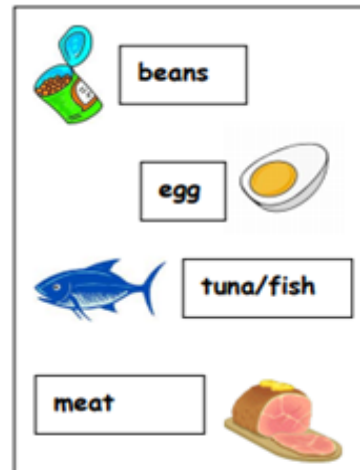
	<ul style="list-style-type: none"> • Meat, Fish or another source of protein such as eggs, beans and pulses, for example hummus and falafel • On Friday only children may have a plain cake, crisps or biscuit in their packed lunch (in line with the school menu) <hr/> <p>Packed lunches should never include foods that are high in fat, salt or sugar including, but not limited to:</p> <ul style="list-style-type: none"> • Sweets of any kind (fruit strings and fruit winders are considered to be sweets) • Crisps or crisp type snacks e.g. mini cheddars Baked Crisps such as lentil crisps or wotsits could be a healthier substitute – The NHS says if your child really likes crisps substitute with rice cakes or plain popcorn. • Any items containing chocolate including bars, biscuits, spreads or yoghurts/desserts • Cakes, sweet pastries or breakfast cereal bars – unless 0 sugar versions • Meat products that are high in salt and fat e.g. sausage rolls, cocktail sausages and peperami • Precooked fast food type products such as potato waffles, chicken nuggets and mozzarella sticks that are all high in fat, salt and sugar. • Sauces including ketchup, barbecue or brown sauce • After initial warnings, overtime these items will be removed from packed lunches and returned to children at the end of the day. <hr/> <p>Due to food allergies any products containing nuts are prohibited from school packed lunches (including peanut butter and Nutella) because of the <u>life threatening risk</u> it can cause to children who may have a severe allergy.</p> <p>As mentioned previously, school is a water-only school and fresh water is available for children at all times. Therefore, packed lunches should only include water (not flavoured water).</p>
School Trips	<p>A healthy packed lunch will be provided by the school, for all children who usually have a school meal.</p> <p>Children are welcome to bring their own packed lunches on trips. However, these lunches must adhere to the same food and drink guidance described above.</p>
Specialist dietary requirements	<p>The school does everything possible to accommodate pupils' specialist dietary requirements including allergies, intolerances, religious or cultural practices.</p> <p>Individual care plans are created for pupils with food allergies and relevant staff are aware of these plans.</p>
Fun Days	<p>There will be an exemption on fun days including Christmas parties and end of year celebrations.</p>

What can I choose for my healthy lunch?

CARBOHYDRATES (for energy all afternoon)



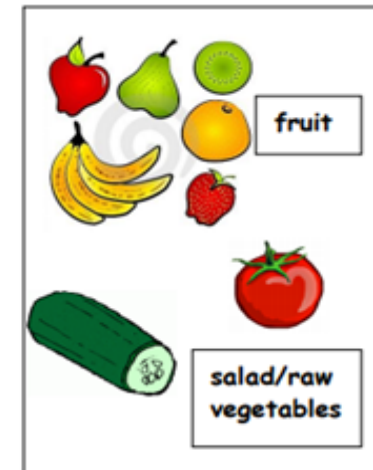
PROTEIN (to help my body to grow)



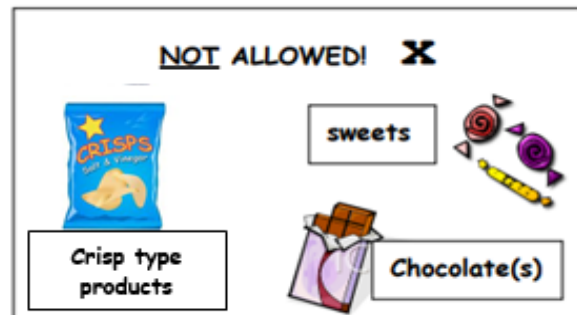
DAIRY (for strong teeth and bones)



FRUIT AND VEGETABLES (to stop me from being ill)



1 + 1 + 1 + 1 or 2



A healthy lunch helps me to do well in school!

