

Whickham Parochial Church of England Primary School



Packed Lunch Policy 2025-2026

**'Let your light shine before people, that they may see the good things you do and praise your Father
in Heaven.'**

Matthew 5:16

Mission Statement

At our Parochial school we aim to provide a stimulating and caring environment with Christianity at the heart of all we do, in which every child has the opportunity to let their light shine - for themselves, for their community and for the world.

Aims

At Whickham Parochial we believe that every child is entitled to enjoy their childhood, celebrate their individuality and reach their full potential. We aim to do this through:

- Creating a caring school family living by Christian values.
- Celebrating everyone's strengths and efforts.
- Valuing the opportunities we have to contribute to our community and the wider world.
- Offering wide ranging, quality experiences that stimulate children's minds.
- Encouraging respect for others, positive behaviour and good manners, enabling all children to feel secure and valued.
- Building strong links between school, home and church.
- Preparing children for future challenges in a changing world.

We wish every child to take with them happy memories of Whickham Parochial into their future life.



Aims and objectives

To ensure that all packed lunches brought from home and consumed in school (or on school visits) provide pupils with a healthy and nutritious diet, that is similar to food served in schools, which is now regulated by national standards.

Monitoring evidence shows that some children are eating a packed lunch which consists mainly, and in some cases solely, of high fat, sugar and salt products, such as chocolate, pastries, biscuits and crisps. The problems associated with a poorly balanced diet are well documented through clear scientific evidence. In the short term, there can be a negative effect on concentration and behaviour, but ultimately, in the long term, a poor diet can lead to diseases and conditions that are life threatening.

This policy aims to:

- Make a positive contribution to children's health
- Encourage a happier and calmer population of children and young people
- Promote consistency between packed lunches and food provided by schools, which must adhere to national school food standards.

Please visit [School food in England - GOV.UK \(www.gov.uk\)](http://www.gov.uk) for more information.

This policy applies to all pupils and parents providing packed lunches to be eaten within school, or on school visits, during normal school hours.

School Policy

Ideally, packed lunches should include:

- At least one portion of fruit, or one portion of vegetables, every day.
- Meat, fish or other sources of non-dairy protein (e.g. lentils, kidney beans, chickpeas, houmous) every day.
- Oily fish, such as salmon, at least once every three weeks.
- A starchy food (bread, pasta, rice, couscous, noodles, potatoes or other type of cereals) every day.
- Dairy food (milk, cheese, yoghurt or fromage frais) every day.
- Water or still juice.

We are aware that children can be 'fussy' eaters and they cannot be forced to eat things they do not like. Nevertheless, this does not mean that children cannot eat food items that are healthy options, if the expectations are clear from school at home. Treats Research shows that processed products which contain high levels of fat, sugars and salt (e.g. biscuits, chocolate, crisps, pastries) are exceptionally addictive and are causing most problems in children's health. These products can be part of a healthy diet, but should be a small part only. As a result, packed lunches are to be limited to one treat per day e.g. a packet of crisps, or a biscuit. Carbonated (fizzy) drinks, either in bottles or in a can, are not permitted.

A typical packed lunch would contain the following:

- A sandwich (no chocolate spread), pasta, rice or salad.
- Two portions of fruit or veg



- A yoghurt
- Some cheese and a cracker
- One treat
- Water or juice (if juice is sent in, this must be in addition to the water that is accessible during the day in their water bottle)

As fridge space is not available in school, pupils are advised to bring packed lunches in insulated bags, with freezer blocks where possible, if there is any danger of food going off.

Special diets and allergies

There will be children in school with special dietary requirements. The school will endeavour to support these children, especially where medical support is being given. There are some children who have food allergies, and we do have children in school with severe nut allergies, therefore it is essential that children do not share their food with others and their packed lunches and snacks are completely nut free.

SEND

Some SEND pupils (especially those on the autistic spectrum) may have sensory issues which cause a barrier to them accessing a healthy diet. If this is the case, we will discuss the issue with parents and agree a change to our policy for as long as the child continues to be healthy and we have no concerns regarding:

- Tooth decay
- Weight loss or excessive weight gain
- Digestive difficulties (abdominal pain / constipation)
- Tiredness / concentration issues

If any of the above issues present themselves, we will speak to parents in the first instance and then refer to the school nursing team. We would also be keen to contact the school nurse if there was no clear plan in place to increase exposure to a healthier diet. Please see [Eating - a guide for all audiences \(autism.org.uk\)](http://autism.org.uk) for more information and advice.

Procedures to be followed

Packed lunches will be regularly monitored by senior management, and lunch time supervisors. Where parents and pupils do not adhere to the packed lunch policy, the following process will be implemented:

- In the first instance, a reminder of the policy will be provided.
- If there is a continuation of a child regularly bringing in a packed lunch that does not conform to the policy, then the school will contact the parents to hold a meeting. The meeting will be held with the Head Teacher or Deputy Head Teacher.
- If the situation continues, a meeting will be convened with our Governing Body committee.

Responsibility of the School

- The school will provide facilities for pupils bringing in packed lunches, and ensure that free, fresh drinking water is readily available at all times.



- 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 meet the standards listed.

Responsibility of Parents

Pupils have the opportunity to eat the lunch provided by the school, and we ensure flexibility, so that children can have school meals at any time of their choosing. However, we understand that there will be parents and children who do not want a school meal and prefer a packed lunch. Parents of pupils wishing to have a packed lunch are expected to provide their children with packed lunches which conform to this packed lunch policy. In turn, the school will keep the parents and the school council informed as outlined below:

Sharing the policy:

- The school will tell all parents/carers about the policy. It will be referred to in the school newsletter, website, and shared in assemblies.
- The school will use opportunities, such as parents' evenings and curriculum events, to promote this policy as part of a whole school approach to healthier eating.
- It will be shared with all school staff, including teaching and catering staff, and the school nurse, securing their support in its implementation.
- Packed lunches must be **nut free**.

Complaints

Should parents or pupils be dissatisfied with the support provided they should discuss their concerns directly with the school. If, for whatever reason, this does not resolve the issue, they may make a formal complaint via the school's existing complaints procedure.

Policy Review

Headteacher	Mrs Rachel Walton
Chair of Governors	Mrs Lorraine Ferguson
Date of Approval	September 2025
Date of Review	September 2026

Conclusion

This policy is in line with other school policies and therefore should be read in conjunction with the following:

Special Educational Needs Policy
 Allergy and Nut Policy
 Health and Safety Policy
 Equal Opportunities statement
 Inclusion policy

