



Deanery C.E. Primary School
Academy Status

Packed Lunch School Guidelines

November 2024

The Deanery School Christian Ethos

Our School Motto – ‘Ad Majorem Dei Gloriam’
Translated this simply means ‘To the Greater Glory of God’.

Vision

We believe that everything we do is a faithful response to God’s faithfulness, shown to us through Jesus Christ. Our vision is to reflect God’s Glory in every season of life, in all aspects, from the little things, to the big.

Beliefs and Values

We believe that God’s heart is for his children to thrive in a happy, secure, and caring environment at the Deanery. It is an essential part of our Christian ethos that we thank God for how he has demonstrated peace, love, faith, joy, grace and hope to us. We seek to reflect these core values throughout all areas of life in the school.

We believe that education, strengthened by our faith, is the vehicle with which children can achieve their full potential.

School Culture

At the Deanery we aim to provide opportunities and experiences for everyone to learn and develop their social, creative and academic skills within a motivating and stimulating environment.

We aim to:

- Foster an environment that is enriched spiritually, morally, ethically and socially through the Christian faith.
- Value each child as unique, regardless of faith, ability, gender or ethnicity.
- Nurture children to be polite, respectful and considerate towards one another. Offer a range of opportunities and experiences to develop their confidence, self-esteem and independence.
- Encourage each child to fulfil their potential within all areas of the curriculum.
- Promote knowledge and understanding through a secure, stimulating and enriched environment.
- Create a broad educational experience that is enriched both morally and spiritually through partnership with staff, governors, parents, the local community, parishes of the Deanery and Birmingham Diocese.
- To enable each child to value themselves and have aspirations for the future.
- To recognise everyone’s place in the wider community.

BACKGROUND AND ETHOS

At Deanery C E Primary School, we know what children eat and drink at school is important. We aim to have a school where the teaching and learning about food and nutrition that occurs in the curriculum fully supports and is supported by the provision and opportunities for eating and drinking within school.

We acknowledge the important connection between a healthy diet and a child's ability to learn effectively and achieve high standards in school. We also acknowledge that we, as a school, can play a key role in supporting the wider community to adopt a positive attitude to a healthy lifestyle.

We recognise that sharing food is a fundamental experience for all people; a primary way to nurture and celebrate our cultural diversity and an excellent bridge for building friendships and inter-generational bonds.

OVERALL AIM OF THE GUIDELINES

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.

NATIONAL GUIDANCE

The guidelines were drawn up using a range of national documents including a toolkit and taking into account catering related legislation:

- Food Information Regulations 2014
- School Food Standards 2014
- Natasha's Law 2021

The guidelines aim:

- To make a positive contribution to children's health and Healthy Schools Status.
- To encourage a happier and calmer population of children and young people.
- To promote consistency between packed lunches and food provided by schools which must
- adhere to national standards set by the government.

WHO DO THE APPLY TO?

The guidelines apply to all pupils and parents providing packed lunches to be consumed within school or on school trips during normal school hours.

FOOD AND DRINK IN PACKED LUNCHES

Children are provided with a water bottle at the beginning of Reception and use the filtered water in every year group to refill them daily or teaching assistants fill them when necessary. Water bottles are allowed on desks at all times from KS1 for children drink freely. There are also water fountains in central areas across the school.

The dining room offers a welcome eating environment, with displays to promote healthy eating. Children are encouraged to eat their lunch with their friends in a positive, social environment. Lunchtime support staff and teachers help to make meal times for children as calm and sociable eating experience as possible.

The school will work with parents to ensure that packed lunches abide by the standards listed below.

As fridge space is not available in school, pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible to stop the food going off.

Wherever possible the school will ensure that packed lunch pupils and school dinner pupils will be able to sit and eat together.

PACKED LUNCHES SHOULD INCLUDE

- At least one portion of fruit and one portion of vegetables every day.
- Meat, fish or other source of non-dairy protein (e.g., lentils, kidney beans, chickpeas, hummus, and falafel) every day
- Oily fish, such as salmon, at least once every three weeks.
- A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other
- type of cereals every day.
- Dairy food such as milk, cheese, yoghurt, fromage frais or custard everyday
- Only water, still or sparkling, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies.

PACKED LUNCHES SHOULD NOT INCLUDE

- Snacks such as crisps. Instead, include seeds, vegetables and fruit (with no added salt, sugar or fat). Savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice.
- Confectionery such as chocolate bars, chocolate-coated biscuits and sweets. Cakes and biscuits are allowed but encourage your child to eat these only as part of a balanced meal.
- Meat products such as sausage rolls, individual pies, corned meat and sausages / chipolatas should be included only occasionally.

SPECIAL DIETS AND ALLERGIES

We do not serve any nut related products in school due to pupil allergies. Nuts or any nut derivatives must not be included in a packed lunch box. For these reasons pupils are also not permitted to swap food items.

Policy reviewed by S Pawley

November 2024



Approved by Jayne Luckett, Head Teacher

Presented to the Governing Body – Finance & Operations Committee