



Grange Academy

Belong • Believe • Achieve

Article 2: *All children have these rights, no matter who they are, where they live, what their parents do, what language they speak, what their religion is, whether they are a boy or girl, what their culture is, whether they have a disability, whether they are rich or poor. No child should be treated unfairly on any basis.*

Packed Lunch Policy

Policy Status: Other

Review Cycle: 2 year

Owner: Rachel Timms - Headteacher

Date: September 2025

Approved by: SLT

Date: September 2025

Review Date: September 2027



Grange Academy

Policy written by: Sarah Porter

Due for review: September 2027

Overall aim of the policy:

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 school, which is now regulated by national standards.

School setting:

All pupils in the school have a diagnosis of SEN, each child has a particular education or health need.

We are aware that some of the children's health, cultural and religious beliefs may impact on their diet.

How and why the policy was formulated:

- 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.
- Please visit www.schoolfoodtrust.org.uk/nutrientstandards for more information.
- To contribute to the self-evaluation for review by Ofsted.
- To maintain the healthy school ethos across Grange, including working within the Food for Life guidelines

National guidance:

The policy was drawn up using a range of national documents including a toolkit and a draft policy from the School Food Trust and Food policy in schools – a strategic policy framework for governing bodies (National Governors' Council, (NGC) 2005).

Where, when and to whom the policy applies:

To all pupils and parents providing packed lunches to be consumed within school or on school trips during normal school hours. To the school kitchen catering staff that provide a healthy packed lunch for those who are free school meals.

Food and drinks in packed lunches:

- The school will provide facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is always readily available.
- The school will work with pupils to provide attractive and appropriate dining room arrangements.
- The school will work with parents to ensure that packed lunches abide by the standards listed below.
- Wherever possible the school will ensure that packed lunch pupils and school dinner pupils will be able to sit and eat together.
- Some fridge space may be available; however, pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible to stop the food going off.

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 types of cereals every day.
- Dairy food such as milk, cheese, yogurt, fromage frais or custard every day.
- Only still water, fruit juice, semi-skimmed or skimmed milk, yogurt or milk drinks and smoothies.

Packed lunches should not include:

- Snacks such as crisps. Instead include seeds, vegetables, and fruits (with no added sugar or salt). Savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice.
- Confectionary 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 only be included occasionally.

Special diets and allergies:

- Grange Academy is a nut free school. More information on managing allergies in schools can be found at www.allergyinschools.co.uk
- The school also recognises that some pupils may require special diets that do not allow for the standards to be met exactly. In this case parents are urged to be responsible in ensuring that packed lunches are as healthy as possible. For these reasons pupils are also not allowed to swap packed lunch items.

Assessment, evaluation and reviewing:

- Packed lunches will be regularly reviewed by teaching staff and catering staff.
- Healthy lunches will be rewarded by postcards of recognition sent home.
- Parents and pupils who do not adhere to the packed lunch policy will receive a leaflet home in their packed lunch informing them of the policy. If a child regularly brings a packed lunch that does not conform to the policy, then the school will contact parents/carers to discuss this.
- Please note pupils with special diets will be given due consideration.

Involvement of parents/carers:

- Parents of pupils wishing to have packed lunches for a particular reason are expected to provide their children with packed lunches that conform to the packed lunch policy. In turn, the school will keep the parents/carers and the School Nutrition Action Group informed as per the methods detailed below under the 'Dissemination of the Policy'.

Linked policies:

- Food Technology curriculum, RSHE curriculum, Science curriculum and on-site policy.
- Inclusive of the Food for Life award.

Dissemination of the policy:

The school will write to all new and existing parents/carers to inform them of the policy via the school newsletter.

The policy will also be available on the school's website and will be incorporated into the school prospectus, assemblies etc.

The school will use opportunities such as parents' evenings and healthy living weeks to promote the policy as part of a whole school approach to healthier eating.

All school staff, including teaching and catering staff and the school nurse, will be informed of this policy and will support its implementation.