



# St Dunstan's Catholic School

## Packed Lunch & Drinks Policy

*"As we grow with God, we learn from each other."*

### Aim of Policy

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





**Packed lunches may only contain cold food. Only hot food prepared by the school caterer may be eaten at lunchtime.**

### Packed lunches may include:

Jugs of fresh drinking water are on all dining tables for children who bring a packed lunch.

	Fruits and Vegetables	Include everyday	✓
	Meat, cheese, egg, beans or Oily Fish	Make a different choice each day	✓
	Starchy Food – bread, roll, pitta, wrap, crackers, pasta, rice	Include every day	✓
	Milk and Dairy Food- yoghurt, fromage frais, custard	Include every day	✓
	Water	Perfect drink for your lunch box	✓

### Packed lunches should not include:

	Fatty snacks such as crisps	High in salt and fat	⚠
	Confectionary	High in fat / sugar	⚠
	Pastry/Meat Products	High in fat	⚠
	Drinks	High in sugar	⚠



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On a daily basis, staff in school see what children have in their lunchboxes, whilst supervising in the dining hall. This is an opportunity for them to talk with the children about their lunchboxes and to encourage healthy eating and drinking. Healthy lunch boxes will be rewarded with a sticker.

We may send parents a reminder of this policy if lunchbox contents fall short of the expectations in this policy. If this happens repeatedly, parents/carers will be invited into school to discuss this.

It is not our intention to tell parents what and how they should be feeding their children and we will not do so, we want to work with parents to educate our children about healthy dietary choices, so that they can make their own informed choices independently when they are older.

If your child has not eaten enough of their lunch, it will be sent home in their lunch box in order for you to see.

Schools have a key role in making sure the whole school has a healthy eating culture. Ofsted's Common Inspection Framework includes a judgment on personal development, behaviour and welfare. As part of reaching this judgment, inspectors will look at the extent to which schools are successfully supporting pupils to gain "knowledge of how to keep themselves healthy" and "make informed choices about healthy eating, [and] fitness" throughout their inspection.

[NHS Healthier Lunchboxes, tips and swaps](#)

[NHS Eatwell Guide](#)

The school food standards are there to support schools in helping children to learn and make healthier food choices in school. If you want to give your child an item that's not allowed under the school's packed lunch policy, then perhaps it can wait until after school? The school is responsible for your child's learning whilst at school and they need children to be well-fuelled and on-task for their afternoon lessons - please try and be supportive where you can!

## Drinks in School

**Only water is permitted in school. Fruit juice, squash, flavoured water is not permitted. It has been recognised that children's concentration and behaviour improves when children drink water throughout the day. Dehydration can give children headaches and make them tired.**

- Water is the simplest and best sugar-free alternative in helping counter obesity and its associated NHS and dental care cost.
- Drinking water helps maintain the balance of body fluids whose functions include digestion, absorption, circulation, creation of saliva, transportation of nutrients, and maintenance of body temperature.
- Drinking water is vital to the kidneys, helping dissolve minerals and nutrients so that they are more accessible to the body.
- Regular daily water consumption aids cardiovascular health, helping reduce blood pressure and cholesterol.
- It also boosts immune systems, helping with allergies and asthma.
- And of course good hydration is nature's best headache remedy and helps muscles and joints work better by lubricating them allowing us to stay healthier and younger, longer.



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School will be providing each child with a clear plastic drinks bottle for their water which can be refilled in their classroom, during the school day. The bottles have a non-spill lid, are certified BPA free and EN71 approved for safety with young children. These bottles stay in school, they are washed and sterilised regularly. This allows children to have access to fresh drinking water throughout each day.

To clarify, water bottles from home are not permitted. They will be emptied and returned at the end of the school day.

<https://www.nhs.uk/live-well/eat-well/water-drinks-nutrition/>

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