

Food and drink in packed lunches:

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 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.*
- *Some protein meat, fish, cheese or other source of protein (e.g, hummus, peanut butter, homemade sausage rolls) every day.*
- *oily fish, such as salmon, smoked mackerel or tuna at least once every three weeks.*
- *a starchy food such as any type of bread (try to use brown 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.*
- *Homemade cake or other dessert. A small chocolate bar will be allowed but preferably not every day.*
- *Nuts, seeds, vegetables and fruit (with no added salt, sugar or fat). Savoury crackers or breadsticks served with fruit, vegetables or dairy food*
- *We would prefer these foods kept to a minimum*
- *Snacks such as crisps, baked snacks are fine*
- *More than one chocolate bar or chocolate-coated biscuits*
- *Sweets*
- *Meat products such as sausage rolls, individual pies, corned meat and sausages / chipolatas should be included only occasionally.*
- *Fizzy drinks*

Birthdays

We celebrate children birthdays by giving them a non uniform day and singing Happy Birthday to them By common consensus we do not want children bringing in sweets to hand out. They have the non uniform day as a celebration

Special diets and allergies

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 permitted to swap food items.