

William Cassidy Church of England Primary School

Early Years Packed Lunch Policy

*'Life in all Fullness'
(John 10:10)*



As a school, we want to provide learners with the very best education. To let them experience life in all its fullness and living with all their heart. Our main core value of love underpins all that we do. Our school is Christ-centred and our core Christian values of love, respect, courage, service and resilience flow through every aspect of school life. It is on this bedrock that we provide an excellent education for our whole school family. We want our entire school community to be the very best that they can be and to recognise that they are precious, loved and valued.

Purpose of the Policy

At William Cassidy C of E Aided Primary School we want to support every child's health, growth, and learning. The food that children eat at school is a key part of this. This policy ensures that packed lunches brought from home meet the same standards as school meals and are in line with the EYFS 2025 Nutrition Guidance. Our school vision is linked with 'Life in all Fullness' - John 10:10. We want our entire school community to live 'fully' and this includes living healthy lifestyles and eating well.

Aims

- To provide clear guidance to families about healthy packed lunches.
- To ensure packed lunches contribute to a balanced diet that supports development and wellbeing.
- To reduce foods high in sugar, salt, and saturated fat.
- To keep children safe by managing allergies and food safety risks.
- To promote positive attitudes towards healthy eating in partnership with parents and carers.

Packed Lunch Standards

A healthy packed lunch should include:

- - Fruit and/or vegetables (at least one portion, e.g. cucumber sticks, apple slices, tangerine).
- - Starchy food (e.g. wholemeal bread, wraps, pitta, rice, pasta, potato).
- - Protein food (e.g. lean meat, fish, eggs, hummus, beans, lentils).
- - Dairy food (e.g. yoghurt, cheese, milk-based pudding).
- - Drink: Water.

Foods to avoid:

- - Sugary or fizzy drinks.
- - Confectionery such as sweets and chocolate bars.

- Crisps or fried savoury snacks (allowed occasionally, baked alternatives preferred).
- Large cakes, cream-filled biscuits, or pastries high in fat and sugar.

Food Safety and Preparation

- Grapes, cherry tomatoes, and similar foods must be cut lengthways to reduce choking risk.
- Hard foods such as raw carrot and apple should be grated, chopped, or lightly cooked.
- Packed lunches must be brought in a clean, labelled lunchbox with a cool pack if needed.
- We do not allow nut products to protect children with allergies.

Supervision and Safeguarding

- Children will always be seated and supervised while eating.
- At least one member of staff with paediatric first aid training will be present during mealtimes.
- Staff are trained to recognise and respond to choking and allergic reactions.

Celebrations and Special Occasions

- Birthdays and class celebrations will focus on non-food treats (e.g. stickers, extra story time) or healthier options such as fruit platters.
- In alignment with the EYFS Nutritional Guidance 2025, parents are discouraged from sending in cakes, sweets or confectionary into school.

Partnership with Parents and Carers

- Parents will receive guidance on suitable packed lunch contents.
- School staff will provide constructive, supportive feedback if unsuitable items are present.
- We work in partnership with families to encourage positive changes.

Monitoring and Review

- Lunchtime staff will monitor packed lunches informally.
- Feedback will be shared with the EYFS lead and senior leadership team.
- This policy will be reviewed annually in line with EYFS updates and in consultation with parents and carers.

Policy approved by the Governing Body: October 2025

Date for Review: June 2026