



ST JOHN'S C of E INFANT & NURSERY SCHOOL

Gills Hill Lane
Radlett
Hertfordshire
WD7 8DD

01923856594

Head of School: Mrs L Gillam
Assistant Head of School: Miss L Barnes
Executive Headteacher: Mrs A Aharon

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www.sjins.org.uk

St. John's Church of England Infant and Nursery School Packed Lunch Guidelines

Aims

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 strictly regulated by national standards.

The national guidance for schools' state that every child should have a meal including one piece of fruit, one vegetable, one milk or dairy item, one portion of meat, fish or other protein and one starchy food such as bread, pasta or rice.

NO NUTS, NUTELLA OR PEANUT BUTTER ALLOWED DUE TO CHILDREN WITH NUT ALLERGIES. ALSO, NO SAUSAGES.

Packed Lunches

The lunchtime staff encourage the children and monitor what the children are eating. If any problem arises the senior mealtime supervisor will share this with the child's class teacher so they can discuss further with the child's parent/ carers.

All food that is not consumed will be sent home so parent/ carers can monitor themselves what the children are consuming.

Packed Lunch Containers

Pupils and parents/carers are responsible for providing a suitable packed lunch container where food items can be stored securely and appropriately until the lunchtime period.

Pupils and parents/carers are encouraged to bring packed lunches in reusable plastic containers, rather than disposable plastic bags and bottles.

Foods are at risk of bad bacteria if they are prepared and stored in warm temperature, so it is advised that an ice pack is included in the food container.

Pupils who provide their own packed lunch for school trips should ensure it is fully disposable including the drink container.

A "**Healthy lunchbox**" would be one that contained a healthy mix of foods, including something savoury. We suggest the sandwich be savoury rather than sweet.

The children also seem to like:-

- Cherry tomatoes (cut in half)
- Sticks of carrots, celery, and cucumber
- Grapes (cut in half) and other fruit
- Yoghurts
- A drink of water only
- Rice cakes/ oat bars/ small bite size cake.





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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.

