

Sherwood Primary School

Packed Lunch Policy



June 2026

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Sherwood Mission Statement

We are Sherwood. Each of us unique. As one family, we thrive and excel together.

Sherwood Curriculum Vision

At Sherwood, we aim to provide a creative, vocabulary-rich curriculum that inspires and challenges our children, in preparation for life in a culturally diverse and ever-changing world. High expectations, inclusive approaches and excellent teaching will form the basis of all our work. Our children will have the opportunity to read widely, explore, ask questions and become knowledgeable, independent learners. Our Curriculum will prepare our children for life-long learning.

Inspire • Explore • Achieve

Sherwood Values

We have six core values that underpin life and learning at Sherwood Primary School. Our Core-Values are:

- Honesty
- Perseverance
- Respect
- Adventure
- Aspiration
- Independence

Alongside our core values, we also promote the fundamental British values of democracy, the rule of law, individual liberty, mutual respect and tolerance of those with different faiths and beliefs.

Equality

At Sherwood, we believe that equality should permeate every aspect of School life and is the responsibility of every member of our School Community.

Every member of our School Community should feel safe, secure, valued and of equal worth. We are committed to ensuring equality of education and opportunity for all pupils; irrespective of race, gender, gender variance, disability, belief, religion, socio-economic background or sexual orientation.

It is our aim to understand and tackle the different barriers which could lead to unequal outcomes for different groups of pupils in School. The Equality Act provides a framework to support our commitment to valuing diversity, tackling discrimination, promoting equality and fostering good relationships between people. It is our aim to celebrate and value the equal opportunity achievements and strengths of all members of our School Community.

Aim

All packed lunches brought into school are packed safely, are healthy, (based on the national standards set for school lunches) and consumed around a positive dining experience.

Rationale

At our school, we recognise that healthy eating plays a vital role in children's physical health, emotional wellbeing, and ability to learn effectively. The purpose of this packed lunch policy is to support pupils in developing positive eating habits while ensuring that all children have access to nutritious food during the school day.

A balanced lunch helps to maintain children's energy levels, concentration, and behaviour throughout the afternoon. Diets high in sugar, salt, and processed foods can lead to fluctuations in energy, reduced focus, and longer-term health concerns. Therefore, this policy encourages families to provide packed lunches that include a variety of healthy food groups, such as fruits, vegetables, proteins, and whole grains.

This policy also reflects the school's wider commitment to promoting healthy lifestyles and aligns with national guidance on nutrition for children. By establishing consistent expectations, we aim to create a supportive environment where healthy choices are normalised and encouraged.

Safeguarding is another key consideration. Some pupils at Sherwood have food allergies or dietary intolerances, including potentially life-threatening conditions such as nut allergies. The packed lunch policy helps to minimise risks by restricting certain foods and raising awareness among families about the importance of safe food practices.

In addition, the policy promotes fairness and inclusion. It helps reduce comparisons between pupils' lunches and supports a culture where all children feel comfortable and included, regardless of their background. Guidance is provided in a non-judgemental way, recognising that families have different circumstances, preferences, and dietary needs.

Environmental responsibility is also considered. The policy encourages the use of reusable containers and minimising packaging, helping children develop awareness of sustainability from an early age.

Finally, this policy supports partnership between school and home. By working together, we can reinforce consistent messages about healthy eating, safety, and wellbeing, ensuring that pupils are well-nourished and ready to learn.

Our School

We are proud to be one of Lancashire's largest Primary School Kitchens, serving a high number of quality meals for our children and staff each day. Pupils in Reception and Key Stage One will be supported to take up their Universal Infant Free School Meal entitlement. Our pupils in Key Stage 2 continue to be encouraged to take up the offer of a School meal as part of a healthy, balanced diet.

If parents and carers wish to provide a packed lunch for their child, we will:

- Provide a safe, clean environment for pupils to eat their packed lunch.
- Provide children with a locker to store their packed lunch.
- Provide free drinking water for pupils on packed lunches.
- Carefully support children with food allergies and intolerances.

Packed lunches should include these items every day:

- Energy food – choose wholegrain varieties like bread, pasta, couscous, rice, chapattis and wraps.
- Protein food - like meat, fish, dairy, eggs, lentils and beans.
- At least 1 or more portions of vegetables and salad.
- 1 portion of fruit.
- A dairy food – like milk, cheese, yoghurt, custard or calcium-enriched plant-based dairy alternative.
- A drink of water, milk or fruit juice.

Packed lunches can occasionally include (approx. once per week):

- Pastry based food items like sausage rolls, samosas and pies.

Once a week, parents are also invited to provide their child with a cake or a biscuit (for example: Penguin, Kit-Kat, cake bar or two loose biscuits). The designated day for this is Friday each week.

These items will be closely monitored by lunchtime supervisors, and we will liaise closely with parents if these foods are provided too regularly.

Packed lunches should not include:

- Snacks high in salt like crisps – instead include plain popcorn, vegetable sticks, seeds, savoury crackers or breadsticks.
- Confectionery like sweets, chocolate bars – instead include fruit, flapjack.
- Soft drinks – fizzy drinks, squash (those labelled no-added sugar or sugar free contain harmful sweeteners and encourage a taste for sweet food and drinks).

Packed lunches must not include:

- Nuts or any nut-based products.

Parents and Carers are requested to carefully check packaging to ensure that products containing nuts are not brought into School.

Nut-based products include: Nutella, Chocolate spread, some cereal bars, some cakes, some yoghurts.

[Forgotten lunch box?](#)

On occasion, circumstances arise resulting in forgotten packed lunch boxes. We will liaise with families to obtain a child's food in time for lunch. If we are unable to speak to families, a school dinner will be provided. Charges, if they apply will be placed on Parentpay.

[Pupil Welfare](#)

We are committed to supporting children to thrive through all aspects of school life. If we are concerned that a child's packed lunch is not appropriate, in line with our policy, we will provide a School dinner. Charges, if they apply will be placed on Parentpay.

[Assessment and review](#)

Our lunchtime Supervisor will work closely with welfare staff to monitor pupils lunch boxes.

Lunchtime supervisors will promote healthy packed lunches in line with our lunchtime reward scheme.

The packed lunch policy will be sent home when items are brought in to school that don't meet the standards. If this continues on a regular basis, parents will be invited into school to discuss the matter.

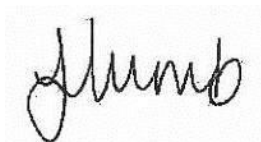
[A note on sustainability](#)

We encourage families to provide packed lunches that are environmentally friendly wherever possible. This includes using reusable containers, refillable drinks bottles, and minimising single-use plastics and excessive packaging. By making small, sustainable choices, we can reduce waste and support children in developing an awareness of environmental responsibility. As a school, we aim to promote care for the environment and encourage pupils to understand the importance of protecting our planet for the future.

Policy Approval and Review

Approval date: June 2026

Review date: June 2028

A handwritten signature in black ink, appearing to read 'J Lumb', written in a cursive style.

Mrs J Lumb
Headteacher

A handwritten signature in black ink, appearing to read 'E Cockburn-Hyde', written in a cursive style.

Mrs E Cockburn-
Hyde
Chair of Governors