



Lunchbox Policy Training Workshop



Healthy Schools
EALING



Aim of this workshop

- To increase **confidence** to introduce a lunchbox policy
- To increase **knowledge** on what is a health packed lunch
- To provide **best practice strategies** and information
- To improve the **health** and nutrition of pupils

Why have a packed lunch policy?

- ❖ Improves **health** of pupils
- ❖ Requirement for **HSL Bronze**
- ❖ Improves **attainment**, concentration & behaviour
- ❖ An activity to get your **HSL Silver**

Facts



Only **1** in **3** pupils have 5 or more fruit and veg every day*

FSA survey in 2004
found more junk than
healthy items***



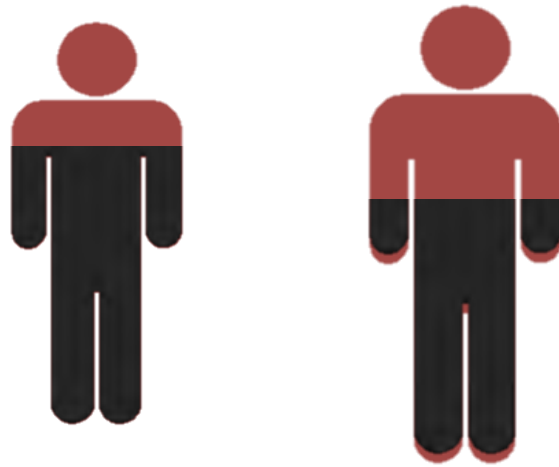
*HRBS

***Epidemiology of Community Health, 2010

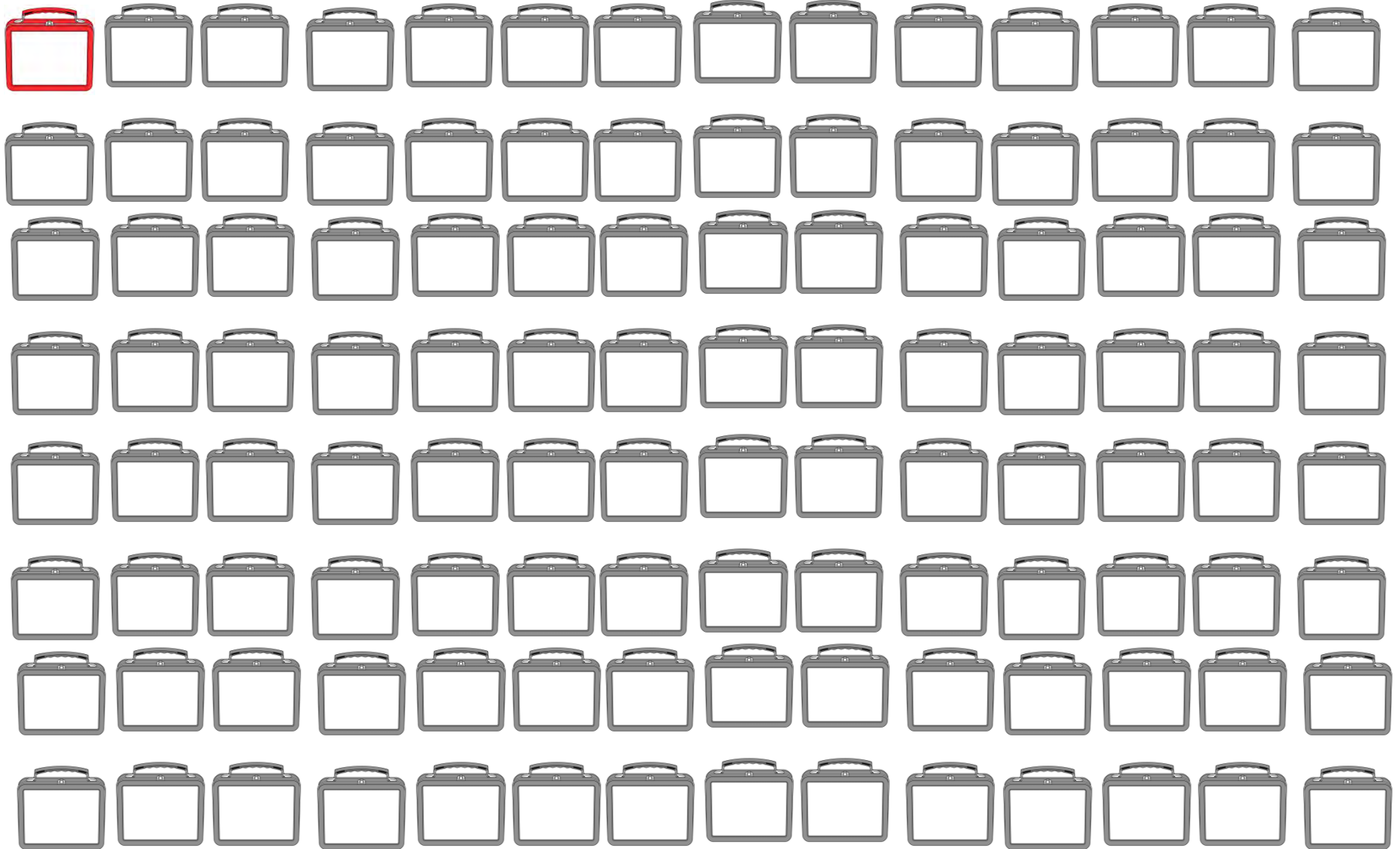
Facts

21% reception pupils &

38% Year 6 pupils are overweight **



Fact: 1 in 100 lunches meet the standards of school meals



What are pupils eating for lunch?

Survey of 1300 lunch boxes carried out by the FSA, 2004



85%

Sandwiches



82%

Confectionary/crisps



61%

Sweetened drinks



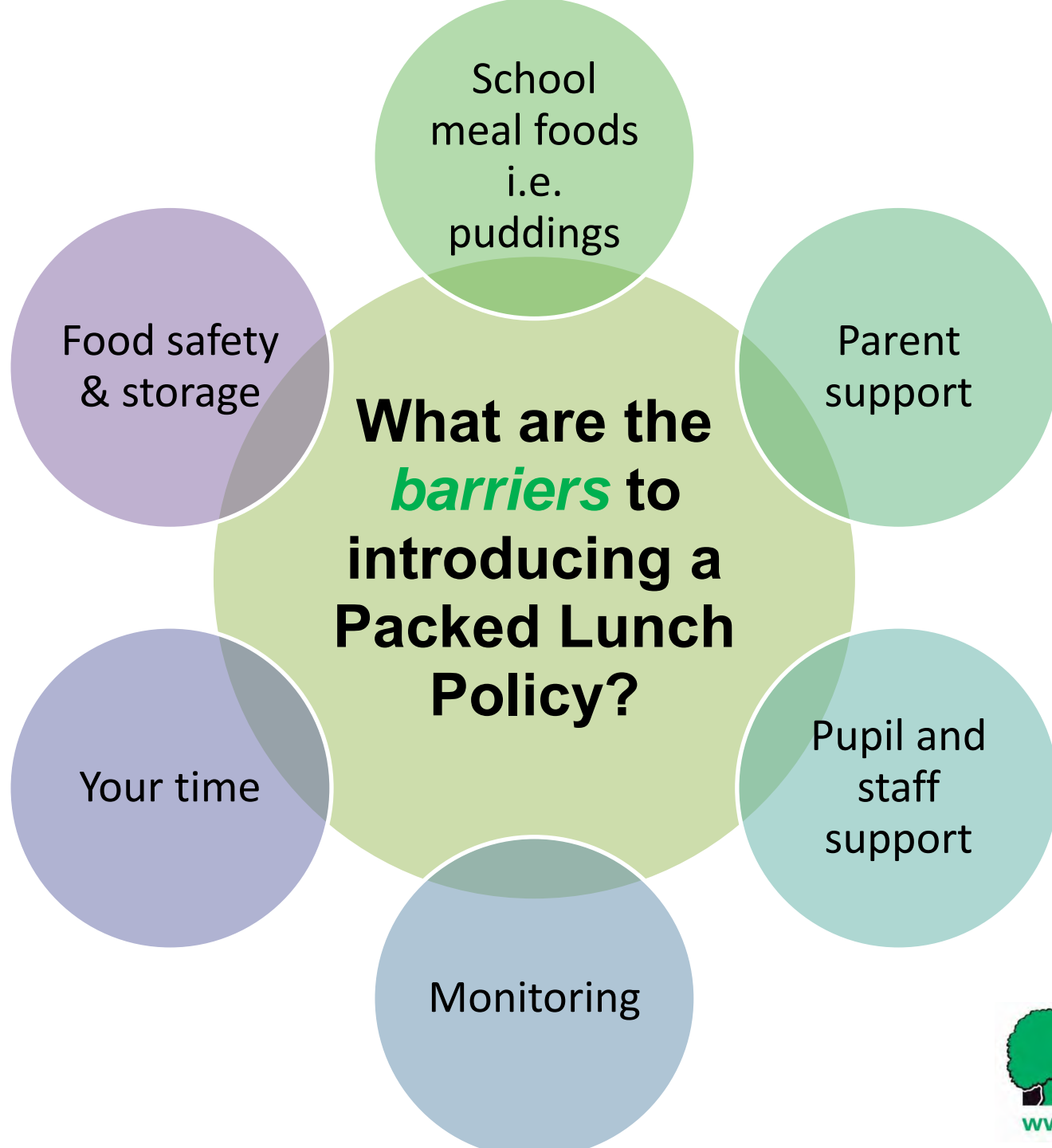
54%

Fruit



19%

Veges



About the Lunchbox Policy Toolkit

- ❖ Provides information, tips and solutions
- ❖ Includes good practice from schools
- ❖ Has three parts:



Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

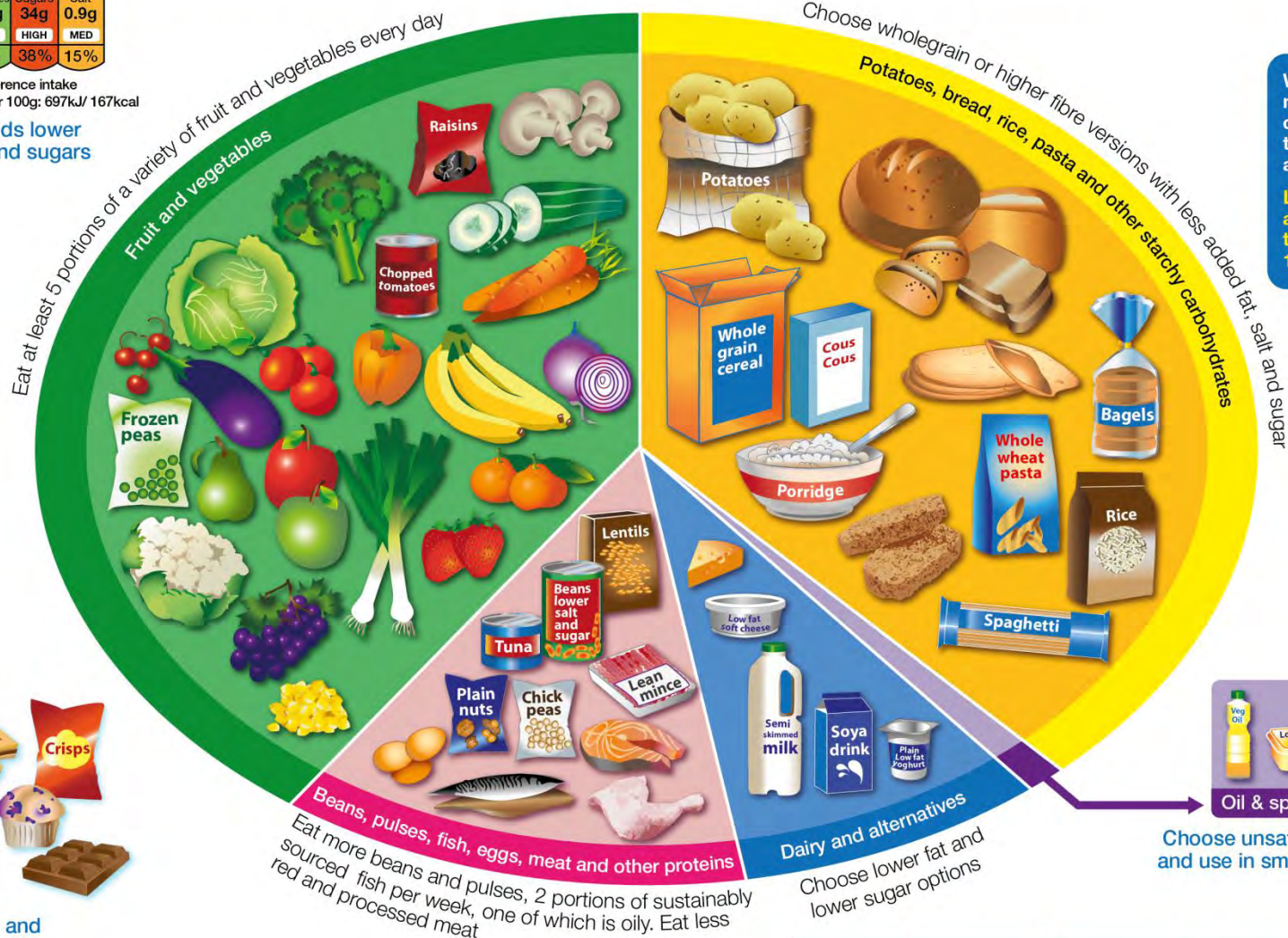
Energy	Fat	Saturated	Sugars	Salt
1046kJ 250kcal	3.0g	1.3g	34g	0.9g
	LOW	LOW	HIGH	MED
13%	4%	7%	38%	15%

of an adult's reference intake

Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

Eat less often and in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

ACTIVITY:

What steps are required to develop a successful packed lunch policy?



Six steps to a packed lunch policy

ACTIVITY: page 18

PACKED LUNCH POLICY PLANNING

STEP 1: Project planning

Who will lead it?

Who will be part of your planning group?

STEP 2: Conduct an audit

What kind of audit will you carry out?
(Photo, paper survey, survey monkey)

Who will lead the audit?
(PSHE lead, PSA school council, 6 pupils)

STEP 3: Consultation

How will you consult parents?
(Events, focus group, via a display, taster session, meeting, newsletter)

How will you consult pupils?
(Survey, focus group, assembly, graffiti wall)

Are there any events such where you can consult parents? (sports days, parent teacher evening)

STEP 4: Write the policy

Who will write it?

Who needs to approve it?

STEP 5: Promotion

How will you communicate your policy to parents?

How will you communicate your policy to pupils?

How will you support parents to follow the policy?
(tips in the newsletter, send home parent packs, run workshops)

How will you encourage pupils to follow the policy?
(class activities, art projects, events, competitions, assembly)

STEP 6: Monitor

Who will audit lunchboxes regularly to track progress?

How will you follow up on pupils that don't follow the policy?

How will you reward pupils that do follow the policy?

How will you ensure positive messages are communicated regularly to parents and pupils?

STEP 1 PROJECT PLANNING TASK GROUP

Choose a lead person and set up a group of pupils & staff to work on policy

Tips:

- ❖ Involve pupils and staff
- ❖ Governors and parents can also be included
- ❖ Can use an existing group such as a SNAG or school council

STEP 2 CARRY OUT A PACKED LUNCH AUDIT

Audit (or survey) results show clear picture of the issue and provide useful baseline data.

Tips:

- ❖ Share results with whole school community
- ❖ Carry out audit again after 6/12 months to learn impact


STEP 2 AUDIT TOOLS

Paper audit completed by pupils

LUNCHBOX AUDIT

Your Group: _____

What have you got in your lunchbox today? (write or draw)



Do you have a drink today? _____

☐ Yes, What is the drink? _____

☐ No

SCHOOL LIFE ONLY

<input type="checkbox"/> Fruit (apple, orange, slice)	<input type="checkbox"/> Protein (bacon, fish & other alternatives)
<input type="checkbox"/> Vegetables (carrot, cucumber, sandwich filling)	<input type="checkbox"/> High fat snacks (crisps, biscuits, chocolate)
<input type="checkbox"/> Dairy (milk, cheese, yogurt)	<input type="checkbox"/> Water
<input type="checkbox"/> Starchy foods (bread, other cereals & potatoes)	<input type="checkbox"/> Sugary drink (soft drink, juice, cordia, chocolate milk)
<input type="checkbox"/> Sugary snacks (chocolate, lolly cakes, lollies)	

Paper audit
completed
by staff

[illegible]

Photo audit



Online survey

St Johns Fisher healthy eating survey

*** 3. What is in your lunch box today? (tick all the foods that are in your lunchbox)**

☐ Fruit

☐ Vegetables or salad

☐ Chocolate, cake, biscuits or chocolate bar

☐ Crisps or chips

☐ Water

☐ Soft drinks, fizzy drinks or fruit juice

☐ Milk, yoghurt or cheese

☐ Bread, sandwich, pasta, rice crackers

☐ Meat, fish, egg, pulses

☐ Anything else not listed above

CASE STUDY: Typical packed lunch

TYPICAL PACKED LUNCH



8 TSP FAT



7 TSP SUGAR

STEP 3 DISCUSSION & CONSULTATION

Need to consult pupils, parents, catering staff, SMSAs, staff and governors.

Who leads? Usually the school council

When to consult? Parent evenings, health fairs, sport days, after school etc..

Tips:

- Have a display or taster session
- Communicate findings through newsletter

How to *consult* with stakeholders

Graffiti wall at
parent
evening

Pupil survey

Suggestion
box

Parent
questionnaire,
survey or
letter

Solution tree
in dining
room

Focus group



STEP 3 CONSULTATION METHODS

Need to consult pupils & parents. Can also involve teachers, governors & caterers.

LUNCHBOX QUESTIONNAIRE

Name _____

2. _____

3. If you could have anything you wanted in your lunchbox, what would you have?
.....

4. Do you think there are foods that should not be allowed in lunchboxes?
Yes ☐ No ☐

5. If yes, which foods would they be?

6. Why should these foods not be allowed?

7. What do you do with the food in your lunchbox that you don't like?
.....

Parent questionnaire

Dear Parent/Carer

As you know our school is dedicated to developing the health and wellbeing of all children and staff. This term the school council is looking at healthy balanced packed lunches within the school. We want you to be involved in this too and value your help in finding out what would encourage children to eat healthy balanced packed lunches. Please return the completed questionnaire by (insert date) to the school office.

Please circle one box as appropriate.

1. Does your child take a packed lunch?

Yes	No	Sometimes
-----	----	-----------

2. If your child takes a packed lunch, please could you explain why?
.....
.....

3. Would you like some advice about what makes up a healthy balanced packed lunch for your child?

Yes	No	Sometimes
-----	----	-----------

4. Would you like some ideas and suggestions for healthy packed foods?

Yes	No	Sometimes
-----	----	-----------

5. Would you like recipes for foods/snacks to make to include in packed lunches?

Yes	No	Sometimes
-----	----	-----------

6. Do you think that some types of foods (for example crisps, sweets or fizzy drinks) should be discouraged or not allowed in packed lunches?

Yes	No	Sometimes
-----	----	-----------

7. If yes, which types of foods should be discouraged or not allowed in packed lunches?
.....
.....

8. Any other suggestions/requests?
.....
.....

Thank you for taking the time to complete and return this survey.

STEP 3 CONSULTATION METHODS

Pupil Survey Monkey

Lunch survey for kids

***3. Would you be in favour of a ban on junk food on all days except Friday if you got awesome rewards for eating a healthy lunch?**

- ☐ Yes, if rewards included stationery, stickers, extra play time, collector cards or cool toys
- ☐ No, I don't want a ban and I'm not interested in getting a reward for eating a healthy lunch

***4. Which foods do you think should be banned on all days (except Fridays)? Choose as many as you like.**

- ☐ Juice and soft drinks as they rot my teeth
- ☐ Chocolate, sweets and cakes as they rot my teeth, make me ill and can cause me to put on weight
- ☐ Chips because they are unhealthy, can make me ill and can cause me to put on weight
- ☐ None. I don't think junk foods should be banned even though it can make me sick

***5. Would you eat vegetables, salad or vege sticks at lunch if you got an awesome reward**

- ☐ Yes
- ☐ No

***6. Would you eat fruit at lunch if you got an awesome reward?**

- ☐ Yes
- ☐ No

STEP 3 CONSULTATION METHODS

❖ Request feedback from parents using the letter templates

First Draft Letter to Parents

Head teachers may find this draft letter to parents useful when beginning consultation on implementing a Packed Lunch Policy.

Dear Parent(s)/Carer(s)

As you will be aware, there is increasing concern about rising rates of obesity and related health problems in children in schools. As a school, it is part of our responsibility to teach and encourage children how to eat a healthy balance diet. Our school meals have benefited from the national nutritional standards for school meals and the school has now decided to complement these and work towards developing a policy for packed lunches.

The school believes that this will help your children to eat well. It will ensure that all pupils are following the School Food Trust guidelines and national standards for school food and that as pupils learn in class about healthy balanced eating, this is reflected in the dining room.

However, before we introduce a formal policy, we wish to gather as many opinions as possible on the subject, from pupils, governors, our school cooks and you, our parents, before we decide what the policy should say.

We are inviting you to attend an open discussion on the subject on _____ at _____. If you are unable to attend at this time then please speak to member of staff, send us an email or write to us with your views on packed lunches.

We will be consulting with our pupils and governors so that we can create a policy that everyone will want to support. We will give you support, advice and time to adjust when the policy does come into place so that the change is as smooth as possible.

More information about packed lunches is available on www.schoolfoodtrust.org.uk/packedlunches

Thank you for your support.

Yours sincerely,

Signed Headteacher.

STEP 4 WRITE THE PACKED LUNCH POLICY

- ❖ Use consultation and results to guide policy
- ❖ Write the policy using the template in the toolkit
- ❖ Include: food allowed, not allowed, reward ideas, offender process, dissemination, review.

Tips:

- Review WSFP to ensure consistency
- Display summary poster in reception/dining hall

Packed lunch policy example

Tool 7: Example Packed Lunch Policy

Example Packed Lunch Policy

Name of school:

1. Introduction

What children eat at school is important and school lunches have to meet strict standards to provide 1/3 of a child's nutrient requirements. Research from the Food Standards Agency (School Lunchbox Survey, 2004) and the School Food Trust has shown that the majority of lunchboxes supplied to schools do not meet the standards. The policy should form part of the overall food in schools policy.

2. Aim

This policy has the following aims:

- To improve the quality of packed lunches in schools.
- To ensure that packed lunches provide the child with healthy food.
- To make sure that packed lunches are safe and healthy habits in schools.
- To control the cost of packed lunches.

This policy applies to all schools. It sets out the standards for packed lunches to be consumed within the school. The policy promotes a healthy diet.

3. The policy

- The school will work with the pupils to promote active dining room arrangements.
- The school will work with parents to ensure that packed lunches abide by the standards.
- The school will ensure that free, fresh drinking water is readily available at all times.
- Pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible to stop the food going off.
- Glass bottles and tins are not permitted due to safety issues that could arise.
- Wherever possible the school will ensure that packed lunch pupils and school dinner pupils will be able to sit and eat together.
- All uneaten food and waste will be kept in the lunchbox and returned home with the child so that parents are able to monitor their child's food consumption.

Page 31-32

Packed lunch policy poster

ST JOHN FISHER PRIMARY'S PACKED LUNCH POLICY

YOUR CHILD'S PACKED LUNCH **SHOULD** INCLUDE ONE PORTION OF:



FRUIT



VEGETABLES
OR SALAD



MEAT, EGG,
BEANS OR
FISH



STARCHY FOOD
E.G. SANDWICH,
RICE OR PASTA



MILK, CHEESE
OR YOGHURT



BOTTLE OF
WATER

YOUR CHILD'S PACKED LUNCH **SHOULD NOT** INCLUDE THESE FOODS*:



CRISPS &
OTHER HIGH
FAT SNACKS



CHOCOLATE,
BARS, SWEETS
AND GUM



PASTRY AND
FRIED FOODS



BISCUITS AND
CAKES



DRINKS OTHER
THAN MILK
AND WATER



*ON FRIDAY, PUPILS CAN INCLUDE ONE OF FOLLOWING IN THEIR LUNCHBOX : CRISPS, PASTRY, BISCUITS OR CAKE.

Packed lunch policy poster

NEW LUNCHBOX RULES



A note* outlining our packed lunch rules will be put in your lunchbox if your packed lunch includes any of the foods in this red lunch case. However, on Friday you are allowed to include **ONE** of these in your lunch:

- Crisps
- Biscuit and cakes
- Sugary bars
- Fried meat & pastries

***If you continue to receive the lunch notes, your parents may be invited to speak to the headteacher about our packed lunch rules.**

Packed lunch policy poster

To score a...
GREEN TOKEN YOUR PACKED LUNCH OR SCHOOL MEAL MUST HAVE:

1

Fresh fruit



+

2

Salad or vegetables



3

NONE of these foods:



STEP 5 Marketing, promotion & communication

- ❖ Consider suggestions from consultation
- ❖ Promote through classroom activities
- ❖ Make parents aware i.e. induction pack, reception, parent meetings, letters home, newsletter

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More information about packed lunches is available on www.schoolfoodtrust.org.uk/packedlunches

Thank you for your support.

Yours sincerely,

Signed Headteacher.

Promotion – healthy eating assembly

- ❖ Hold a healthy eating assembly and invite parents along
- ❖ This could be part of your Young Ambassador programme



Promotion – pupil sticker or poster competition



**Packed lunch
DRAWING
COMPETITION**

Please draw your idea for a healthy lunchbox in the box below to win (mention prize). You can make your design as creative and colourful as you like. Your lunchbox should include a fruit and vegetable, starchy food, protein, and dairy food (see the EatwellPlate on the back for ideas).

Name: _____

Class: _____

Give your drawing to your class teacher by the: **1st May 2015.**



CASE STUDY: Gifford's lunchbox competition

SCHOOL IDEAS:

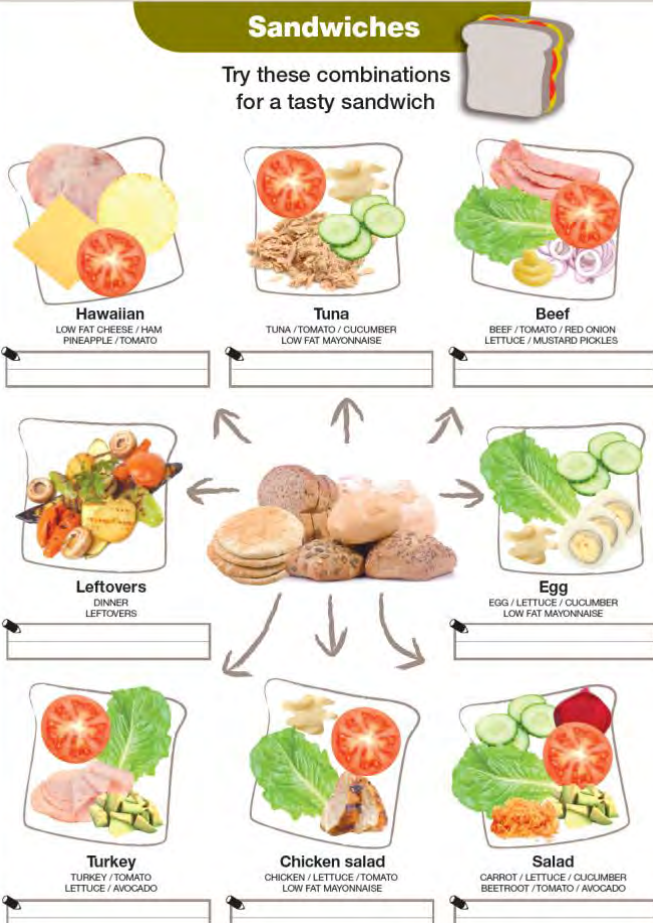
Pupils at Gifford Primary School designed a healthy lunchbox. Their caterer reproduced the winning lunchbox for every pupil in the school.



STEP 5 Support for families

Sandwiches

Try these combinations for a tasty sandwich



Hawaiian
LOW FAT CHEESE / HAM
PINEAPPLE / TOMATO

Tuna
TUNA / TOMATO / CUCUMBER
LOW FAT MAYONNAISE

Beef
BEEF / TOMATO / RED ONION
LETTUCE / MUSTARD PICKLES

Leftovers
DINNER
LEFTOVERS

Egg
EGG / LETTUCE / CUCUMBER
LOW FAT MAYONNAISE

Turkey
TURKEY / TOMATO
LETTUCE / AVOCADO

Chicken salad
CHICKEN / LETTUCE / TOMATO
LOW FAT MAYONNAISE

Salad
CARROT / LETTUCE / CUCUMBER
BEETROOT / TOMATO / AVOCADO

Australian Red Cross
THE POWER OF HUMANITY

Queensland Government

Spiritus

ACCES

STEP 5 Support for families



STEP 5 Support for families

A healthy balanced lunch in 4 steps

1. Fill up on starchy foods by making a sandwich with bread, pitta or a roll, or make a salad with pasta, potato, couscous, lentils, rice or chick peas.



2. Add a little protein to sandwiches or salad.



4. Take water or milk as a drink in bottle.



3. Add 2 or more fruit or veg to a salad, sandwich or eat as a snack.



A treat sometimes is ok but chose healthier snacks.



STEP 5 Support for families

TUNA PASTA SALAD



Ingredients

- 100g pasta animals
- ¼ red and yellow pepper, chopped into small pieces
- 40g low-fat cheese, in cubes
- 40g sweetcorn, drained
- 50g frozen peas, defrosted
- 1tbsp light mayonnaise
- squeeze of lemon juice
- 150g tinned tuna, drained

Method

1. Cook the Goodness pasta animals according to the packet, drain and refresh in cold water. Set aside in a large bowl.
2. Add the diced peppers, cheese cubes, sweetcorn and peas. Mix together the light mayonnaise and lemon, and stir through the pasta.
3. Stir through the tuna and then chill until ready to serve.

5 mins
prep

10 mins
cooking

Serves
1

4/5 for
taste

MEXICAN LAYERED SALAD



Ingredients

- ¾ cup Balsamic dressing
- 1 lime, juiced
- 2 avocados, diced
- 2 sweet red peppers, diced
- 2 cups diced tomatoes
- 1 can black beans, drained and rinsed
- 1 ½ cups cooked corn (canned)
- 1 cup cooked rice

Method

1. In bowl, mix together balsamic-tomato dressing and lime juice
2. In separate bowl, toss white rice and 4 Tbs. dressing mixture. In another separate bowl, gently toss diced avocados and 2 Tbs. dressing mixture.
3. In 6 small Tupperware containers, layer peppers, avocados, beans, rice, tomatoes and corn. Drizzle with remaining dressing mixture. Or toss all ingredients together to serve.

5 mins
prep

10 mins

Serves
5

5 for
taste

STEP 5 Support for cost concerns

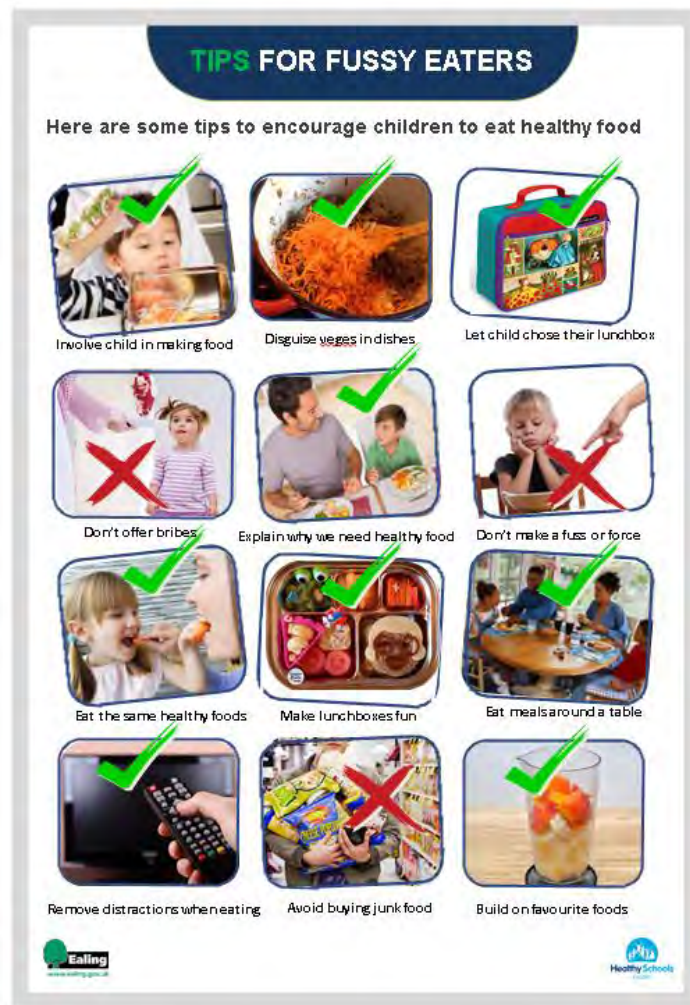
Perceived cost of healthy food is a major concern of a packed lunch policy for parents.

Use these
posters to
debunk this
myth.

Cost of **healthy** lunchbox v's **unhealthy** lunchbox



STEP 5 Support for families



STEP 5 Support for cost concerns

Food budgeting workshops teach parents how to prepare healthy packed lunches on a budget.



STEP 5 Activity for parents and pupils

GAME: Are you sugar savvy?

Order the seven drinks according to their sugar content, from the lowest to the highest amount of sugar.

ANSWER: Are you sugar savvy?



Healthy lunch website - Customise own leaflet

Customise to include your school's logo and cover image, food types, and it can be translated into thirteen different languages.

Practical Tips for a Healthy Lunchbox

- ☺ Try to vary the contents of the lunchbox daily. That way you can ensure your child is getting the variety of nutrients their bodies need to function and grow.
- ☺ Involve your child in preparing their lunchbox. They are more likely to enjoy food they have made themselves.
- ☺ Wash your hands before handling food. Wash fruit and vegetables before use and put food in clean containers.
- ☺ To keep food fresh, make sure it is stored properly: lunches packed the night before need to be stored in the fridge. If using rice, make sure it is cooled quickly and stored in the fridge overnight. To keep your lunch fresh during the day, use a cool bag and put in a frozen drink or reusable ice pack.
- ☺ Keep different breads in the freezer so you can just take out and defrost what you need for one day's lunchbox. Using different breads will make the lunchbox more interesting and enjoyable.
- ☺ If your child refuses to eat brown bread, try a lighter variety or make sandwiches using a slice of white and a slice of wholemeal bread.
- ☺ For variety, use pitta strips, crackers, bread sticks, or fruit and vegetable finger foods with a dip.
- ☺ Always try to add a little salad to a sandwich. To avoid soggy sandwiches, dry the salad before adding it to the sandwich or put it in a separate sandwich bag or tub.
- ☺ Make a lower-fat salad dressing by mixing it with some low-fat yoghurt or semi skimmed milk.
- ☺ You can use leftovers; for example, rice and curry, vegetable pizza or pasta and sauce.
- ☺ Make a salad using rice, potato or pasta from the night before, mixed with vegetables, beans and so on.

For more information and advice go to:

www.eatwell.gov.uk/

www.schoolfoodtrust.org.uk/packedlunches/

Contact Information



Vicarage Primary School Healthier Packed Lunches for Children

What you need to know

Eating well is important. Children need to eat well as it will give them energy and nutrients to grow and develop, be healthy and active.

A healthy, enjoyable lunch gives children the energy they need to learn and play at school.



Use the information in this leaflet to help make your child a healthier packed lunch. Please support the school's food policy by following these guidelines.



ISLINGTON



English

STEP 6 Review, monitor & evaluate

- ❖ Build time to evaluate success of policy i.e. repeat lunchbox audit (after 6, 12 months)

Tips:

- ❖ Train pupils, SMSAs or staff to monitor lunchboxes
- ❖ Promote messages in assemblies
- ❖ Regularly review – build review into policy
- ❖ Reward pupils who make healthy choices

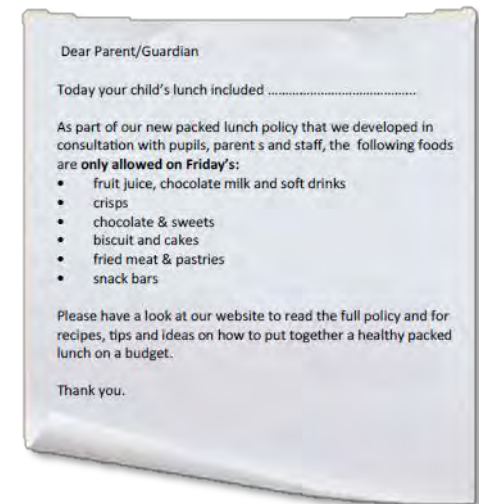
Encourage pupils & parents to follow the policy

How?

Policy should outline what happens when policy is disregarded.

Ideas:

- Slip note into lunchboxes
- Process for reoffenders
- Include in your induction pack



Encourage pupils & parents to follow the policy

Subtler approach

- ❖ Send out weekly newsletter explaining rules
- ❖ Use incentives to encourage pupil participation:



Rewards could include stationary, song on music player, seat at royal table

Token reward system – St John Fisher Primary



Total cost:

Container: £4 from Poundland

Tokens: 2000 for £40 from ebay



http://www.ebay.co.uk/itm/151545465301?_trksid=p2057872.m2749.l2649&ssPageName=STRK%3AMEBIDX%3AIT

Token reward system £££– Stanhope Primary



Total cost:

Token holder: £272

2000 tokens for £150

<http://www.strikingdisplays.co.uk/100mm-token-tube-collector.html#thumb>

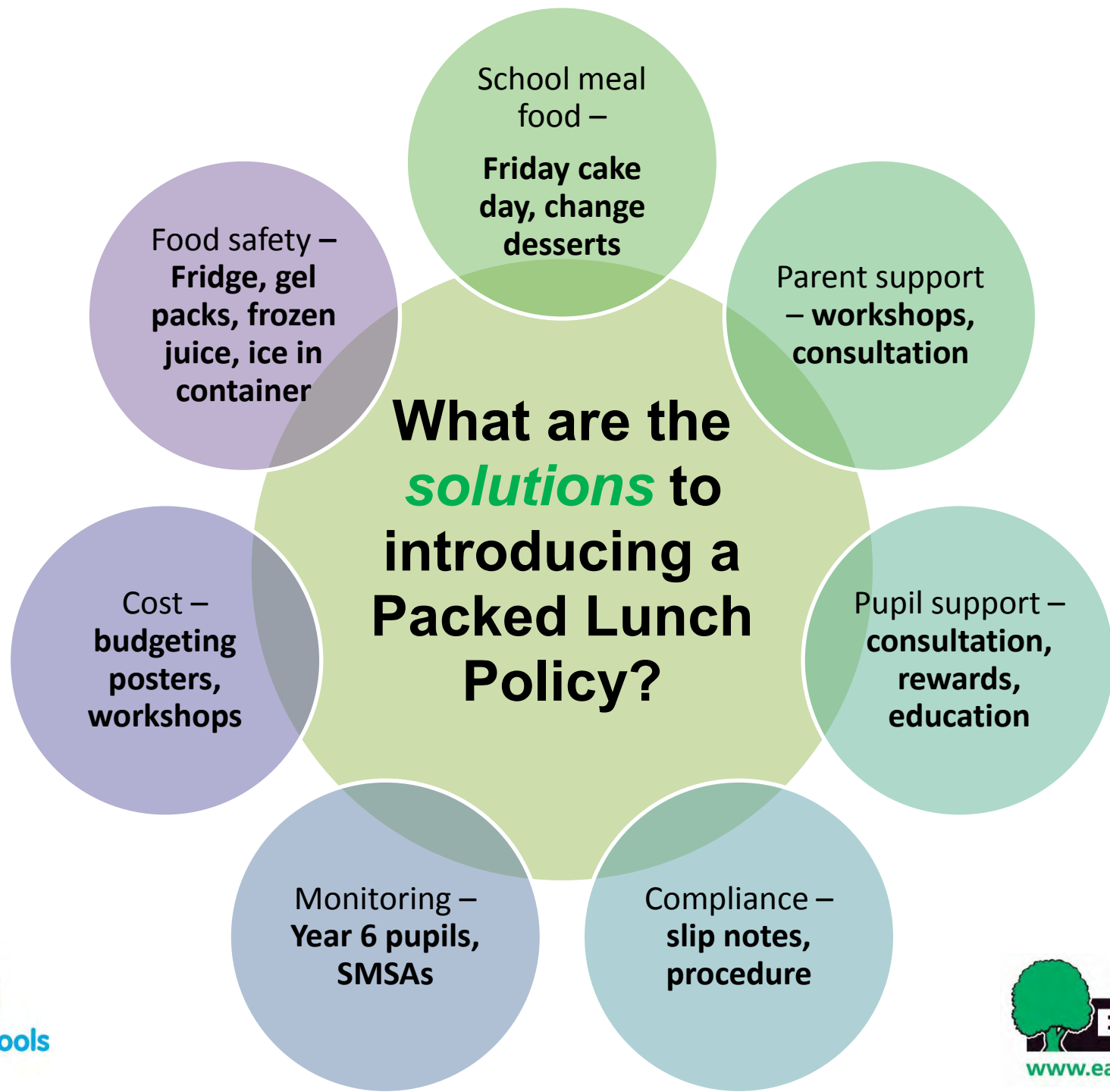


Other token collector options



Prize box - Hamborough Primary





Planning checklist

19

Packed lunch policy checklist

STEP 1 PROJECT PLANNING TASK GROUP

- ☐ Choose a lead person.
- ☐ Set up a SNAG of working group of pupils & staff.
- ☐ Write an action plan. How long will it take, who will be responsible for the project? What are your key activities?
- ☐ Assess the impact of the policy to manage risks.

STEP 2 CARRY OUT A PACKED LUNCH AUDIT

- ☐ Carry out an audit of packed lunches such as a photo audit or Survey Monkey.
- ☐ Collate results from your audit.

STEP 3 DISCUSSION AND CONSULTATION

- ☐ Communicate the results from your audit to pupils, parents and staff.
- ☐ Consult pupils using a pupil questionnaire or Survey Monkey.
- ☐ Consult parents and provide them an opportunity to feedback on a packed lunch policy using a survey, suggestion box, focus group or solution tree.
- ☐ Engage parents in discussion by setting up a display or taster sessions at a parent evening or school event.
- ☐ Widely communicate the findings from your survey to everyone.

STEP 4 WRITE THE PACKED LUNCH POLICY

- ☐ Write your packed lunch policy thinking about your findings.
- ☐ Include policy in your whole school food policy.
- ☐ Review your whole school policy at the same time.
- ☐ Include the project work in your school improvement plan.

STEP 5 MARKETING & PROMOTION

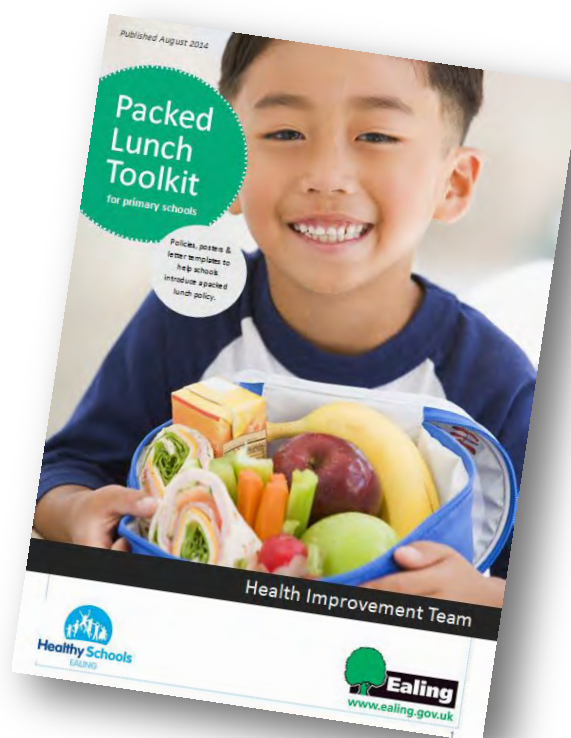
- ☐ Communicate your policy to pupils.
- ☐ Display policy in dining area, reception, website, post to families, include in newsletter and school induction pack.
- ☐ Send a lunchbox pack to parents that include the policy and recipe ideas.
- ☐ Carry out a packed lunch workshop with parents.
- ☐ Carry out healthy eating lessons with pupils.
- ☐ Promote the policy to pupils through a packed lunch assembly, quiz, celebration events, guest speakers, healthy picnic day or drawing competition.
- ☐ Ask the art teacher to facilitate a healthy eating collage or mobile display for the dining room.

STEP 6 REVIEW, MONITOR & EVALUATE

- ☐ Carry out a packed lunch audit regularly to track progress.
- ☐ Include healthy packed lunch tips and your policy summary in every parent newsletter.
- ☐ Agree who will monitor the packed lunches and follow up on pupils that do not follow the policy e.g. lunchbox slip.
- ☐ Support positive messages about healthy food at every assembly.
- ☐ Regularly review your policy.
- ☐ Reward pupils who are bringing in a healthy packed lunch through certificates, stickers, a healthy eating passport, termly raffle.

ACTIVITY:

Let's look through the Lunchbox Policy Toolkit

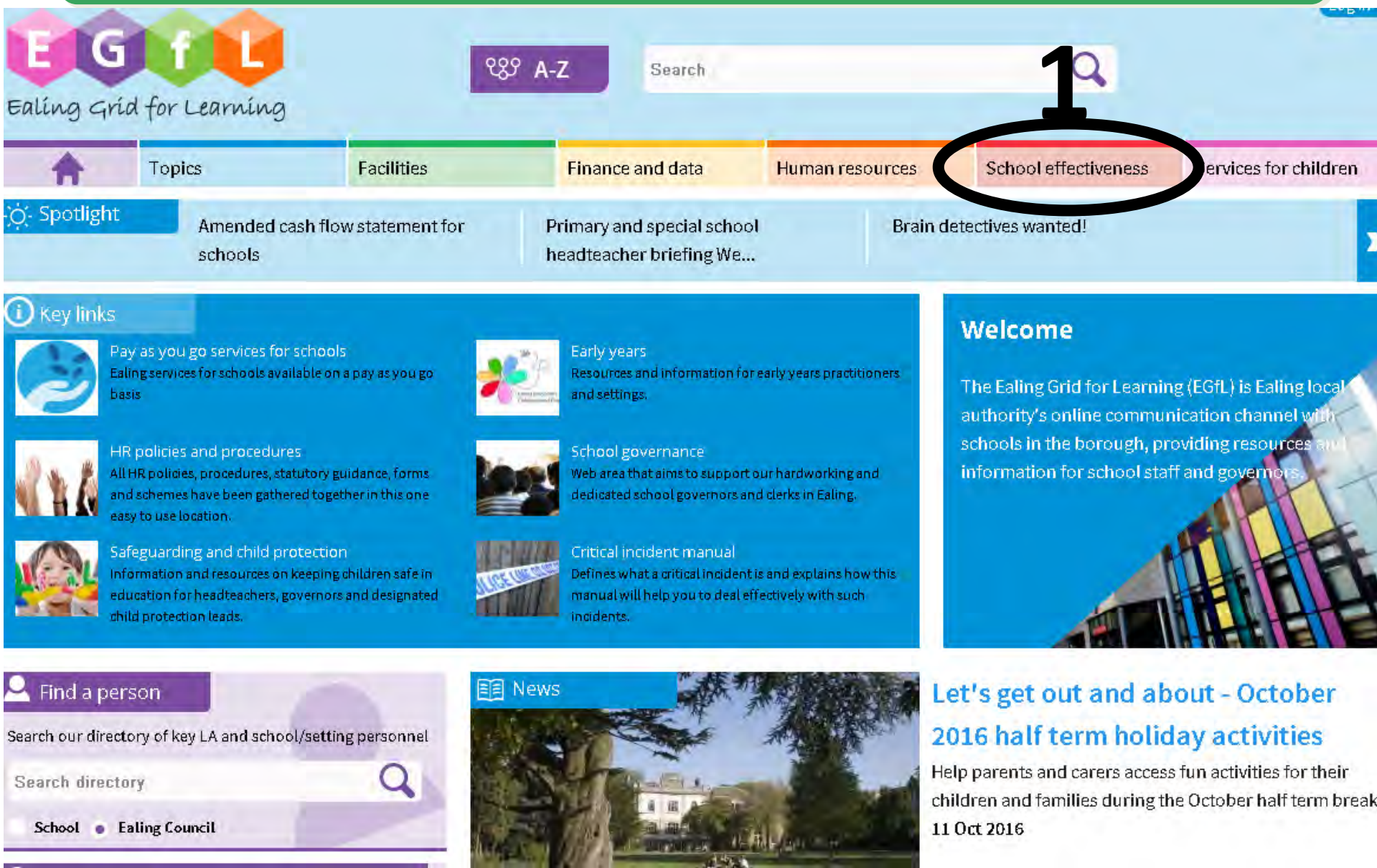


ACTIVITY:

Write a packed lunch policy for your school

[illegible]

Where to access the resources









E G f L
Ealing Grid for Learning

A-Z Search

Home Topics Facilities Finance and data Human resources **School effectiveness** Services for children


Spotlight
Amended cash flow statement for schools
Primary and special school headteacher briefing We...
Brain detectives wanted!

Key links

-  Pay as you go services for schools
Ealing services for schools available on a pay as you go basis
-  HR policies and procedures
All HR policies, procedures, statutory guidance, forms and schemes have been gathered together in this one easy to use location.
-  Safeguarding and child protection
Information and resources on keeping children safe in education for headteachers, governors and designated child protection leads.
-  Early years
Resources and information for early years practitioners and settings.
-  School governance
Web area that aims to support our hardworking and dedicated school governors and clerks in Ealing.
-  Critical incident manual
Defines what a critical incident is and explains how this manual will help you to deal effectively with such incidents.

Welcome
The Ealing Grid for Learning (EGfL) is Ealing local authority's online communication channel with schools in the borough, providing resources and information for school staff and governors.

Find a person
Search our directory of key LA and school/setting personnel
Search directory
School ☒ Ealing Council

News


Let's get out and about - October 2016 half term holiday activities
Help parents and carers access fun activities for their children and families during the October half term break
11 Oct 2016

Where to access the resources

The screenshot shows the Ealing Grid for Learning website. At the top, there's a green banner with the text 'Where to access the resources'. Below this, the website header features the Ealing Grid for Learning logo (E, G, f, L in colored hexagons) and a search bar. A navigation bar contains links: Home, School effectiveness, Health improvement in schools, Topics, Facilities, Finance and data, Human resources, School effectiveness, and Services for children. A sidebar on the left lists various resources, with 'Health improvement in schools' highlighted by a black circle and a large number '2'. The main content area is titled 'Health improvement in schools' and includes a mission statement, a section for 'The health improvement team' with 'Who are we?' and 'What do we do?' subsections, and a 'Popular pages' section on the right.

Ealing Grid for Learning

Search

Home » School effectiveness » Health improvement in schools

School effectiveness

- Strategies and plans
- School effectiveness impact evaluation
- Career and professional development
- Extended schools
- Health improvement in schools**
- Contact us
- Healthy schools Long awards
- HIT resources and support
- Stepping up to health newsletter
- HIT training resources
- HIT toolkits
- Health related data
- School improvement and leadership

Health improvement in schools

Our mission is for all children and young people in Ealing to be healthy and achieve at school and in life.

The health improvement team

Who are we?

We are a trusted and qualified team of experts, providing support and training in safeguarding prevention, mental health and emotional wellbeing, nutrition and exercise, relationship and sex education (RSE), and PSHE to help improve your pupils' health and achievement

We create, develop and co-ordinate a wide range of programmes and trainings that you can adopt and implement to help you improve the health and wellbeing of your pupils.

What do we do?

Popular pages

- Early years foundation stage (EYF5)
- Career development for support sta
- Teacher standards
- Religious education
- Curriculum subjects

Services for schools

- Computing and ICT SLA 2016/17
- Continuing professional developmen (CPD) and training programme

Where to access the resources

The screenshot shows the Ealing Grid for Learning website. The header features the Ealing Grid for Learning logo (E, G, f, L in colored hexagons) and a search bar. Below the header is a navigation bar with links: Home, Topics, Facilities, Finance and data, Human resources, School effectiveness, and Services for children. The main content area is titled 'HIT training resources' and includes a sub-section 'Effective relationship and sex education (RSE)' with a link to 'Learn about RSE and how to deliver it'. A sidebar on the left lists various resources, with 'HIT training resources' circled in red and a large red number '3' next to it. A 'Was this page useful?' section with three buttons (green, orange, red) is also visible. On the right, there are sections for 'Popular pages' and 'Services for schools'.

Ealing Grid for Learning

Search

Home » School effectiveness » Health improvement in schools » HIT training resources

School effectiveness

- Strategies and plans
- School effectiveness impact evaluation
- Career and professional development
- Extended schools
- Health improvement in schools
- Contact us
- Healthy schools London awards
- HIT resources and support
- Stepping up to health newsletter
- HIT training resources**
- Health related data
- School improvement and leadership
- School governance
- Teaching and learning

HIT training resources

Effective relationship and sex education (RSE)

Learn about RSE and how to deliver it

Last updated: 06 Oct 2016

Was this page useful?

Popular pages

- Early years foundation stage (EYFS)
- Career development for support staff
- Teacher standards
- Religious education
- Curriculum subjects

Services for schools

- Computing and ICT SLA 2016/17
- Continuing professional development (CPD) and training programme 2016/17
- Ealing Education Centre (EEC)



Thank you
for
attending