

Skinners' Academy

Packed Lunch Policy

Overall aim of the policy:

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 the Academy, which is now regulated by national standards.

School setting:

- All Year 7 pupils take part in Family Service at lunchtime. This means that they sit at a designated table with other members of their year group, and, with staff supervision, help to lay out crockery and cutlery, serve food, clear away etc. This helps to foster a spirit of co-operation and helps them to maintain healthy eating habits and good table manners.
- The Year 7 pupils are all served the same hot main course, followed by dessert, and water is available at the table. If a pupil is vegetarian or vegan, they will be given an appropriate alternative.
- The cost of lunch for pupils in Year 7 is automatically charged to the child's account. If Hackney Learning Trust tells us a child is entitled to Free School Meals then no charge will be made for lunch.
- All pupils in Year 8 and above take their lunch via the canteen service.
- All of our meat is Halal certified except that we do serve:- 1. Ham sandwiches and BLTs which are sometimes available at our self-service, and which are clearly labelled as containing ham/bacon and 2. Pepperoni pizza which is hot and available as a break time snack. The latter is not available at lunch and is clearly labelled as non-Halal. If there is any variation to 1. or 2. any replacement non-Halal items will be clearly marked as such.

Policy Review:

This policy was agreed upon following feedback from parents and pupils. The Family Service principles established for Year 7 pupils are highly valued and have remained in place since the Academy opened in September 2010. However, the original policy decision to prohibit packed lunches for years 8, 9, 10 and 11 was reviewed and reversed in autumn 2013 in the light of parent and student feedback. This agreed change is intended:

- To make a positive contribution to pupils' health and our Healthy Schools status.
- To encourage a happier and calmer population of children and young people.
- To promote consistency between packed lunches and food provided by the Academy, which must adhere to national standards set by the government.

Please visit www.childrensfoodtrust.org.uk for more information.

Where, when and to whom the policy applies:

To all pupils and parents providing packed lunches to be consumed:-

- within the Academy (excluding Year 7 as they will all remain on Family Service except in very limited circumstances referred to below) or
- on Academy trips during normal hours.

Food and drink in packed lunches:

- The Academy will provide facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is readily available at all times.
- The Academy will work with the pupils to provide attractive and appropriate dining room arrangements.
- The Academy 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 or containers, with contents which may appropriately be stowed in the student bag throughout the morning.
- Wherever possible the Academy will ensure that packed lunch pupils and Academy lunch 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.
- meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus, and falafel) every day.
- oily fish, such as salmon, at least once every three weeks.
- a starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day.
- dairy food such as milk, cheese, yoghurt, fromage frais or custard every day.
- only small bottles/cartons of water, juice or milkshake.

Packed lunches should not include:

- snacks such as crisps. Instead, include seeds, vegetables and fruit (with no added salt, sugar or fat). Savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice.
- confectionery such as chocolate bars, chocolate-coated biscuits and sweets.
- Meat products such as sausage rolls, individual pies, corned meat and sausages / chipolatas should be included only occasionally.
- Canned drinks, whether carbonated or still.
- Food containing nuts.

Special diets and allergies

Be aware of nut allergies. We recommend you visit the www.anaphylaxis.co.uk for accurate, reliable information on managing allergies in schools.

The Academy 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.**

Assessment, evaluation and reviewing:

Packed lunches will be regularly reviewed by teaching staff / catering staff / midday meal assistants.

Parents and pupils who do not adhere to the Packed Lunch Policy will receive a letter informing them of the Policy. If a child regularly brings a packed lunch that does not conform to the policy then the Academy will contact the parents to discuss this.

Please note: pupils with special diets will be given due consideration.

Involvement of parents/carers:

Pupils are normally expected to eat the lunch provided by the Academy. However, parents of pupils wishing to have packed lunches for a particular reason are expected to provide their children with packed lunches which conform to the packed lunch policy. In turn, the Academy will keep the parents informed as per the methods detailed below under "Dissemination of the Policy".

If Year 7 pupils have special dietary reasons why they cannot participate in Family Service the parent/carer must write to the Principal attaching a copy of the pupil's NHS consultant's diagnosis letter which sets out the pupil's dietary needs.

Dissemination of the policy:

The Academy will write to all new and existing parents/carers to inform them of the policy via the newsletter.

The policy will be available on the Academy's website and will be incorporated into assemblies.

The Academy will use opportunities such as parents evenings and Healthy Living weeks to promote this policy as part of a whole school approach to healthier eating.

All staff, including teaching and catering staff and the school nurse, will be informed of this policy and will support its implementation.

Dated: December 2013

Updated June 2014

Updated March 2016

Updated June 2017