



# Benedict Biscop CE Academy

## PACKED LUNCH PROCEDURE

<b>Review Date:</b>	<b>Summer 2024</b>
<b>Next Review Due:</b>	<b>Summer 2025</b>
<b>Person in Charge:</b>	<b>Headteacher</b>
<b>Governance:</b>	<b>Chair of Governors</b>

## School mission:

The school will aim to serve its community by providing an education of the highest quality within the context of Christian belief and practice. It encourages an understanding of the meaning and significance of faith and promotes Christian values through the experience it offers to all its pupils.

## School vision:

### ***'With God all things are possible'***

Our vision for education is deeply Christian, and rooted in theology [Matthew 19 V26].

Our vision **'With God all things are possible'** speaks powerfully into the heart of all we do.

At Benedict Biscop **'With God all things are possible'** is our way of expressing our role in the classroom, the staffroom, the yard and our wider community. We seek through our Christian ethos to ensure all things are possible as:

- **We educate** our children through our curriculum, our practice and policies – giving them the skills, knowledge and understanding that will prepare them for life.
- **We seek to give hope and aspiration** to children, staff and parents. Giving both ambition and coping mechanisms for when things don't always go as intended, in the knowledge of a God who loves them.
- **We see and encourage all** to see each other as made in the image of God, but unique with children, staff and families valuing one another as God's children.
- **We serve our community** in school and beyond, by building relationships just as God lives in community as the Holy Trinity. We are most in God's image when we live in community, and that is how we encourage each other to flourish.

## **People involved in the policy formation:**

- S Armstrong – Headteacher
- D Holmes - Personal Development Lead
- Parents
- Children
- Local Governing Body

## **Rationale**

It is widely accepted that children need to develop lifelong skills and an understanding of healthy growth and living. At Benedict Biscop C.E. Academy, we seek to actively develop these skills together with developing an increasing understanding so that children are able to learn more effectively. At Benedict Biscop C.E. Academy we aim to do this as part of our Personal Development curriculum, making links with areas covered within Science and Physical Education.

The academy recognises the important connection between healthy eating and a pupil's ability to learn effectively and achieve high standards in school. It also recognises the role the school can play, as part of the larger community, to promote family health and well-being.

## **Aims**

The academy aims:

- To ensure that all packed lunches brought from home and consumed in school and on educational visits provide the pupils of Benedict Biscop C.E. Academy with healthy and nutritious food that is similar to the food served in school, which is now regulated by national standards. (<http://www.schoolfoodplan.com/actions/school-food-standards/>)
- To improve the health of pupils, staff and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet.
- To ensure that children are well nourished throughout the day and that every pupil has access to safe, tasty and nutritious food and a safe, easily available water supply during the school day, helping to create a happier and calmer population of children and young people.
- To make the provision and consumption of food a healthy, enjoyable and safe experience throughout the whole school day

## **Guidelines**

- 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 with freezer blocks where possible to stop the food going off.
- Wherever possible the academy will ensure that packed lunch pupils and school dinner pupils will be able to sit and eat together in the same dining environment.

**Packed lunches should where possible include:** (example show in Appendix A)

- 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, savoury crackers, breadsticks or other type of cereals every day.
- dairy food such as milk, cheese, yoghurt, custard or fromage frais everyday
- only still water, 100% fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies.

**We strongly discourage packed lunches containing:**

- Confectionery such as chocolate bars, chocolate-coated biscuits and sweets and cakes.
- Meat products such as sausage rolls, individual pies, corned meat and sausages / chipolatas.

**Packed lunches should not include:**

- salty snacks - instead include seeds, vegetables and fruit with no added salt, sugar or fat.
- confectionery such as chocolate bars, chocolate-coated biscuits, cereal bars, processed fruit bars and sweets.
- sugary soft drinks, such as squash and fizzy drinks (even if labelled as 'sugar-free', 'no-added sugar' or 'reduced sugar' as these drinks can contribute to tooth decay and provide little nutritional value).
- Hot food in flasks

**Please note that**

- **school will not accept deliveries of lunches from shops or food outlets. (such as Greggs etc).**
- **We strongly discourage crisps as a regular diet staple due to the salt content, however as part of a balanced diet we will accept crisps once a week [on a Friday].**

**Special diets and allergies**

Benedict Biscop C.E. Academy is aware of nut allergies. The academy knows to access <https://www.allergyuk.org/> website for accurate, reliable information on managing allergies in schools. Benedict Biscop C.E. Academy 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.

## Monitoring and review

Monitoring of the policy will regularly take place by the Headteacher.

Packed lunches will be regularly reviewed by staff on lunch duty.

Healthy lunches will be rewarded by general praise in line with school policy.

Parents and pupils who do not adhere to the Packed Lunch Policy will receive a leaflet in the packed lunch informing them of the Policy.

If a child regularly brings a packed lunch that does not conform to the policy then the school will contact the parents to discuss this.

Any pupils with special diets will be given due consideration

## Dissemination of the Policy.

The policy will be available in school in line with all other academy policies on the school website.

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

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

## Appendix A

