**BRANSTON JUNIOR ACADEMY FOOD POLICY**

**Including packed lunches, snacks and treats.**

Table of Contents

[Introduction 2](#_Toc115894593)

[Whole School Food Policy 2](#_Toc115894594)

[Our objectives are to: 3](#_Toc115894595)

[We will meet our objectives by: 4](#_Toc115894596)

[Packed lunches 5](#_Toc115894597)

[Overall aim 5](#_Toc115894598)

[Where, when and to whom the policy applies: 5](#_Toc115894599)

[Food and drink in packed lunches 5](#_Toc115894600)

[Breaktime snacks can include: 5](#_Toc115894601)

[Packed lunches should include: 6](#_Toc115894602)

[Packed lunches can occasionally include: 6](#_Toc115894603)

[Restricted items for breaktimes 6](#_Toc115894604)

[Restricted items for lunch 6](#_Toc115894605)

[Bringing in treats for special occasions 6](#_Toc115894606)

[Nuts and food products which contain nuts 6](#_Toc115894607)

[Monitoring the food that children bring into school 7](#_Toc115894608)

[We will monitor and evaluate this policy through: 7](#_Toc115894609)

[Appendices 7](#_Toc115894610)

# Introduction

Statutory School Food Standards apply to all schools and responsibility to ensure this lies with governors and senior leaders. The purpose of the standards is to ensure that children have access to a wide variety of healthy and nutritious foods, to protect those who are nutritionally vulnerable and promote good eating behaviour.

The School Food Standards came into force on 1st January 2015 and are set out in the School Food Regulations 2014. These regulations set out the requirements for school lunches (provided to registered pupils on and off site and to any other person on the school premises). They also apply to food and drink other than lunch and up until 6.00pm (including breakfast clubs, tuck shops, mid-morning break and after school clubs). The governing body is responsible for ensuring that the School Food Standards are met.

# Whole School Food Policy

The governors and staff of this school actively support healthy eating and drinking and food education throughout the school day and as part of the breakfast/after school club and other extra curricular activities.

We are committed to demonstrating consistent messages about healthy eating as we believe that a healthy lifestyle should be encouraged at all times.

The policy is overseen by the Head Teacher, Senior Leadership Team and the Governing Body. Implementation of the policy is the responsibility of all members of school staff and is incorporated into curriculum planning.

Our aim is to ensure that all aspects of food provision, food education and nutrition contribute to the health, educational benefits and wellbeing of our pupils, their families, and the whole school community across the school day (until 6.00pm). We will achieve this via our school meals service, food education, cooking lessons and growing activities.

# Our objectives are to:

* Be valuable role models to pupils and their families, in order to contribute to the improvement of children's health and wellbeing, behaviour, concentration and learning outcomes, by promoting a whole school approach to food education and healthy eating**.**
* Enable pupils to make healthier choices by increasing knowledge, challenging attitudes and developing and promoting healthy eating.
* Provide accurate information about nutrition in relation to personal health and help enable pupils to understand that a balanced diet is beneficial.
* Make parents aware that lunch is part of the education process and that learning to enjoy a balanced diet is treated in the same way as any other lesson.
* Create and sustain a whole school approach to our lunchtimes, healthy eating and food education within our school community
* Monitor school meals to ensure they are healthy, nutritious and tasty
* Ensure that all food served in school before 6.00pm is fully compliant with the School Food Standards in line with government legislation ([www.schoolfoodplan.com/standards](http://www.schoolfoodplan.com/standards))
* Promote hot school meals and their nutritional benefits to children’s health, wellbeing, behaviour and education
* Actively encourage healthy packed lunches, adopt a healthy packed lunch policy following consultation with pupils, parents, governors and staff and provide information for parents on healthy packed lunches
* Promote the importance of hydration to children’s health and education, recommend water as the drink of choice for all children (including those bringing packed lunches from home), and ensure all children have access to free drinking water throughout the school day
* Monitor and review our meals and dining service at least once a term, with a focus on the child's perspective, provide the best possible dining experience for all of our children
* Encourage staff to lead by example and eat and drink healthily throughout school. In doing so staff will model good behaviour and social skills at mealtimes
* Deliver effective cooking in the curriculum activities (including nutritional information) to all children, in line with legal requirements
* Maximise free school meal uptake and Pupil Premium funding by encouraging all parents to register and supporting parents with registration for free school meals
* Ensure Governors hold the school to account and support leadership to embed best practise in food education and provision.

# We will meet our objectives by:

* Including school food across the whole day in our school development plan;
* Discouraging the use of food as a reward within school and pointing parents towards different forms of treat (for example whole class birthday/Christmas treats) rather than sweets and cakes
* Ensuring children taking up free school meals or with special dietary requirements are not stigmatised in any way, for example by separating packed lunches from school meals
* Educating pupils, school staff, governors and parents on the links between healthy eating and the educational benefits, health and wellbeing of children
* Regularly discussing the lunchtime experience with the School Council.
* Holding regular meetings with our caterer to review meal provision and ensure they are providing food compliant with the School Food Standards
* Holding regular meetings for the Senior leadership team and lunchtime staff to review dining provision and agree improvements where necessary
* Providing support, appraisals and regular training opportunities for the lunch time staff
* Ensuring that all children have the opportunity to learn about food, nutrition and age appropriate practical cooking skills in accordance with legislation ([www.schoolfoodplan/actions/cookinginthecurriculum](http://www.schoolfoodplan/actions/cookinginthecurriculum))
* Ensuring that food based topics across general learning areas are audited regularly by the Subject Leader for Design Technology and that predominantly savoury dishes are prepared
* Establishing a co-ordinated approach to ensure that breakfast clubs, after school clubs, and snacks provide food that is compliant with the School Food Standards for the whole school day up to 6pm. ([www.schoolfoodplan.com/standards](http://www.schoolfoodplan.com/standards))
* Continually marketing school meals and the benefits of healthy eating via newsletters, school prospectus, website, social media, assemblies, parents evenings, transition meetings, school events, staff and governors meetings.
* Ensuring all staff in school receive relevant training opportunities e.g. training for midday supervisors, basic food hygiene training for all staff involved with food.
* Establishing food based extra-curricular provision such as cooking and growing clubs
* Encouraging children to try new foods and ensuring that all food items are served at lunchtime, as they are much more likely to taste foods once they are on the plate
* Encouraging healthy packed lunches and providing guidance for parents as required
* Encouraging hot meals where possible to ensure pupils have at least one hot meal a day
* Including school food in the remit of the governing body’s agendas, with take up figures, evidence for compliance to School Food Standards and Financial Information is shared regularly
* Ensuring compliance with School Food Standards is specified in catering contracts.

# Packed lunches

## Overall aim

To ensure that all packed lunches brought from home and consumed in school (or on school trips) provide pupils with healthy and nutritious food that is similar in quality to food served in schools, which is required to meet national standards*.*

## Where, when and to whom the policy applies:

The policy applies to all pupils and parents providing packed lunches to be eaten within school or on school trips during normal school hours.

We understand that our pupils benefit from eating a balanced and nutritious diet.

Among other benefits, a good diet helps to;

* Keep skin, teeth, and eyes healthy
* Support muscles
* Helps achieve and maintain a healthy weight
* Strengthens bones
* Encourages brain development
* Supports healthy growth
* Boosts immunity
* Helps the digestive system function

In 2015 the School Food Standards for school lunches was published ([School food standards practical guide - GOV.UK (www.gov.uk)](https://www.gov.uk/government/publications/school-food-standards-resources-for-schools/school-food-standards-practical-guide) to ensure that all children who eat a school dinner benefit from eating quality food during the school day. The standards apply to all food and drink supplied by school to pupils, staff and visitors from the start of the school day to 6pm.

## Food and drink in packed lunches

* Branston Junior Academy will provide appropriate and attractive facilities for pupils eating packed lunches and ensure that free, fresh drinking water is available at all times.
* Branston Junior Academy will work with parents to encourage packed lunches to meet the standards listed below.
* As fridge space is not available, pupils are advised to bring packed lunches in insulated bags with freezer blocks is needed.
* Wherever possible Branston Junior Academy will enable pupils eating packed lunches and pupils eating school lunches to sit together.

## Breaktime snacks can include:

* One portion of fruit or vegetable
* Plain oatcakes or plain ricecakes
* Cheese or a cheestring
* Bread sticks
* Pitta bread

## Packed lunches should include:

* at least one portion of fruit and one portion of vegetables every day.

meat, fish, eggs, or a non-dairy protein (e.g. lentils, kidney beans, chickpeas, houmous, peanut butter, falafel) every day.

* oily fish, such as salmon, at least once every three weeks.
* a starchy food such as any type of bread (white or wholegrain rolls, pitta bread or wraps), pasta, rice, couscous, noodles, potatoes or another cereal every day.
* a dairy food such as milk, cheese, yoghurt, fromage frais or custard every day.
* a drink of water, fruit juice (maximum portion 150 mls), semi-skimmed, 1% fat or skimmed milk, yoghurt or another milk drink.

## Packed lunches can occasionally include:

* Meat products such as sausage rolls, individual pies, corned meat and sausages (no more than once a week)
* Lower sugar cakes and biscuits, but encourage your child to eat these as part of a meal

## Restricted items for breaktimes

* Cereal bars
* Fruit winders and similar items

All the above are counted as ‘confectionery’ by the School Food Standards.

## Restricted items for lunch

* No fizzy drinks
* No solid chocolate
* No sweets
* No food from fast food outlets
* A single bag of crisps or other savoury snack packet is acceptable

# Bringing in treats for special occasions

Whilst endeavouring to adhere to our whole school approach to food, we request that parents do not send in food items such as sweets and cake (etc) for birthdays and other celebrations.

If you would like to celebrate your child’s birthday, you could send in healthy treats, or, in response to rises in living increases and the costs of food items, perhaps you would like to donate a reading book to our school library and we will put your child’s name in the front pages for future children to see.

# Nuts and food products which contain nuts

In case of unknown nut allergies of pupils and/or adults on site, we ask that parents refrain from sending in nuts, or products which contain nuts.

# Monitoring the food that children bring into school

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

# We will monitor and evaluate this policy through:

* School Councillors reporting on progress and reviewing policy /procedures with the senior leadership team regularly (incorporating changes and legislation in accordance with updates);
* Formal curriculum: teachers having the training and skills to deliver cooking lessons in line with the DfE/PHE framework;
* Governing Body having an agenda item to look at uptake information, review evidence that each new menu and other food provision across the school day ensures all food served up until 6.00pm complies with the Food Standards and consider financial information around food provision;
* Senior leadership team and governors consulting with pupils, parents and school staff to ensure pupils are experiencing a calm, happy, healthy lunch time;
* Asking pupils, parents and staff for feedback via surveys;
* Monitoring meal uptake throughout the year and promoting school meals to help children get the best start.

# Appendices

*The appendices gives parental guidance on appropriate snacks and packed lunches which works alongside the School Food Standards and the information given in this policy. Branston Junior Academy actively encourages meals, snacks and treats provided in line with it.*

Text

Description automatically generated

Graphical user interface, application

Description automatically generated

