



Principal
Mr S Brierley

**ST MARGARET'S
CHURCH OF ENGLAND
ACADEMY**



"Achievement by faith and work"

St Margaret's Mission Statement
*Inspired by the knowledge and love of God,
we all come together to learn
in a Christian community where we are valued
for who we are and who we could become.*

(School Mission Statement)

POLICY ON E14: To Advise Parents/Carers on the contents of Packed Lunches

RATIONALE

The Governing Body would like to help students maintain a healthy lifestyle.

Persons responsible for this policy and to whom observations and comments should be made:

Mr S Brierley	Principal
Mr I Ashton	Managing Chef
Mr Peter Oliver	Chair of Governors

Copies of this policy are available on request to: Governors, Staff and parents.

Unless there is a change in legislation this policy will be reviewed every 3 years.

This policy was approved at a meeting of the Standing Committee on 3rd December 2018

This policy is next due to be reviewed in April 2021

Mission and Values

Mission

Our Academy Mission Statement:

**Inspired by the knowledge and love of God,
we all come together to learn
in a Christian community where we are valued
for who we are and who we could become.**

Values

As an Academy we have adopted 8 Christian values which we feel are the basis of our community.

- A Christian community is a community of faith, and at the heart of faith is **TRUST**. Trust is about letting go – putting ourselves in God’s, and in other people’s, hands. Jesus told his followers to “*trust in God; trust also in me*”; so as we work together, we expect members of our community to be trustworthy and reliable, and not to let others down.
- Education is not just about academic learning; it is about personal development too. As we work together, we expect that good working relationships, and **FRIENDSHIPS**, will develop, between students as well as between members of staff. In John 15, Jesus explicitly calls his disciples not servants, but friends. As a community, we celebrate the selflessness of friendship.
- **JUSTICE** is another value that is central to our community. Justice is about appreciating that our well-being is inextricably linked to everyone else’s. It is not just about our response when someone acts inappropriately; it is also about ensuring that everyone is accorded the dignity and the respect and that is rightfully theirs. Isaiah encouraged us to “*seek justice!*” – and we do.
- From time to time, however, we all get things wrong. Jesus commanded us to show **FORGIVENESS** to each other, and as a Christian community we seek to obey Him. Someone in the wrong should show self-discipline and apologise, making reparation where appropriate; someone who is wronged should accept an apology and not seek to humiliate.
- Education is about far more than chemicals, conjunctions and crotchets! As a community, we seek to foster **WISDOM** and true insight into the way life works – an understanding of the consequences of our thoughts, words and actions and an awareness of the true value of things. Such wisdom is rooted in a proper reverence for God: as the Psalmist puts it, “*the fear of the LORD is the beginning of wisdom*”.
- St Paul looked back on his life and was able to say that he had “*run the race*” right to the end. All those involved in education need to demonstrate similar levels of **ENDURANCE** – learning is the ultimate life-long task, a marathon not a sprint. By showing patience and resilience we will ensure that no-one is left behind, and that all are able to achieve their God-given potential.
- These values will be all the easier for us if we show **COMPASSION**. Compassion is more than just sympathy: like Jesus, we aim to put ourselves in other people’s shoes, understand their point of view, then do something about it – and thus to grow in faith.

- Underpinning all of these, we seek to be a community at **PEACE**. St Paul describes God as the God of peace. We therefore seek to demonstrate harmony, stability and security within our Christian community, downplaying dissent and accentuating the positive.

Aim of the packed Lunch Policy

The aim of this policy is to inform and assist parents and students with the contents of a packed lunch that is brought from home and consumed in school or on school excursions. It is intended that such advice will generate packed lunches that provide our students with healthy & nutritious food that is similar to food served in school which is now regulated by national standards. The contents of this meal must also accommodate any special dietary or medical needs of the student.

How and why this policy was formulated

- It has been noted that on occasion the contents of some packed lunches does not comply with the standards set by the school food trust for all meals purchased from the school catering outlets.
- To encourage a happier and calmer student body by regulating the availability of carbonated and high sugar drinks and the contents of the vending outlets.
- To promote consistency between purchase and packed lunches.
- To raise awareness of the recommendations of the school food trust.
www.childrensfoodtrust.org.uk/the-standards/nutrient-based/guides-and-reports
- To contribute to the schools self evaluation review by Ofsted included in aspects of 'behaviour and Safety'
- To raise awareness with 'freemeal' students that they have access to a healthy freshly cooked meal under the free meal scheme.

Administration and Consultation

Pupils are normally expected to eat the lunch provided by the school. However, parents of pupils wishing to have a packed lunch are encouraged to provide packed lunches which conform to the packed lunch policy. Pupils taking a packed lunch will be encouraged to sit with friends that buy a school lunch in the area provided.

Policy to assist in the implementation of Healthy Packed Lunches

- The school will provide facilities for students bringing in packed lunches and ensure that free fresh drinking water is readily available at all times.
- The school will work with the students to provide attractive and appropriate dining room arrangements.
- The school will communicate with parents to suggest suitable contents for a healthy packed lunch.
- As fridge space is not available in school students are advised that all packed food should be consumed by the end of the lunch period (Approx. 4hrs from the start of the school day)
- Whenever possible the school will enable the packed lunch students and school dinner students will be able to sit 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, peanut butter and falafel every day.

- Oily fish such as salmon at least once every three weeks, a starchy food such as 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 water, still or sparkling, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies.

It is Recommended that Packed Lunches should not include:-

- Snacks such as crisps. Instead include nuts, 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.
- Confectionary such as chocolate coated biscuits and sweets. Cakes and biscuits are allowed but students should be encouraged to eat these only as part of a balanced meal.
- Meat products such as sausage rolls, individual pies, corned meat and sausages / chipolatas should only be included occasionally.

Special diets and allergies

Parents and students should be aware of nut allergies that can appear without warning. We recommend that you visit www.allergyuk.org/living-with-allergy/starting-school website for accurate, reliable information.

Our full 3 weekly menu cycle can be found on our school website highlighting all allergies in each individual dish and further allergen information is available on request.

The school also recognises that some pupils may require special diets that do not allow for the food standards to be met exactly. In this case parents are urged to be responsible in ensuring that packed lunches are as healthy as possible.

Please remember that students are not permitted to swap food items.