

Dear Parent /Carer

## Packed lunch consultation

Can I take this opportunity to thank all those parents who have taken time to complete our recent packed lunch consultation survey – please see a summary of the responses below:

The Academy received 146 responses from parents and carers

Would you like to see packed lunches introduced at Oasis Academy Don Valley

[More Details](#)

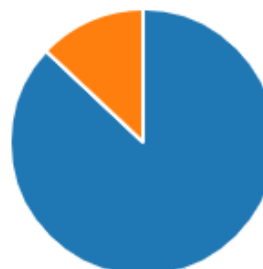
● Yes	124
● No	22



To reduce the amount of sugar consumed by children, they should not bring in drinks with their pack lunch but have water which will be provided by the Academy.

[More Details](#)

● Agree	127
● Disagree	19



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

[More Details](#)

[Insights](#)

● Yes	103
● No	43



As an Academy, it is part of our responsibility to teach and encourage our children how to eat a healthy balanced diet. Our Academy meals have the benefit of being compliant with the national nutritional standards for school meals. Following on from the consultation, we have made the decision to undertake a trial, which will allow our children in Key Stages 2&3 (years 3-6 and 7-9) to bring a healthy packed lunch with them if they wish to over the spring term.

After discussion with our trust the decision has been taken that our children in EYFS (Reception) and KS1 (years1-2) should continue to remain with the Academy meal only policy as these are provided to all children for free under the universal infant free school means policy.

In order to ensure that packed lunches meet the same nutritional standards as our Academy meals we have decided to develop a policy for packed lunches to support their implementation. We believe that this will help your children to eat well. It will help to ensure that all children and students are following the School Food Trust guidelines and national standards for school food and they will learn in class about healthy balanced eating.

However, before we introduce a formal policy, we wish to gather as many options as possible on the subject, from children and students, our Academy council and you, our parents, before we decide what the policy should say. You will find our draft policy on the Academy website, we would like as many parents as possible to feedback on the policy through the Academy info email account [info@oasisdonvalley.org](mailto:info@oasisdonvalley.org)

We will be consulting with all of the identified groups so that we can create a policy that everyone will support. We will offer you support, advice and time to adjust when the policy does come into place so that the change is as smooth as possible, please can you provide your feedback at the latest by Monday 14<sup>th</sup> December.

Thank you for your support and please do not hesitate to contact me if you have any questions.

Yours sincerely,

A handwritten signature in black ink, appearing to read 'J. Pape', with a large, stylized initial 'J'.

Mr James Pape, Principal



OADV

# Packed Lunch Policy

2020/2021

# OADV PACKED LUNCH POLICY

## Introduction

Here at Oasis Academy Don Valley we believe that what children and students eat is vitally important to their learning and progress. School meals 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 later research by the School Food Trust has shown that the majority of lunchboxes surveyed were high in fat, sugar and salt.

This policy only covers those children in Key Stage 2 and 3. Those children in EYFS and Key Stage 1 will be expected to have the Academy Meal (unless there is a medical reason) as this is provided to all under the universal free school meals policy.

## Aim

This policy has been written in consultation with parents, children, students and staff with the following aims:

- To ensure the nutritional quality of packed lunches and other foods taken into our Academy.
- To ensure that all packed lunches brought from home provide the child with healthy food that is similar in its nutritional value to food served in schools.
- To make a positive contribution to children's health by encouraging healthy eating habits in a childhood setting a trend for lifelong changes.

This policy applies to all children, students and parents providing packed lunches and other foods to be consumed within the Academy. This packed lunch policy promotes a whole Academy approach to food and healthy eating.

## 3. The policy

- The Academy will work with our children and students to provide attractive dining room arrangements.
- The Academy will work with parents and carers to ensure that packed lunches abide by the required standards.
- The Academy will ensure that free, fresh drinking water is readily available at all times.
- Children and students are advised to bring packed lunches in insulated bags with freezer blocks where possible to help keep their food fresh.
- Glass bottles, tins and cans are not permitted due to safety issues that could arise.
- Wherever possible the Academy will ensure that packed lunch children and students and Academy Meal children and students will be able to sit and eat together.
- All uneaten food and waste will be kept in the lunchbox and returned home so that parents are able to monitor their child's food consumption

## Food contained in a packed lunch

Packed lunches should be based on the Eat Well plate model and should include the following every day:

- Fruit and Vegetables - at least one portion of fruit and one portion of vegetables or salad.
- Non-dairy source of protein - meat, fish, egg, beans or pulses such as lentils, kidney beans, chickpeas, hummus and falafel.
- A starchy food like bread, pasta, rice, couscous, noodles, potatoes or other type of cereals.
- Dairy foods such as milk, cheese, yoghurt, fromage frais
- Drinks - the Academy provides water however children, if they want can bring their own water bottle to fill throughout the day.

- Oily fish, such as salmon, should be included at least once every three weeks.

To keep packed lunches in line with the food based standards for school meals, packed lunches should not include:

- High fat, high salt, high sugar snacks such as crisps, sweet popcorn, and other high fat / salt packet savoury snacks such as crisps.
- Confectionery such as chocolate bars, chocolate-coated biscuits, sweets and chewing gum.
- Chocolate spread, honey, jam or marmalade as a sandwich filling.
- Cereal bars and fruit bars.
- Fizzy / sugary drinks or fruit flavoured squash. This includes diet drinks and energy drinks, which can contain high levels of caffeine and other additives and are not suitable for children.

Occasionally, the following may be included:

- Meat products such as sausage rolls, individual pies, corned meat and sausages / chipolatas should be included only occasionally due to their high fat and salt content.
- Cakes and plain biscuits are allowed but children should be encouraged to eat these only as part of a balanced meal.

### Special diets and allergies

The Academy also recognises that some children and students may require special diets that do not allow for the standards to be met exactly. In this case parents are expected to ensure that the Academy is aware of these dietary requirements. 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.

### Health and safety

It is the responsibility of the parents / carers to provide an appropriate packed lunch container where food items can be stored securely and appropriately until the lunchtime period. Parents are advised to include an ice pack. Food products prepared and stored in ambient temperatures after a period of time can have increased levels of bacteria in them.

### Assessment, evaluation and reviewing:

Packed lunches will be regularly reviewed by staff who support over lunch time in order to ensure that they comply with the policy outlined.

Healthy lunches will be by staff who support over lunchtime through a range of rewards including on the spot stickers, congratulatory letters home and through assemblies.

Children, students and parents who do not adhere to the Packed Lunch Policy will be in the first instance invited in to the Academy to discuss the issues with a member of the inclusion team.

If items which are not in line with the Academy policy are brought in to the Academy these will be confiscated and returned to the child at the end of the day with a note to the parent. If a child brings a wholly inappropriate packed lunch, they will be provided with an Academy meal for which parents will be charged.

### 7. Dissemination of the policy

- The Academy will write to all new and existing parents / carers to inform them of the policy.
- The policy will be available on the Academy's website
- The Academy will use opportunities such as parents' evenings to promote this policy as part of the whole school approach to healthier eating.

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

#### 8. Policy Review

This policy will be reviewed as part of the schools agreed policy review process. In addition any major legislative or governmental changes regarding school food may lead to this policy being amended.