St. Anne's School
Braye Road
Alderney GY9 3XP
Tel: +44 (0)1481 822173
Email: sta.office@education.gg
Website: www.alderney.sch.gg
Headteacher: Mr. A. Griffin

St. Anne's School
ALDERNEY

School Lunch Policy

Policy Directive and Guidelines

Document Control & History

Version	Date	Author	Reviewer	Summary of Changes/Notes	Issue Date
1.2	7/17	Martin Winward		Based on Food in Guernsey Schools Policy	12/22
1.2.1	6/20		A Hunt	Formatting amendment in St Anne's School Colours	
1.2.2	6/21		S Parrilla	Added food and drink to list, Added UNCRC to policy. Adopted from updated Food in Guernsey Schools Policy.	
1.2.3	09/26		A Griffin	Updated minor details (Headteacher etc)	
This policy will be reviewed in accordance with the States of Guernsey document control policy - original on ConnectEd Intranet					

Convention on the Rights of the Child

At St Anne's School we respect the rights of the children and adults in our school, community and beyond and aim for each school policy to adhere to Articles from the UN's Convention on the Rights of the Child.

In this policy, we are working towards the following articles:

Article 3: The best interests of the child must be a top priority in all things that affect the child.
Article 6: Every child has the right to survive and achieve their full potential
Article 19 – Every child should have protection from neglect
Article 24: Every child has the right to the best health and care
Article 27: Every child has the right to adequate standard of living – nutrition, clothing, housing – and support for families who need assistance

STA School Lunch Policy

At St Anne's School we know that what pupils eat and drink is important for how they perform, both academically and socially. We aim to have a school where the teaching and learning about food and nutrition that occurs in the curriculum fully supports, and is supported by, the provision and opportunities for eating and drinking that occur on the school premises.

We acknowledge the link between pupils' diets and their physical and emotional health and also the key role that we as a school can do in supporting pupils and their families to develop and maintain healthy diets. We believe that all packed lunches brought from home and consumed in school provide pupils with healthy and nutritious food.

This policy is fully inclusive and applicable to pupils with special dietary requirements either for medical or religious reasons. The ethos of the school is one that promotes awareness of the importance of healthy lifestyles within school at all times and recognises the valuable role that all school staff have in modelling good practice and helping to create an environment which supports pupils in developing a positive attitude to healthy lifestyles.

Objectives

- To make a positive contribution to the health, well-being and academic progress of all children.
- To promote consistency between packed lunches and food provided by schools which must adhere to best practice outlined in the national standards set by the government in the UK.

Where, when and to whom the policy applies:

This policy applies to:

- All pupils and parents of St Anne's School.
- Parents who provide packed lunches to be consumed within school, during normal school hours.

School Facilities

- The school will provide facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is available throughout lunch time.
- The school will work with parents to ensure that packed lunches abide by the standards listed below.
- The school will continually work with the pupils to provide appropriate dining room arrangements.
- Pupils will either opt to stay in school for lunch or eat lunch at home with parental consent and supervision.

Monitoring and Review:

Packed lunches will be regularly reviewed by the Senior Leadership Team and midday supervisors and/or staff on duty.

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

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

Promotion of the Policy:

- Pupils (via the school council), parents, staff and nutritional experts.
- We seek to promote this policy as part of a whole school approach to healthier eating.

All school staff will support the implementation of this policy.

Guidance

Suggestions for food to include in a healthy packed lunch:

- At least one portion of fruit or vegetables every day - *these foods provide vitamins, minerals and fibre*
- Meat, fish, eggs or other source of non- dairy protein (e.g. lentils, peas, beans, soya or hummus) every day (usually as part of a sandwich, wrap, roll or salad)
- Aim for at least 2 portions of fish every week, 1 of which should be oily such as mackerel, tuna or salmon - *these foods provide protein for growth*
- Starchy food such as bread, pasta, rice, potatoes or other types of cereals every day *provide a healthy source of energy*
- Dairy food such as milk, cheese, yoghurt or fromage frais – *these foods provide protein and calcium for healthy bones and teeth*
- A drink – water is best followed by milk (semi-skimmed), unsweetened fresh fruit juice, diluted fresh fruit juice, drinking yoghurt or dairy based smoothies (limit fresh juice and smoothies to combined total of 150ml a day).
- Cereal bars rather than cakes and biscuits
- Seeds, fruit, crackers and cheese and vegetables or bread sticks with a dip

Suggestions for food less often in a healthy packed lunch

- Meat products such as sausage rolls, individual pies, corned beef and sausages/chipolatas
- Cakes
- Crisps
- Biscuits

Packed Lunches should <u>not</u> include:

- Fizzy / highly sugared drinks in cartons, bottles or cans
- Sweets / confectionery
- Chocolate spread as a filling for sandwiches
- Chewing gum
- Energy drinks
- Nuts or nut products because of the danger to other children with allergies

Hot food

Due to the health and safety concerns relating to food poisoning and scalding, hot food must be kept at a temperature of not less than 75 degrees Celsius in order to prevent the development of dangerous bacteria. The school has no facilities to maintain or monitor required temperatures for hot packed lunches. If soup is occasionally provided in a thermos flask, great care must be taken not to put anyone at risk of scalding from any spillage at the table.

Cold Food

The school has no facilities for refrigerating packed lunches. To minimise the risk of food poisoning in warmer weather and depending on the type of food included, parents are advised to use insulated lunchboxes, cool packs or other means where possible.

Special Diets

The school recognises that some pupils may require special diets due to verified medical conditions. In this case, parents are urged to inform the school and be responsible for ensuring that packed lunches are as healthy as possible.

Children must eat their own and no-one else's packed lunch.

AG 23/09/26