



### Dining Vision

At Isaac Newton Academy we believe we have a role to play in educating students in healthy eating to support learning and ensuring a balanced diet. We are aware that for many students their lunchtime meal is their main daily meal and therefore it is important that this is a nutritious one. We aim to support students in making sensible food choices from within a range of healthy options by introducing students to fresh and sometimes new ingredients and recipes.

We commit to do this by:

- Providing an affordable and fair range of nutritional and healthy food choices throughout the school day and in line with the mandatory School Food Standards
- Promoting a balanced and nutritional diet
- Support pupils to make healthy food choices and be better prepared to learn and achieve
- Ensure a consistent approach to healthy eating across the school community including pupils, staff and parents/carers

We commit to carry out the above whilst respecting students' cultural, religious and moral dietary requirements.

### Breaktime

At morning break time:

- Students wishing to purchase food need to ensure that they have credit on their account to cover the cost of their purchases.
- Students queue up to purchase items of their choice (from a selection of healthy options), they sit at a dining table and eat their snack.
- Having cleared away their plates they leave the dining hall. No food or drink is removed from the dining hall.

### Lunchtime provision- Family Dining

We know that many families do not sit down to eat together in a formal and structured way, and we aim to ensure that all students get regular opportunities to experience the routines, responsibilities and social etiquette of "family" or formal dining. Mealtimes are an opportunity for the members of the Academy's community to get together in a social setting. They should be pleasant and civilised occasions where students and staff can relax, unwind and enjoy each other's company over food and

drink. To ensure this ethos and atmosphere, certain expectations are clearly communicated to all and mealtime behaviours are taught to students.

Every student is expected to eat each day during lunchtime in the dining hall and will have a choice to bring a 'packed lunch' from home or purchase food provided by our catering team.

Students will enter the dining hall, according to a rota which staggers arrival time for year groups including Sixth Form students.

All packed lunches brought from home and consumed in school (or on school trips) must provide the pupil with healthy and nutritious food that is similar to food served in schools, which is now strictly regulated by national standards.

Guidelines from Public Health England suggest that pack lunches should aim to include:

- Some starchy foods such as bread (sliced bread, pitta bread, wraps, bagels), pasta, potatoes, couscous; choose wholegrain where possible
- 1 portion of fruit and 1 portion of vegetables or salad
- Dairy food such as cheese or yoghurt
- Meat, fish, or another source of protein such as eggs, beans and pulses, hummus, falafel
- Oily fish once every 3 weeks e.g. sardines or salmon

Please see the link below for further details on the advice from Public Health England.

<https://www.gov.uk/government/publications/the-eatwell-guide>

**Packed lunches should NOT include or contain:**

- **Nuts, sesame seeds & poppy seeds** – including peanut butter, Nutella and cereal bars containing nuts as we have several **students who have a severe allergy**
- confectionery such as chocolate bars, biscuits and sweets. Individual cakes are allowed but encourage your child to eat these only as part of a balanced meal. Alternatives could include cereal bars (not containing nuts), fruit and granola bars
- snacks such as crisps
- Any drinks other than water/ flavoured water

An example of a suitable and acceptable packed lunch at Isaac Newton Academy would be:

- A sandwich or wrap
- A packet of crisps
- A piece of fruit
- A bottle of water

All students will be expected to store their lunch in their school bag prior to lunchtime, there will be no cold storage available.

There are 3 meal options which all cost the price of a free school meal. Students entitled to free school meals have the cost of a 'meal deal' credited to their account. Those who pay for lunches need to ensure that their account has credit as the cost of a meal will be debited.

**Option 1:** A hot meat (halal, non halal & vegetarian option) or fish main dish, plus salad or vegetables.

**Option2:** A hot light lunch – paninis, hot sub roll or burritos.

**Option 3:** A cold light lunch – salads, sandwiches, baguettes or wraps

There will also be a selection of desserts and fruit throughout the week.

Students queue in the dining hall to be served by the catering team for a hot meal or select their own cold light lunch option. Once students have collected and paid for their food using the biometric scanner's at the till, they then take their meal to a dining table, filling up tables in turn, and eat their meal according to the expectations outlined below.

### **Conduct in the Dining Hall**

- Student should only consume food within the dining hall, they are not to eat elsewhere in the building.
- Food should only be consumed whilst sat at a table in the dining hall, no student should be standing to eat.
- The noise level in the dining hall should be conducive to relaxed chat, students are not to shout to fellow students on other tables.
- Students should sanitise their hands as directed in the dining hall, and use the cutlery provided to eat their food as necessary.
- Everyone is responsible for clearing away rubbish, cutlery, crockery and trays, wiping up spillages and tucking in chairs.

### **Family Dining etiquette**

- We serve others on our table with water (provided on tables in glass water jugs) before helping ourselves
- We include everyone on our dining table in conversation while we are dining
- At KS3 lunch we leave our dining table when everyone has finished their meal

**Reviewed July 2021**