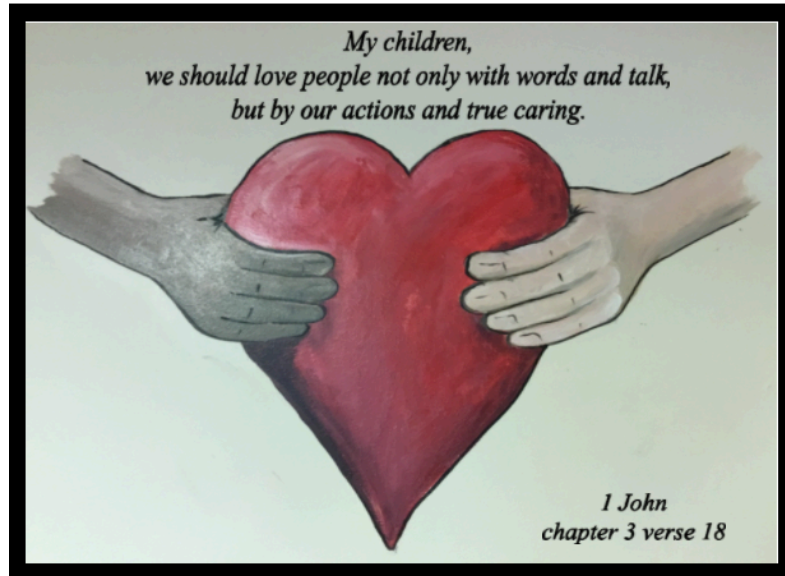




FOOD POLICY
ST. LUKE & ST. PHILIP'S PRIMARY, A CHURCH OF ENGLAND ACADEMY



VISION STATEMENT

'The family of St Luke and St Philip's will ensure excellence is encouraged, minds are opened, diversity is embraced, respect is expected and talents are nurtured under the umbrella of God's love.'

ETHOS

Our school provides grounding in the Christian Faith for all its children with emphasis on collective worship as part of its daily life. Our Christian values of trust, truth, love, peace and thankfulness are built into the ethos and teaching of our school with the support of all Governors and staff for its Christian foundation. We also seek to encourage an understanding and respect for other world faiths.

CHRISTIAN SCHOOL VALUES



PURPOSE

This policy reflects the values, ethos and Vision Statement of St. Luke and St Philip's Primary, A Church of England Academy. It is consistent with the school's agreed aims and objectives and sets out a framework within which teaching and support staff can operate.

Whole Academy Food Policy

Introduction

St Luke & St Philip's is dedicated to providing an environment that promotes healthy eating habits and enables pupils to make informed food and drink choices. This will be achieved by a whole academy approach to food and nutrition documented in this whole academy food policy.

The nutritional principles of this policy are based on the findings of the National Diet and Nutrition Survey (NDNS) rolling programme for 2016-2017 and 2018-2019.

Food Policy lead

This academy food policy and healthy eating strategy is coordinated by Tracey Dean – Pupil Wellbeing Lead

Aims

The main aims of our Academy food policy are:

To provide healthy food and drink choices throughout the Academy day, aligning with the mandatory [Academy Food Standards](#), and to ensure food stuffs brought into Academy meet the Academy Food Standards;

To enable pupils to make healthy food and drink choices through the provision of information and the development of appropriate food skills, behaviours and attitudes; and

To ensure a consistent and engaged approach to nutritious and sustainable food that promotes wellbeing across the Academy community, including pupils, staff and parents/carers considering children with complex health needs such i.e. coeliac disease or severe allergies

These aims will be addressed through the following areas:

Equal Opportunities:

In all aspects of food and drink provision, as in all other areas of the curriculum and the wider Academy environment, we recognise the value of the individual and strive to provide equal access of opportunity for all. This includes the equitable provision of Academy meals, helping to encourage maximum support and uptake, and supporting vulnerable families to access food out of Academy term time and during Academy holidays.

Curriculum

Food and nutrition is taught at an appropriate level throughout Key Stages 1 and 2 in Science, PSHE and Design Technology (cooking and nutrition). Ingredients required for cooking in curriculum are provided for by the Academy for all pupils and, where possible, recipes not requiring non-basic pieces of equipment (e.g., garlic crushers, cheese graters, etc.) are prioritised. Cultural consideration should be given to the ingredients in recipes.

Ensuring consistent messages from the Eatwell Guide (Appendix 1) are used throughout the Academy – across subjects – as a model of understanding a balanced diet. Communication is facilitated through agreed effective teaching methods (e.g. debating issues, group discussions, role-play and interactive sessions), and leading by example and appropriate staff training. Take home resources for parents and carers should also be available to embed these messages within the family environment.

Extra-curricular activities/groups available through the Academy will also support the teaching of skills, behaviours and attitudes associated with healthier eating habits, including The Henry Programme and the Pasta Project will seek to engage children and their families and the wider community.

Food & Drink Provision Throughout The Academy Day

Fundamentally, the Academy Food Standards will be adhered to for Academy lunches and all other food provided at Academy (including breakfast clubs, mid-morning break, and after Academy clubs). In addition, the following policies apply:

Breakfast

Breakfast is an important meal that should provide 25-30% of a child's daily energy requirement and contribute significantly to their vitamin and mineral requirements. A healthy breakfast has been found to improve a child's cognitive function, particularly memory and attention, as well as academic performance.

The Academy operates a breakfast club that provides a nutritious meal for pupils before the Academy day from 7.50am - 8.55am. The breakfast menu includes: Cereal, Bagels, yoghurts and fresh fruit.

The breakfast club menu is also available online and one-off family breakfast events are organised throughout the year. The breakfast club operates through funds from the Magic Breakfast.

Academy Lunches

Academy lunches are provided by Aspens catering provider and served between 12.15pm - 1.15pm in the dining hall. In addition to compliance with the Academy Food Standards. Academy lunches are planned on a three-week menu cycle that can be found on our Academy website.

Children eligible for free Academy meals are identified according to local policy and criteria linked to benefits payments. The Academy actively encourages and supports parents/carers to apply for free Academy meals to ensure those in need are adequately supported.

Packed Lunches

Developed using The Academy Plan's [Checklist for Academy lunches](#). The guidance aims to support pupils to consume a balanced lunch to best prepare them for learning in the afternoon. The Academy encourages parents and carers to provide children with packed lunches that complement this policy and comply with the Academy Food Standards.

Parents and carers will be expected to follow the packed lunch guidelines and the Academy will work with families to identify any issues or concerns, and provide appropriate support. We will work to identify the children's food preferences, parent's perceptions of a healthy packed lunches, affordability of healthier options and attempt to support behavioural change through offering a number of options e.g., recommending Academy meals, involvement in extra-curricular activities that support cooking and food growing skills, etc.

The Academy will perform a yearly review of Academy lunches versus packed lunches, communicating discrepancies in uptake and nutritional quality to the Governing Committee.

All children who are having packed lunches will be provided with resources and signposting materials to take home, such as the NHS [Lunchbox ideas and recipes – Healthier Families - NHS \(www.nhs.uk\)](#) and Food Active's Healthy packed lunches guidance and lesson plans (appendix 2 & 3).

Where children are consuming packed lunches that aren't in line with the policy the Academy will investigate the reasoning for this,

The Academy expresses a commitment to supporting parents and their children before concerns develop for noncompliance with policy stipulations and will ensure the provision of educational/promotional materials via the Academy website and links to provision of support by external Eat Well strategy partners.

Snacks

The Academy understands that healthy snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet.

Where applicable, children entitled under the Academy Fruit and Vegetable Scheme will receive a free piece of fruit or vegetable each Academy day; however, fruit and vegetables will be readily available, regardless.

Drinks

The Academy adopts a Milk or Water Only policy: [Food Active | Protected: Milk or Water Only Toolkit](#)

Fresh drinking water is available at all times and promoted as the drink of choice for keeping children well hydrated. The only other drinks permitted are: plain water (still or carbonated); lower fat milk or lactose reduced milk; fruit or vegetable juice (max 150mls); plain soya, rice or oat drinks enriched with calcium; plain fermented milk (e.g. yoghurt) drinks; combinations of fruit or vegetable juice with plain water (still or carbonated, with no added sugars or honey); combinations of fruit juice and lower fat milk or plain yoghurt, plain soya, rice or oat drinks enriched with calcium; cocoa and lower fat milk; flavoured lower fat milk, all with less than 5% added sugars or honey; tea, coffee, hot chocolate.

Rewards & Special Occasions

The Academy recognises the importance of celebrating birthdays and other special occasions. For birthday celebrations. However, parents/carers are welcome (and invited) to share healthier, cultural foods for birthdays and other special occasions, with chocolates, sweets and cakes discouraged.

Occasional fund-raising events may include the sale of cakes and confectionery, but the inclusion of healthier alternatives is strongly encouraged.

Food Waste & Sustainability

The Academy is committed to the prevention of avoidable food waste, regularly auditing food waste and trialling initiatives to reduce food waste. The Academy is aware of the environmental impact associated with food stuffs; where possible, locally sourced, fresh and seasonal ingredients are used when preparing meals. Regularly sourced ingredients fitting these criteria – as agreed with suppliers. Children are encouraged to regularly drink water and stay hydrated throughout the Academy day.

The Food Environment

To overcome the stigma attached to free Academy meals the Academy seeks to anonymise the process of meal purchases, this is achieved via Parentpay. The Academy operates restrictions on marketing and promotional activity – avoiding overt promotions such as signage, price promotions, checkout proximity, etc. – of less healthy products, alternatively adopting (where applicable) awareness campaigns that create an environment more supportive of healthier habits. PSHE curriculum includes lessons about the impact of junk food marketing and factors that affect our food choices (appendix 4)

The Academy recognises the challenges some households face in relation to food insecurity in the current economic climate. Signposting to local advice and support is communicated, local Foodbank and Billy Project as well as low-cost healthy recipe cards and healthy food parcel guidance (appendix 5).

The academy recognises the importance of a good dining experience for pupils and staff, protected time for pupils and staff to eat, and the social skills pupils develop during this time. The academy seeks to improve the dining experience for all, by maximising the space of the dining hall, making the space feel like a pleasurable dining area and encouraging healthy eating via the food served. The academy promotes an inclusive environment allowing all children to sit together during breaks (i.e. those with packed lunches are not segregated) and has a stay-on-site rule for break and lunch time. The academy offers “family style” dining where groups can sit together and are served collectively. (See appendix 7 for more ideas).

To operate on academy premises, mobile caterers must demonstrate satisfactory food hygiene standards and the suitable provision and promotion of healthy options. This is assessed according to Blackburn with Darwen’s Recipe 4 Health Award.

Academies are strongly recommended to achieve the Recipe 4 Health award (appendix 6) which is monitored by the Public Protection team at Blackburn with Darwen Borough Council. Contact Emma Kerr on 01254 267688 for more details.

Special Dietary Requirements

The Academy does everything possible to accommodate pupils' special dietary requirements including allergies, intolerances, ethical and religious or cultural practices.

Individual care plans are created for pupils with food allergies – coordinated by Admin Manager and Unit Manager of Aspens. These plans document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details. Academies should review these contact details annually for accuracy. Academy caterers are made aware of any food allergies/intolerances and requests for special diets are submitted according to an agreed process

Food Safety

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include: ensuring that adequate storage and washing facilities are available; that food handlers undergo appropriate food hygiene training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. We consult our local Environmental Health Department about legal requirements.

Monitoring & Evaluation

Stakeholders are invited to an annual review of the Whole Academy Food Policy and to contribute to a healthy eating approach where appropriate

Other areas for consideration

Breastfeeding

As part of BwD's Healthy Weight Declaration, BwD is aiming to become and sustain itself as a 'Breastfeeding Friendly Borough'. Evidence shows that babies and infants who are breastfed are less likely to experience overweight and obesity during childhood and later in life, as well as having generally healthier outcomes. Primary Academies have ample opportunities to educate pupils about, and therefore normalise, breastfeeding. The guidance below is aimed at senior leadership teams, teachers and governors, has been developed to support Academies to identify such opportunities.



501052 NHS 16pp
Help make breastfeec

Opportunities within Academy to support the normalisation of breastfeeding:

Ensure that toys do not reinforce bottle feeding but rather promote breastfeeding as the norm (i.e. no dummies or bottles with dolls)

Ensure that reading materials do not reinforce bottle feeding but rather promote breastfeeding as the norm (see list of good examples)

Normalise breastfeeding by discussing mother-infant feeding of other animals e.g. puppies, kittens, calves and piglets

Academy integrates material about breastfeeding into the Academy curriculum (see examples in next section)

The Academy environment welcomes breastfeeding by parents at events and parents nights (Equality Act 2010 states it is unlawful to ask a mother to stop breastfeeding in any public space). A 'welcoming breastfeeding' sticker should be placed on entrance to the Academy and all staff should be aware of this policy

Information is routinely given to parents/carers describing breastfeeding friendly policy and the rationale for this

Supporting staff who breastfeed when they return to work (an employers pack is available via the ELHT Baby Friendly Team (BabyFriendlyTeam@elht.nhs.uk))

Dental Health

In Blackburn with Darwen, over half of 5-year-olds have experienced dental decay, compared to just over 23% of 5-year-olds in England. High sugar intake and poor oral hygiene play a major role in dental decay, therefore, your whole Academy food policy should aim to support the Academy in reducing sugar and sugary treats to address poor dental health. Providing time for children to attend dentist appointments at the beginning or end

of the Academy day may increase the likelihood of attending check-up appointments resulting in fewer lost days at Academy due to toothache and extractions and reduced speech and language difficulties. Linking up with your local health promoting dentist and taking part in the annual National Smile Month (<http://www.nationalsmilemonth.org/>) will help to raise awareness of good dental health and your Academy Nurse will also be able to support you on this agenda. Supervised brushing? [Supervised Tooth brushing Programme - Be Well BWD GULP?](#)

Review

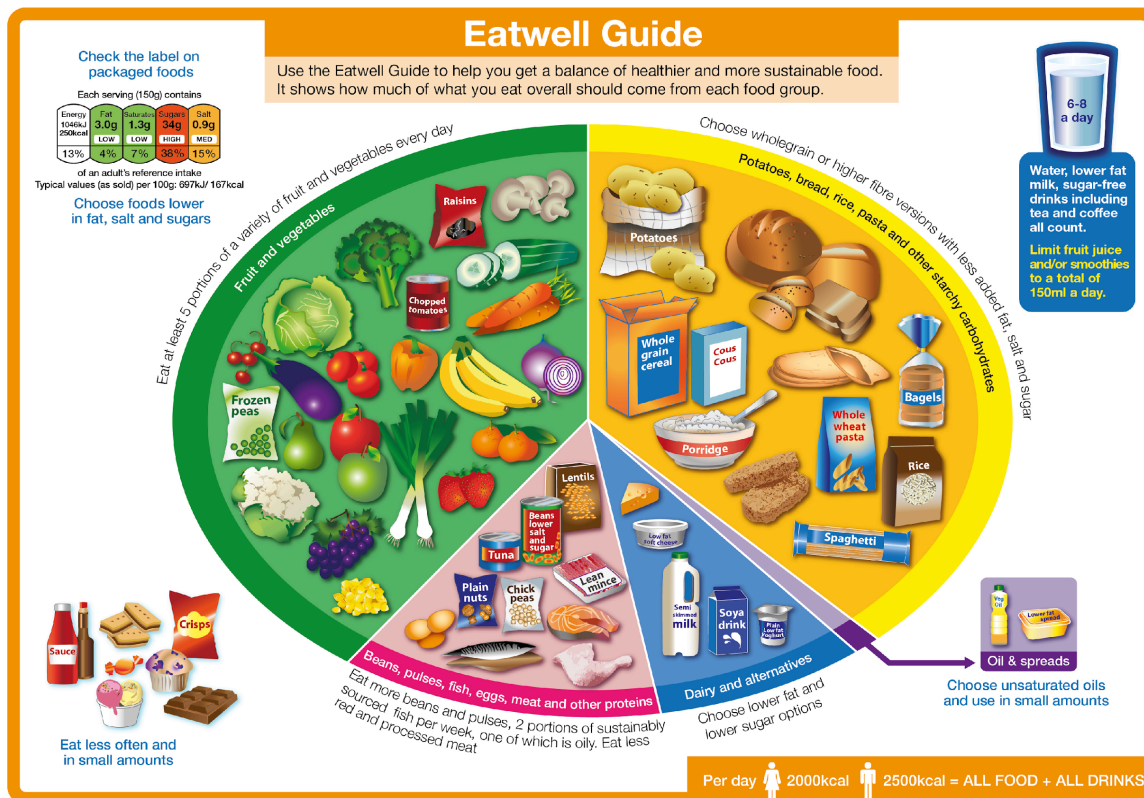
Date of policy implementation: 15th February 2024

Reviewed by : Tracey Dean

Next review Date: February 2026

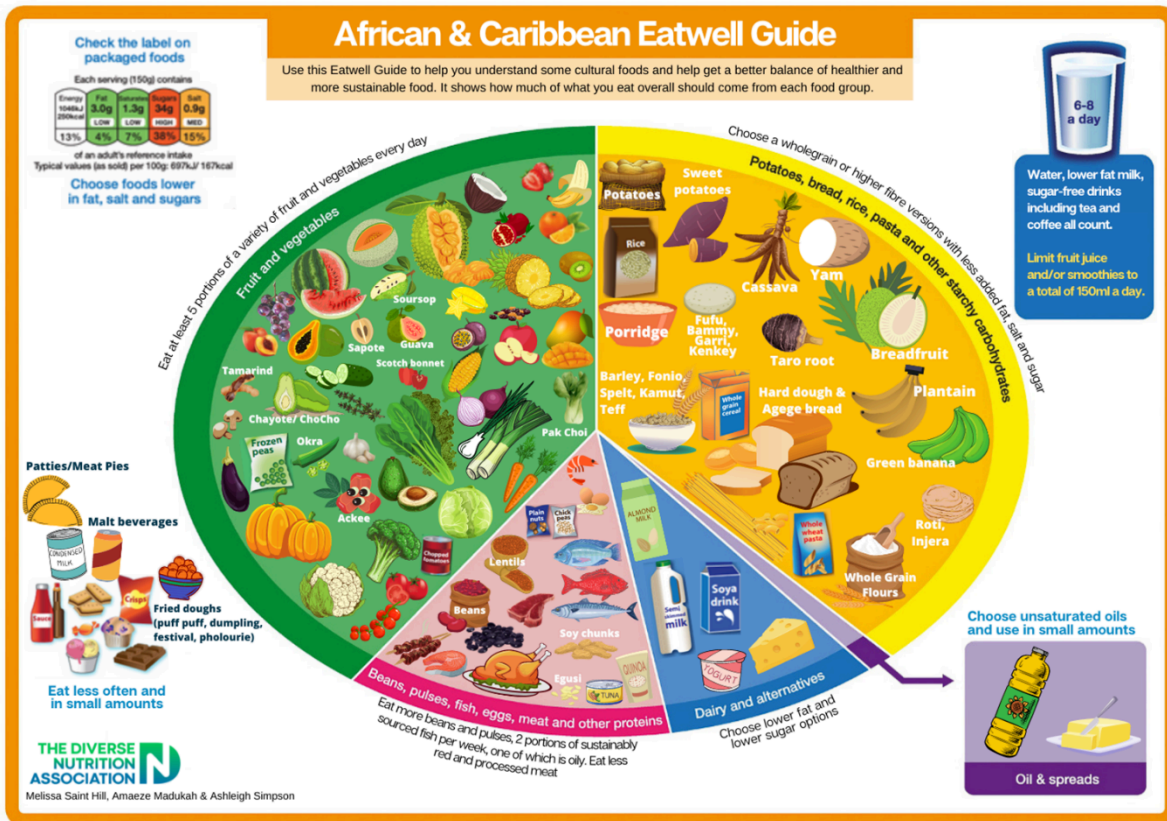
Appendix

Appendix 1



Source: Public Health England in association with the Welsh government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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Appendix 2

Food Active lesson plan: Healthy packed lunches: [Food Active | Healthy Packed Lunch Lesson Plans](#)

Appendix 3

Food Active: Healthy packed lunch guidance:



Packed Lunch
Guidance_Food Active

Appendix 4

Food marketing

The marketing of less healthy food and drink is more pervasive than ever. Children and young people are continuously bombarded with cues to buy and consume more less healthy food and drink. Food and drink marketing in and around Academies is inappropriate and undermines the whole Academy food policy. If you notice a less healthy food or drink advert located close to your Academy, please report this to publichealthadmin@blackburn.go.uk. Your report will be passed on to the relevant department for review. Educating pupils on the harms of junk food marketing may help to raise awareness of techniques being used and enable pupils to make informed choices.

Appendix 5

Food insecurity

Full time meals: low cost/easy to prepare recipes: [Full time meals \(endchildfoodpoverty.org\)](http://endchildfoodpoverty.org)

Healthy food parcel guidance: [HAF_Food_Parcel_Guidance_FoodActive_FINAL_Nov22.docx - Google Docs](#)

Jamie's £1 Wonders series: [Jamie's £1 Wonders & more budget-friendly cooking tips | Jamie Oliver](#)

BCC Budget dinner recipes: [Budget dinner recipes - BBC Food](#)

Appendix 6

Recipe 4 Health Scheme

Blackburn with Darwen's [Recipe 4 Health scheme](#) is a healthier catering award available to all food businesses in the borough, including primary and secondary Academies. This forms an important part of the healthy weight strategy for the Borough. Our aim is to work with out of home food establishments who provide healthier choices and those who want to make small changes which may have a big impact on customers health. The scheme also offers Academies the opportunity to make changes to their practice which may potentially save them money and provide a positive marketing opportunity.

Recipe 4 Health has 3 levels of awards, bronze, silver and gold and at each level, businesses have to show that they are compliant with food safety, food standards, licensing and age restricted sales legislation and have an awareness of healthy eating, environmental issues, allergens and alcohol issues. Academies with a food

hygiene rating of 3 or above are able to be considered for the award. Your Academy's food hygiene rating can be viewed on the web site www.food.gov.uk/ratings. If you want more information about the Recipe 4 Health awards or you want to take part in the scheme, please contact Emma Kerr on 01254 267688.

Appendix 7

Food for Life - Soil Association: [Academy's Award - Food for Life](#)