

Blessed Sacrament Catholic Primary School



Food and Nutrition Policy 2024

“Aim high – live life to the full”

Written By	Paula Ridge
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Signed Headteacher	C.Davey

Background information to the school

We are a fully inclusive 3 form entry Catholic Primary School that serves the north Liverpool community for children from aged 2 to Year 6. We currently have 707 children on roll.

As part of our commitment to the healthy growth and development of our learners we will promote healthy eating in school. We will educate learners in science and in personal and social education about the importance of a healthy diet. We will encourage healthy eating in school by ensuring that the food and drink we provide is healthy and nutritious. We will work with parents, the LA, and other agencies, to extend healthy eating patterns into the wider lives of our learners.

Policy formation and consultation

This is a working policy and the consultation process consists of the headteacher, the healthy school manager and the governors at the school.

Rationale

- We believe that every adult at Blessed Sacrament can play a part in making sure that the children develop positive attitudes to food, make informed choices and enjoy eating healthily.
- We want the children to understand that good, nutritious food is essential to their ability to learn as well as to their long-term health and development.
- We want the children to apply their knowledge about food and make healthy choices both in and out of school.
- We want children to enjoy cooking and learn certain core skills by the time they leave the school.
- We believe that food has a place across the curriculum and has a role in developing young people's social skills.

Aims

The school recognises the important connection between a healthy diet and a pupil's ability to learn effectively and achieve high standards in school. The school also recognises the role the school can play, as part of the wider community, to promote family health.

The school aims to:

- Improve the health of pupils and staff, and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet, and hygienic food preparation and storage methods.
- Ensure pupils are well nourished at school and that every pupil has access to safe, tasty and nutritious food and a safe, easily available water supply during the school day.
- Present consistent, informed messages about healthy eating within school through all school practices.
- Improve the dental health of pupils through the inclusion of dental health education within the planned PSHE and Science programme.
- Ensure that food provision in the school reflects the medical and ethical requirements of pupils and staff, for example medical allergenic, religious, ethnic and vegetarian needs.
- Ensure the provision and consumption of food is an enjoyable and safe experience.

Objectives

- To educate children about healthy eating and drinking.
- To help learners identify healthy foods and drinks and to encourage them to eat a balanced diet.
- To alert learners to the dangers of an unhealthy diet.
- To provide learners with healthy food and drinks in school.
- To encourage parents and learners to support our work by bringing healthy lunches and snacks when they provide their own food.
- Blessed Sacrament Catholic Primary School work to ensure that the school food provision is compliant with current legislation.

Food through the School Day

The school governors and headteacher has overall responsibility for food within the school and throughout the school day. However, all members of staff within Blessed Sacrament Primary School work together to monitor and evaluate this topic and support each other and the children.

Before and After School

We discourage parents from providing our children with sweets, crisps, chocolate and fizzy drinks. These are HFSS (high fat, sugar, salt) foods and are discouraged as overconsumption can lead to an increased risk of certain diseases and obesity.

Extended Services

Breakfast Club

Currently, the school provides a breakfast club in school at a cost of £3.50 per session. Breakfast Club is available from 8am every morning. Children are offered a healthy breakfast before being able to take part in a range of activities. The activities and opportunities offered support not only social development but also learning at school and link into the curriculum. Children at Breakfast Club sit together around the breakfast table with time to chat while learning about the benefits of healthy eating.

The learning mentors are also working with Greggs. They provide breakfast for all children by making toast available as the children walk into school on the playground. They can take a piece if wanted. Groups of children are also invited to a breakfast club.

Children can choose from:

- A range of healthy cereals
- Wholemeal toast
- Scotch Pancakes
- Milk
- Fruit Juice

These breakfast options supply children with slow-release carbohydrates, which will provide them with long lasting energy to support them throughout the school day.

After School Club

After School Club is available every school day up to 5.45. After School Club is charged per session: (Prices from September 2023) Regular sessions: £8.00 per session payable each week. All sessions are to be paid for in advance.

Snack time: This helps the children to further develop their social skills and to try new foods they may not have tried before, sitting together around a table chatting. Some examples of snack are: Crackers and cheese with veggies, fresh popcorn with honey and fruit, pasta and sauce, fruit salad to name but a few. We also once a week have a treat with a hot dog or slice of pizza something a little less healthy.

There is always water and cordial available to drink during snack and for children who may not like the snack offering that evening they can opt for the fruit of the week. Fresh drinking water is available throughout the session.

Wrap around Care

All children are offered the opportunity of Lunch- £2 for a hot dinner (if required).

Parents Café

We have a parent café on site. This gives the opportunity for parents to meet with each other and is also a way of sharing information with parents when necessary. The café is open to a booking system. There is a tea and coffee available.

School Meal Provision

Blessed Sacrament Catholic Primary School recognises the value of a good school lunch. The school is part of the 'Food for Thought' (Merseyside) partnership. Food for Thought is a unique 'not for profit' healthy school meals caterer. It is a company owned and managed by its partner schools with any surplus created being re-invested in our local community schools. Our school proudly provides freshly prepared meals for our pupils every day from locally sourced produce. The children receive a wide range of meals and the menu changes on a weekly basis on a seven-week cycle. The children are given alternatives to the main meal choice to encourage independence and variety to the weekly dinners. The catering manager has given artistic licence to include a daily chef's special.

Non payment of school meals please see appendix 1

<http://www.foodforthoughtliverpool.co.uk>

Free School Meals

The government currently provides a meal free of charge for all KS1 children. However, the school will receive additional funding for those children registered for a free school meal and encourages all parents to sign up for their free school meal entitlement.

Liverpool City Council has an online registration system that can be easily accessed using a mobile phone or computer alternatively parents can come into school and support will be offered with registration.

[Free school meals - Liverpool City Council](#)

Arrangements with Catering Provider

Our catering managers Julie and Vicki are on site each school day between 9-2.30 if you would like to speak to either of the managers regarding the menu or food provision at Blessed Sacrament School please contact the school to make arrangements.

Packed lunches

The same facilities are made available for school meals and packed lunches. Packed lunches can contribute to almost a third of a child's weekly food intake and therefore we encourage parents to provide a healthy packed lunch based on 'The Eatwell Guide'.

Staff will carry out an annual lunchbox audit. Supervisors will hand out stickers/raffle tickets for healthy packed lunches and the food and nutrition policy will be sent home when items are brought into school, which don't meet the standards. If this continues on a regular basis, parents will be invited in to discuss the matter.

Packed lunches may include:

Fruits and vegetables	Include every day
Protein- meat, cheese, egg, beans, fish	Include every day
Starchy food- bread, pitta, wrap, crackers, pasta, rice, couscous, chapatis	Include every day
Milk and dairy- yoghurts, cheese, milk	Include every day
Water, milk or fruit juice	Include every day

Should only include once or twice a week (taking into account the parent's survey):

Fatty snacks such as crisps	High in salt and fat	Alternatives which can be included- popcorn, vegetable sticks, crackers, breadsticks
Confectionary	High in fat/ sugar	Alternatives which can be included- fruit/ flapjack

Should not include:

Fizzy Drinks	High in sugar/ sweeteners	
Nuts	Allergic reactions	

We **do not allow** fizzy drinks in packed lunches. We would ask parents to minimise high salt and sugar snacks.

Snack Time

At morning break we encourage children to bring in a piece of fruit or vegetables for consumption only. No other snack is permitted at this time of day. In KS1 children are offered a piece of fruit or veg from the free fruit scheme.

In Nursery, Reception and Treehouse they are provided with a healthy snack each day, at a cost of £1 per week.

Dining Room Environment

In EYFS children come to the dining room supported by LSA's their independence is encouraged and they go to the service counter to view the food before selection. In KS1 the children come to the dining room at 11.45 and can choose to have a hot meal or their packed lunch. Independence is encouraged and children take their trays to the waste point when they have finished their meal.

The staff are on hand and will encourage the children to consume as much as possible of their lunch. If a child does not regularly eat their meal this will be taken back to the class teacher so parents can be made aware. KS2 children are seated in a separate dining room and lunchtime commences from 12pm. The same menu is available in both KS1 and KS2 dining rooms however the catering managers have artistic licence to include daily chef's specials.

Hydration

All children are required to bring a named bottle into school this can be refilled so children can drink from their bottles at the allocated filling station.

Special diets, allergies, diet related disorders

- Parents are asked to inform the school if a pupil suffers from any medical allergy, identifying the foods to which s/he reacts and the usual symptoms of the reaction.
- Pupils with allergies are also identified to kitchen, staff and on the office noticeboards.
- All staff members are aware of the school's medical, and health and safety procedures.
- Our catering staff have been trained up to the Food Information Regulations 2014 – Allergen labelling and are on site to discuss any allergenic ingredients that may be in the dishes/recipes. Please make an appointment through school to meet our SEN manager and catering manager to discuss allergens or any other medically diagnosed conditions that affect food consumption.
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Religious and Ethical Diets

To ensure we do not cause offence we provide a vegetarian option for those pupils who do not eat particular foods for religious reasons and again all staff are aware of those children requiring a special diet.

Food bought in for special occasions (birthdays, religious celebrations etc)

As a school we recognise the benefit of birthday celebrations for children. If a parent wishes to send in sweets for their child's classmates, we will distribute them accordingly. However, children are not permitted to consume these in school, they will be asked to take these home where parents can make the decision on consumption of such food items.

Staff Room

Teachers should demonstrate a healthy attitude to food in school ensuring that only healthy food is visible to children.

Curriculum

Learning Opportunities

'The Allotment Lady' visits our school each week to work with different classes from across the school. The children learn how to sow, grow and harvest fruit and vegetables in our Edible Playground. While learning how to grow their own food, the children also learn about healthy eating and maintaining healthy lifestyles in the outdoors. The lessons closely link with topics covered in other areas of the curriculum particularly in science. In DT lessons, the children cover all areas of the cooking and nutrition curriculum. Learning how to

cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life.

Rewards and Celebrations

Members of staff are discouraged to give sweets, chocolate, crisps or fizzy drinks be used as a reward for outstanding work and/or behaviour.

The school allows some less healthy food to be consumed in the event of an annual class Christmas party and/or end of year class party or as an occasional treat. This is at the discretion of the staff teacher.

Participation in national and local events and initiatives

Food may be the medium used to celebrate international and local events such as Chinese New Year, Spanish Week, and Healthy Schools Week, Change for Life.

Monitoring and Evaluation

This is a working policy – this draft will go to consultation with the whole school community, including children, parents, school staff, catering staff, governors, school nurse and Healthy Schools Manager.

The Healthy Schools Manager will develop the policy accordingly.

The designated catering contractor is responsible for ensuring that the quality of food offered is of a high standard and compliant with legislation.

This policy will be reviewed annually to take account of new developments.

The policy will be accessible to everyone, including children, parents, and extended staff, online and by request of a hard copy.

Conclusion

It is hoped that by adapting a healthy food policy that the school can promote health and wellbeing while also educating the children to take the practices of the school into their daily lives. Subsequently this will help them to make informed health decisions for the rest of their life.

Appendix 1

School Meals

The school provides lunchtime school meals for all children attending full time school.

Many children will be entitled to a school meal free of charge, dependant on the family circumstance.

If you are required to pay for your child/ren's meals these will be charged at a daily rate of £2.

Each child has been given an individual code, which will be used to make all payments of school dinners, trip, snacks etc through the Agora system.

The school can also offer access to Liverpool's online checking system for parents so that eligibility for free school meals can be accessed immediately.

Non Payment of school dinner money

Parents/carers/guardians are reminded that if you are not in receipt of free school meals then meals need to be paid for at least one week in advance.

If anyone is experiencing any financial difficulty, they are invited to come into school to discuss the situation before non-payment becomes an issue.

Non-payment of school meals by parents/carers or guardians will result in a debt for school and has a knock-on effect on the school's financial performance.

The school's governing body has a legal responsibility to follow up all outstanding debts through the local authority's official debt recovery service.

In the event of non-payment of school meals for at least 5 days, schools will not continue to provide a hot meal for the child/ren.

Parents will be asked to provide a packed lunch for consumption during the lunchtime or to take the child/ren home for lunch until any outstanding payment is made in full to the school.

Links below for additional information:

<https://www.foodforlife.org.uk/>

[School food standards: resources for schools - GOV.UK \(www.gov.uk\)](http://www.gov.uk)

[Lunchbox ideas and recipes – Healthier Families - NHS \(www.nhs.uk\)](http://www.nhs.uk)