



Blackburn The Redeemer Church of England
Primary School
with
St Stephen's Church of England Primary School,
Tockholes

Introduction

Our policy is based on our strong Christian ethos as expressed in our Mission statements,
“Believing, loving, caring, sharing. Everyone growing in the light of Christ”. (The Redeemer)
“We will all live, love, laugh and learn in the light of Christ”. (Tockholes)

As a school, we place great emphasis upon the well-being and personal developmental of every child.

Here at The Redeemer CEP and at St Stephen's Tockholes we are fully committed to supporting the national initiatives around maintaining and improving health. We want to promote the health and well-being of the whole school community through all aspects of food and drink, physical activity and positive emotional health. All the principles within this policy apply to both adults and pupils.

All members of the school community (teaching and non-teaching staff, parents, pupils and governors) work towards the school's aims, but the overall responsibility for the policy is with the PSHE co-ordinator, the PE co-ordinator and the Headteacher.

This is in-line with Blackburn with Darwen (BwD) aim to promote healthy living. A community owned strategy which aims to improve the health and wellbeing of everyone who lives, works or goes to school in BwD, in conjunction with the Borough's Childhood Obesity Plan.

Our Aims

In order to encourage all members of our school communities to practise the principles of healthy eating we aim to;

- Provide a wide and varied menu of school meals based on the principles of healthy eating and the national nutrition standards i.e. low saturated fat, low sugar, high unrefined carbohydrates and plenty of fruit and vegetables.
- Provide a regular supply of fresh water and encourage all our pupils and adults to drink plenty of it.

- Encourage parents to provide healthy choices in their children's packed lunches, and encourage children to eat these healthy choices.
- Teach children the principles and benefits of healthy eating through all aspects of the curriculum especially science.
- To discourage children from eating sweets and chocolates in school.
- To provide all infant children with daily milk and fruit or vegetable snacks.
- To provide safe and hygienic storage for children's packed lunches.
- To be sensitive to any special dietary needs whether related to culture, health or personal choice.

Organisation

Our school catering provider "Dolce", is responsible for planning and delivering healthy choices at lunch time. We have a number of staff working with the children at lunchtime, all of whom encourage children to eat healthily.

Planning and Teaching

Class teachers are responsible for delivering the national curriculum to their classes, including aspects of healthy eating. Some of this is done through cross curricular themes.

Inclusion

In accordance with our equal opportunities policy all our pupils including those with medical dietary requirements are given access not only to the national curriculum but also to all other aspects of school life. We endeavour to help all children to reach their full potential and live a happy healthy life, irrespective of gender, race, class, ability, age or belief.

Health & Safety

Kitchen and welfare staff will have access to regular training regarding health and safety. All adults must pay heed to the school's health and safety policy.

School Meals

We aim to provide a healthy school meal for ALL pupils, including those with medical diets.

These special diets are for pupils with a medical problem, not just a dislike of certain food. Parents are asked to provide school and Dolce (school catering provider) of any allergies and also provide medical evidence. For example, a letter from their G.P. or consultant paediatrician,

together with any information received from their dietician. The school meals are completely nut-free.

Our school meals service is inclusive and we do not discriminate against children on the grounds of religion, illness or disability.

Breakfast

Breakfast is an important meal that should provide 25% of a child's energy requirement and contribute significantly to their vitamin and mineral requirements, supporting pupils to be ready to learn at the start of each day.

The school operates a breakfast club that provides a nutritious meal for pupils before the school day from 7:30. The breakfast menu includes: a choice of healthy cereals, toast, fruit and drink. The breakfast menu is nut-free.

School Lunches

School lunches are provided by Dolce and are produced in The Redeemer school kitchen. They are delivered to Tockholes. Meals are served between 12:00 and 12.50 in the dining hall. In addition to compliance with the School Food Standards, our school catering manager holds a catering award.

School lunches are planned on a three-week menu cycle that can be found on our school website. The menu is nut-free.

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

Parents are requested to sign up to the School Grid to make payments and meal choices for their children. We encourage parents to discuss meal choices with children.

Packed Lunches

Developed using guidance such as the Children's Food Trust our schools encourages a healthy packed lunch. To support our children with severe allergies and minimise the risk to them, we request that NO nut based products are brought into school. Our aim is to support pupils in consuming a balanced lunch and to best prepare them for learning in the afternoon. Where children are consuming packed lunches that aren't in line with healthy lunch box guidance the school will investigate the reasoning for this, including children's food preferences, parent's perceptions of a healthier packed lunches, affordability of healthier options, uncertainties on healthier options, and attempt to support behavioural change through offering a number of options e.g., recommending school meals, involvement in extra-curricular activities that support cooking and food growing skills, etc.

The schools express a commitment to supporting parents and their children before concerns develop and will ensure the provision of educational/promotional materials via the school websites and links to provision of support by external Eat Well strategy partners.

Healthy Snacks

As part of the Government School Fruit and Vegetable Scheme, all children in Key Stage 1 are provided with a piece of fruit per day. Children in Key Stage 2 may bring their own healthy snack such as fruit, fresh (already washed) or dried fruits such as raisins. We promote healthy eating for our children and therefore we do not encourage chocolate products. To support children with severe allergies and minimise the risk to them, we request that NO nut based products are brought into school.

Drinks

Per the School Food Standards free, fresh drinking water is available at all times and promoted as the drink of choice for keeping children well hydrated. In lunchboxes the only other drinks permitted are: plain water (still or carbonated); lower fat milk type drinks; fruit or vegetable juice.

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.