



NORTH LIVERPOOL ACADEMY

WHOLE SCHOOL FOOD AND NUTRITION POLICY 2015

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Background Information

The North Liverpool Academy is a large secondary school, situated in a very disadvantaged area of the city. A very high proportion of students are eligible for free school meals. The proportion of students identified as having learning difficulties and/or disabilities is very high but the proportion of students with a statement of their special educational need is below average. Nearly a quarter of students are from minority ethnic groups but very few students are at an early stage of learning English as an additional language. It moved buildings in September 2009 to a purpose built academy. It has expanded in numbers from 180 per year group – 270. The 6th form has likewise expanded.

Total Number of students on Roll 1428

FSM 636

FSM Value £2

On the first October FSM Served 441 Overall 79% 69% FSM and 45% Paid Overall 55.7% [National 53%]

Policy Formation and Consultation

This policy has been written after consultation with LEA, staff, student voice, school nutrition action group[SNAG]and parents and attendance at Liverpool Improvement Whole School Food Policy Training October 2015

Rationale:

Our mission states the Academy is:

“A place for everyone” where all students will “Enjoy and Achieve”

In order to fulfil our mission we must provide the highest quality education possible for every child entrusted to our care. To achieve this we must aim to provide our children with the knowledge, understanding and skills that enable them to make informed choices that lead to a healthy lifestyle and development of their full potential.

“Food has a significant part to play in determining health and well-being, establishing social roles and reflecting and shaping the schools ethos and individual values”

Introduction

The North Liverpool Academy School is an inclusive school where all members of the school community are of equal worth and each has the opportunity to be the best that they can be.

The school is dedicated to providing an environment that promotes healthy eating and enabling students to make informed choices about the food they eat. This will be achieved by the whole school approach to food and nutrition documented in this whole school food policy.

Aims

The main aims of our school food policy are:

- To improve the health of pupils, 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 diet, hygienic food preparation and storage methods.
- To increase pupils' knowledge of food production, manufacturing, distribution and marketing practices, and their impact on both health and the environment.
- To ensure pupils are provided healthy choices, 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.
- To ensure that food provision in the school reflects the ethical and medical requirements of staff and pupils, e.g. religious, ethnic, vegetarian, medical and allergenic needs.
- To make the provision and consumption of food an enjoyable and safe experience.
- To introduce and promote practices within the school to reinforce these aims, and to remove or discourage practices that negate them.
- To work towards ensuring that this policy is both accepted and embraced by:
 - Governors
 - School Management
 - Teachers and support staff
 - Pupils
 - Parents
 - The school's wider community
 - The curriculum

- Pastoral and social activities

These aims will be addressed through the following areas:

Equal Opportunities

In healthy eating, as in all other areas of the curriculum we recognise the value of the individual and strive to provide equal access of opportunity for all.

Curriculum

Food and nutrition is taught at appropriate level throughout each of the key stages. This is addressed through various strategies. For example I lead programme covers Eatwell plate and Nutrition/ Dental Health. Outside agencies are involved in Drop down days for example 'Ready Steady Cook' The Physical Education Department delivers Year 7 and 8 Health Cube unit which includes Healthy Eating [refer to appendix for Further examples.

Teaching methods

Effective teaching requires students to develop their understanding of healthy eating issues and appropriate skills and attitudes to assist them in making informed decisions. Teaching methods adopted in the classroom offer a rich variety of opportunities for participatory learning and include debating issues, group discussions [P4C] and role-play. These decisions are made at curriculum planning meetings.

Leading by example and Staff training

Teachers and our in-house caterers have a key role in influencing students' knowledge, skills and attitudes about food, so it is important that they are familiar with healthy eating guidelines. To facilitate this appropriate staff and catering team receive in-house training regarding nutritional standards and formal training on allergen legislation. The North Liverpool Academy supports all relevant CPD External Training.

Resources

Resources used to deliver healthy eating are current and up to date. The resources are shared with i-lead key stage Co-ordinators and Curriculum Area Leaders to compliment the delivery of the curriculum in their particular subject areas. The range of materials used is available for review on request. Books are available for students in the library and we have a Food and Nutritional website which has open access policy and it contains up to date essential information on Schools food plan, Parent guidelines on eligibility for Free school meals and Weekly menus compliant with National Guidelines and pricing. The Whole School Food Policy 2015 once ratified will be on the website too.

Food and Drink Provision throughout the School Day

Food-based Standards exist covering all aspects of school food (full details and the document relating to this are available from the School Food Trust) www.schoolfoodtrust.org.uk and are met by the school.

Breakfast / Enrichment

Breakfast is an important meal that should provide 25% of a child's energy requirement and contribute significantly to their vitamin and mineral requirements.

The school operates a free breakfast club before school 7-45 am until 8-15 am and afterschool club 4pm -5pm. This is monitored by our in house catering manager and complies with the food-based standards. Samples of menus can be found on our school website.

School Meal Provision

Our school runs an "in house" service. Many children are entitled to free school meals. Help and guidance is given on the application procedures in the new induction interview. We also include have a support network for parents on our school website. This also includes menu price lists with regular update of prices and it also offers access to the Liverpool on line checking system for parents so eligibility for free school meals can be accessed immediately.

The Take of FSM Entitlement is monitored by student services and information is made available to parents as and when necessary.

If parents/ students experience any financial difficulties there are systems in place to support so no child goes hungry in the North Liver pool Academy.

Quality of Catering

Parents are encourage to give feedback for our School Meal Provision through our website / parents days and Questionnaires to ensure the quality of catering is value.

School Voice has a SNAG which meets termly to discuss food provision they are also in charge of monitoring provision and they support the service at lunch times and are rewarded with a free lunch as a reward.

Routines

Lunch break is 40 minutes. Break time 15 minutes. There are 2 Dinner sessions First session (11-45am) Year 7 and 8 are housed in the Main Rectory and Year 9 in the New Rectory and the Second session (12-35pm]Year 10 and 11 Main Rectory and Year 12 and 13 in the new Rectory.

All students in keys stage 3 and 4 are restricted to the school premises for lunch. Only Year 12 and 13 are allowed to leave the building.

Dining Room Environment

The School will provide a safe and healthy eating environment for pupil, staff and visitors having lunch at midday in the school

The school provides several clean, sociable eating environments, 2 indoor areas one in the main building called 'main refectory 'and one in the new build' new refectory'.

There are also picnic tables outside for children to eat their lunch. There is an optional designated area for Packed lunch Students

- All children are required to sit at a table to eat their lunch
- Lunchtime supervisors include SMT and Pastoral House Managers and will help any children who have concerns or cause concern during meal time, including poor behaviour and bullying.
- Children are expected to behave and be polite whilst eating their lunches.
- If children are unsure of what the meal, or any meal item, is, they can ask the caterer or supervisory assistant to explain
- Students are responsible to remove plates/trays to designated stacker racks which are removed and cleaned regularly throughout the dinner sittings.
- Children leave the area where they have eaten their lunch in a reasonable clean and tidy condition
- National and International food Days are celebrated whole school throughout the year

National School Food Standards

National school food standards were introduced in January 2015, these superseded the earlier National Nutritional Standards that were introduced into Secondary schools in 2009. The regulations were altered following the publication of the School Food Plan in 2013.

- Meeting the Standards
- There is a requirement that all food served on school premises at lunchtime and other than lunchtime will achieve the following criteria

Lunchtime

Food group	Food-based standard for School lunches
STARCHY FOODS	One or more portions of food from this group every day
	Three or more different food each week
	One or more wholegrain varieties of starchy food each week
	Starchy food cooked in fat or oil no more than two days each week <i>(applies to food served across the whole school day)</i>
	Bread – with no added fat or oil – must be available every day
FRUIT AND VEGETABLES	One or more portions of vegetables or salad as an accompaniment every day
	One or more portions of fruit every day
	A dessert containing at least 50% fruit two or more times each week
	At least three different fruits and three different vegetables each week
MEAT, FISH, EGGS, BEANS AND OTHER SOURCES OF PROTEIN	A portion of food from this group every day
	A portion of meat or poultry on three or more days each week
	Oily Fish one or more every three weeks
	For vegetarians, a portion of non-dairy protein three or more days a week
	A meat or poultry product(manufactured or homemade meeting the legal requirements) no more than once a week in primary schools and twice a week in secondary schools, <i>(applies across the whole school day)</i>
MILK AND DAIRY	A portion of food from this group every day
	Lower fat milk and lactose reduced milk must be available for drinking at least once a day during school hours
FOODS HIGH IN FAT, SUGAR AND SALT	No more than two portions a week of food that has been deep-fried, batter-coated or breadcrumb-coated <i>(applies across the whole school day)</i>
	No more than two portions of food which include pastry each week <i>(applies across the whole school day)</i>
	No snacks, except nuts, seeds, vegetables and fruit with no added salt, sugar or fat <i>(applies across the whole school day)</i>
	Savoury crackers or breadsticks can be served at lunch with fruit or vegetables or dairy food
	No confectionery, chocolate and chocolate-coated products, <i>(applies across the whole school day)</i>
	Desserts, cakes and biscuits are allowed at lunchtime. They must not contain any confectionery
	Salt must not be available to add to food after it has been cooked
	Any condiments limited to sachets or portions of no more than 10 grams or one teaspoonful
HEALTHIER DRINKS <i>applies across the</i>	Free, fresh drinking water at all times
	The only drinks permitted are : <ul style="list-style-type: none"> • Plain water (still or carbonated)

<i>whole school day</i>	<ul style="list-style-type: none"> • 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 • Unsweetened combinations of fruit or vegetable juice with plain water (still or carbonated) • 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 • Tea, coffee, hot chocolate <p>Combination drinks are limited to a portion of 330mls. They may contain added vitamins or minerals, but no more than 5% added sugars or honey or 150mls fruit juice. Fruit juice combination drinks must be at least 45% fruit juice</p>
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Other than Lunch

Food group	Food- based standard for food other than lunch
STARCHY FOODS	Starchy food cooked in fat or oil no more than two days each week <i>(applies to food served across the whole school day)</i>
FRUIT AND VEGETABLES	Fruit and/or vegetables available in all school food outlets
MEAT, FISH, EGGS, BEANS AND OTHER SOURCES OF PROTEIN	A meat or poultry product (manufactured or homemade meeting the legal requirements) no more than once a week in primary schools and twice a week in secondary schools, <i>(applies across the whole school day)</i>
MILK AND DAIRY	Lower fat milk and lactose reduced milk must be available for drinking at least once a day during school hours
FOODS HIGH IN FAT, SUGAR AND SALT	No more than two portions a week of food that has been deep-fried, batter-coated or breadcrumb-coated <i>(applies across the whole school day)</i>
	No more than two portions of food which include pastry each week <i>(applies across the whole school day)</i>
	No snacks, except nuts, seeds, vegetables and fruit with no added salt, sugar or fat <i>(applies across the whole school day)</i>
	No savoury crackers or breadsticks
	No cakes, biscuits, pastries or desserts (except yoghurt or fruit based dessert containing at least 50% fruit)
	Salt must not be available to add to food after it has been cooked
	Any condiments limited to sachets or portions of no more than 10 grams or one teaspoonful
	No confectionery, chocolate and chocolate-coated products, <i>(applies across the whole school day)</i>
HEALTHIER DRINKS <i>applies across the whole school day</i>	Free, fresh drinking water at all times
	The only drinks permitted are : <ul style="list-style-type: none"> • 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 • Unsweetened combinations of fruit or vegetable juice with plain water (still or carbonated)

	<ul style="list-style-type: none"> • 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 • Tea, coffee, hot chocolate <p>Combination drinks are limited to a portion of 330mls. They may contain added vitamins or minerals, but no more than 5% added sugars or honey or 150mls fruit juice.</p> <p>Fruit juice combination drinks must be at least 45% fruit juice</p>
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Drinking Water

The School Food Standards for Healthy School Lunches recommend that drinking water should be available to all pupils, every day and free of charge.

The school agrees with this recommendation and provides a free supply of drinking water by way of appropriately placed water dispensers located around the school. [Main/ New Refectory / Sports Hall]

Food and Drink brought into School

Packed Lunches

The school encourages parents/carers/guardians to provide children with packed lunches that compliment these standards. This is achieved by promoting healthy packed lunch options on the school website, Taster Packed Lunches demonstrations on Open Days and Packed Lunches guidelines are also regularly promoted through the NLA Newspaper. The school also sends letters home to encourage parent / carers to send healthy packed lunches.

All staff monitors packed lunches and confiscate unhealthy drinks and snacks. House Managers inform, guide and Support Parents /Carers if students are persistently bring to school unhealthy Options Packed Lunches.

Children's Food trust Guidelines can be found on our website.

<http://www.childrensfoodtrust.org.uk/childrens-food-trust/parents/your-childs-food-at-school/packed-lunches>

Special Dietary Requirements

Special Diets – Religious and Ethnic Groups

The school can provide food in accordance with pupils' religious beliefs and cultural practices

Vegetarians and Vegans

School caterers offer vegetarian options at break-time and lunch every day. When necessary the school can provide a vegan option.

Special Diets - Medical

The school meets the newly introduced allergen legislation upon which all catering staff receive appropriate in-house training and will receive formal training during the coming months. This training will form part of the induction process for new catering staff. Students with special dietary needs/requirements are notified to the school by parents/carers/guardians and these are logged on the school's MIS, SIMS, which in turn alerts catering staff to the issue via the cashless catering system in operation. Appropriate care plans document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details, along with any particular food requirements e.g. for high-energy diets are in place.

Food Safety

Appropriate food safety precautions are in continual operation when food is prepared or stored including: ensuring that adequate storage and washing facilities are available 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.

Additionally, the Catering Manager holds the Level 4, Managing Food Safety in Catering qualification

Catering Supervisor holds the same qualification at Level 3. Furthermore, all Catering Assistants hold the Level 2 Managing Food Safety in Catering qualification. Appropriate food safety precautions are therefore in operation

Monitoring and Evaluation

The school is regularly inspected by the Local Authority's Environmental Health officer and independent auditing of school meals is conducted by School Improvement Liverpool's Healthy Eating Officer. Reports are provided following the inspections and the EHO provide a rating which is currently the highest score of 5

Evaluation of Students Learning

Teachers are encouraged to use a range of strategies to evaluate the teaching and learning in healthy eating.

These include:

- Discussion of the suitability of resources and methodology at team meetings
- Questionnaires for students at the end of a unit of work, or at the end of a special event, about the suitability of the programme and resources

- Consultation with students through the Student Voice and Principle Interviews about existing programmes of study and special events
- Sample taster meals are regularly presented to students and feedback is given through student voice SNAG
- The Student Voice School Nutritional Group are on dinner duty every day and met formally with The Catering Manager to exam existing provision and make recommendations for the future.

Parents are invited to a review of the healthy eating policy and to contribute to a healthy eating approach where appropriate.

- The school has been awarded with Liverpool Healthy School Status. [Due for Renewal 2016]

Extra -Curricular Activities/ Community Events

NLA give a strong message regarding Healthy Eating through many ways. Enrichment clubs include cookery clubs and Gardening Clubs. Students are also actively involved in Preparing and serving food on Open Evenings and Celebration events [For Example :Year 11/ 13 Leavers do / Year 6 /6th Form Open Evenings and Pebbles Celebration Evening]

We also work to encourage our students and parent / carers to engage in local Community through our School Based NLA Bloom Gardening Club / Grow Wild Projects. Referenced in school website.

Policy Formation and Consultation

- This policy document was produced in consultation with the entire school community, including students, parents/carers/guardians, school staff, Governors, LA representatives, and local Healthy School Standards.

Additional Information

NLA Website <http://northliverpoolacademy.co.uk/food-nutrition/>

Food in Schools www.foodinschools.org

Health Education Trust www.healthedtrust.com

Grab 5 www.sustainweb.org/g5fp/index.htm

Allergen Legislation www.food.gov.uk

<http://www.childrensfoodtrust.org.uk/childrens-food-trust/parents/your-childs-food-at-school/packed-lunches/w-Informing-and-hat-to-put-in-a-lunchbox/>