





Lumen Learning Trust

Learning together for a brighter future

Food Policy

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SIGNED DEPUTY EXECUTIVE PRINCIPAL	Mary Ellen McCarthy 	DATE	16/10/2023
SIGNED CHAIR OF DIRECTORS	Ray Vango 	DATE	16/10/2023

The Lumen Learning Trust puts the children's needs at the heart of its provision. Our whole school community is committed to enabling the children to become successful lifelong learners and happy, fulfilled adults who can make positive choices about their future.

Introduction

The Trust is committed to giving all our pupils consistent messages about all aspects of health and to improve the nutritional content of all food consumed on a school's premises, including packed lunches.

The Trust recognises the importance of a healthy diet and the significant connection between a healthy diet and a child's ability to learn effectively and achieve high standards at school. It is important that awareness of healthy eating is promoted to all members of a school community and that schools play a role in promoting family health. Through effective leadership, the school ethos and curriculum, all school staff can bring together elements of the school day to create an environment which supports sustainable healthy eating habits as part of a healthy lifestyle.

Aims

- To ensure that all aspects of food and nutrition in school promote the health and wellbeing of the whole school community.
- To ensure that all members of the school community are able to make informed choices and are aware of the importance of healthy food, where food comes from and the need to support sustainable food and farming practices.
- To enable pupils to make healthy food choices through the provision of information and development of appropriate skills including food preparation.
- To ensure that the mandatory food-based standards are implemented.
- To ensure that the school follows the principles laid out in the School Food Plan, encourages the take up of school meals.
- To take a whole school approach to healthy eating to ensure that messages taught in the curriculum are echoed and reinforced by the type of food and drink provided in school.
- To ensure that all packed lunches brought from home and consumed in school or on school trips, provide the pupil with healthy and nutritious food, which is now regulated by national standards.
- To promote consistency between packed lunches and food provided by schools which must adhere to national school food standards.

These aims will be addressed through the School Food Plan (<http://www.schoolfoodplan.com/>) agreed and published in July 2013 with the support of the Secretary of State for Education and a number of diverse organisations who can support head teachers to improve the quality and take-up of school food and put the kitchen at the heart of school life. The plan outlines how schools should improve their attitude to school food by:

- Adopting a 'whole-school approach': integrating food into the life of the school: treating the dining hall as the hub of the school, where children and teachers have opportunities to eat together; lunch as part of the school day; the cooks as important staff members; and food as part of a rounded education.
- The head teacher leading the change.
- Concentrating on the things children care about including good food, attractive environment, social life, price and brand.
- Encourage take up of school meals to improve school food economics and in particular encourage take up of the new Universal Free School Meals for all KS1 children.

Roles and Responsibilities

Parents and Carers are responsible for ensuring all food in a packed lunch is both fit for consumption and meets the standards laid out in this policy. All packaging and containers must be easily opened by the children and should be returned home daily. Packed lunches should be brought to school with the child in the morning.

A *school* has a duty of care to ensure that all packed lunches provide a healthy balanced meal to allow children to fully participate in afternoon learning.

Lunchtime staff are primarily employed to supervise school dinners, however they will regularly check the contents of packed lunches. Across all year groups children are supported by lunchtime staff who work with the children to help them serve their food, encourage them to eat and help them learn to assist with clearing up after their meal.

Curriculum

Cooking and nutrition became a compulsory element of the national curriculum from September 2014. Schemes of work at all key stages reflect the whole school approach to healthy eating and incorporate the DFE statutory guidelines, taught at an appropriate level for the age of the children.

This is addressed through:

Teaching methods

Effective teaching requires children to develop their understanding of healthy eating issues and appropriate skills and attitudes to assist them in making informed decisions. Schemes of work at all key stages reflect the whole school approach to healthy eating.

Cooking and nutrition

As part of their work with food, children are taught how to cook and apply the principles of nutrition and healthy eating. 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. All pupils are taught the basic principles of a healthy and varied diet, to prepare simple dishes and understand where food comes from.

Cross Curricular

The school recognises that food has a great potential for cross curricular learning and is incorporated into the teaching of a variety of subjects in addition to science and PSHE.

Staff training

School staff including teachers, TA's and lunch time supervisors have a key role in influencing pupils' knowledge, skills and attitudes about food and healthy eating, so it is important that they are familiar with healthy eating guidelines. To facilitate this, all staff are made aware of any changes made to our healthy eating plan via staff meetings/INSETs and are asked to share their views.

Visitors in the classroom

This school values the contribution made by outside agencies including the school nurse in supporting class teachers. It is the responsibility of the school to ensure that the contributions made by visitors to the classroom reflect our own philosophy and approach to the subject. The status of visitors to the school is always checked ensuring that the content of the visitor's talk is suitable for the ages of the children.

Resources

It is ensured that resources used to deliver healthy eating are current and up to date and teaching staff are consistent in the resources used throughout the curriculum.

Food and drink provision throughout the school day

National Nutritional Standards for school Lunches became compulsory in 2009. As a result of the School Food Plan, the standards have been reviewed and new Food Standards for school lunches came into force in January 2015. Together with the existing standards they cover all food sold or served in schools: breakfast, lunch and after-school meals; and mid-morning break and after-school clubs.

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. Each Lumen school operates a breakfast club that

provides a variety of nutritious breakfast meal items for pupils before the school day and complies with the food-based standards.

Lunch

Food prepared by the school catering teams meets the National Nutritional Standards for School Lunches. Each school works with a catering provider to provide a range of quality, healthy meal choices for our children and staff. The menu, which is healthy and nutritionally balanced, is changed termly and provided on a rota basis.

We ensure our menus cater for vegetarians and for those children with medical dietary needs or allergies. There will also be an option available for Halal dietary requirements. It is ensured that there is a hot meal option each day.

Universal Free School Meals

From September 2014, all children in Reception, Year 1 and Year 2 in state-funded schools in England are eligible to receive free school lunches. The Trust fully supports this initiative, encouraging children to have their free school meal. Research shows that a school lunch is nutritionally superior to most packed lunches and can lead to improved behaviour attainment.

Fruit Scheme (KS1 only)

The Trust is part of the National Fruit and Vegetable Scheme. Children in Reception, Year 1 and Year 2 have a healthy snack provided free of charge each day which they are able to enjoy should they wish. The snack varies on a daily basis and can be either a fruit such as an apple or banana or a vegetable such as mini carrots.

Snacks

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

All children are able to bring a snack to school to consume during morning break. Trust schools follow the Surrey Healthy Schools guidelines which aim to ensure that snacks are nutritional and more valuable in terms of concentration and energy levels as well as highlighting to children the importance of moderation within our diets.

If a snack is not appropriate, a reminder slip about alternative snacks will be sent home by the class teacher along with the snack at the end of the day.

Appropriate healthy snacks include – fruit, vegetable slices e.g. carrot batons, dried fruit, yoghurt tube

Drinking Water

Drinking water should be available to all children, everyday, and free of charge. The children are encouraged to bring in a water bottle each day; water fountains are also readily available to all pupils.

Packed lunches

The Trust recognises that some children may wish to consume food provided by home at lunchtime. Each school will provide facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is readily available.

Each school will work with staff and children to provide attractive and appropriate dining room arrangements.

It is recommended that packed lunches comprise of the following –

- At least one portion of fruit and vegetables every day.
- Meat, fish or other source of non-dairy protein.
- Oily fish, such as salmon, at least once every three weeks.
- A starchy food such as bread, pasta, rice, couscous, noodles, potatoes or other cereals.
- Dairy food such as milk, cheese, yoghurt, fromage frais or custard.

- Only still water, fruit juice, semi-skimmed milk, yoghurt or milk drinks and smoothies. These should be in plastic bottles or cartons.
- Stored in an insulated food bag. In summer months a freezer block will help to reduce the possibility of food deteriorating.

Packed lunches *must not* include:

- Nuts or nut-based products, including muesli bars, peanut butter and chocolate spread (e.g. Nutella)
- Chocolate bars or sweets
- Fizzy drinks

Packed lunches will be regularly reviewed by teaching staff/catering staff/midday meal supervisors. If it is felt necessary parents will be called.

Birthdays

Children are naturally very excited to celebrate their birthday with their peers and class teacher. We are unable to distribute homemade items such as cake. All treats must be in sealed bags with the ingredients clearly labelled.

Special Dietary Requirements

The Trust recognises that children may have dietary requirements.

Medical Diets

Where a child must follow a specified diet the school will work closely with their catering provider as well as parents to ensure a robust process is in place to ensure the health and wellbeing of the child. Wider school staff will be made aware of children that must follow a particular diet. Please refer to our First Aid policy for more information on the storage and use of EpiPens or Jext pens and treatment of anaphylaxis.

Cultural and religious diets

Many people follow diets related to their culture or religious beliefs and a school will make every effort to provide meals on this basis, working in partnership with their catering provider. Each school will have a procedure in place for both parents to inform the school of a special diet and for identifying children to ensure that every child receives the correct meal particularly as many of these children are very young and eating school meals for the first time.

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 including hand sanitiser in eating areas for use by catering staff as well as school staff and children.
- Food handlers undergo appropriate food hygiene training.
- Suitable equipment and protective clothing are available.
- Food safety hazards are identified and controlled by consulting with our local Environmental Health Department about legal requirements and regular independent inspections of catering facilities in accordance with statutory procedures.

Extra-curricular activities

We offer clubs that provide continued learning around leading a healthy lifestyle e.g. gardening clubs, cookery clubs and multi-sports clubs.