



The Consortium Multi Academy Trust

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Food and Active Lifestyle Policy

1. Introduction

- 1.1 The Consortium MAT aims to promote the health and well-being of the whole school community (teaching and non-teaching staff, parents, pupils and governors). This includes all aspects of food and drink and physical activity. As part of this we aim to help our pupils understand the consequences, and to develop the skills to take responsibility for the choices they make.
- 1.2 This policy supports one of the every Child Matters Outcomes – Being Healthy.
- 1.3 Other relevant policies;
 - Teaching Learning and Curriculum.
 - Relationship, Sex and Health Education Policy.
 - Drug education

2. Aims

- 2.1 To ensure that all aspects of food, nutrition and physical activity in the school helps promote the health and well-being of the whole school community.

3. Objectives

- 3.1 To ensure that food provided across the school day is consistent with our aim and meets the mandatory standards, covering all school food. As outlined in the National School Foods Standards revised 2016.
- 3.2 To ensure that food, nutrition and physical activity information across the curriculum, and in extracurricular activities, is consistent, up-to-date and in line with health and DFE recommendations.
- 3.3 To ensure that the whole school community is involved in the development and implementation of this policy.

4. Food Provision across the school day

- 4.1 The food provided within school meets, or exceeds, the legally mandatory standards, details of which can be found on the School Food Trust site. www.schoolsfoodplan.com
- 4.2 Within Breakfast Club, Extended Schools and Holiday School (where provided) a balanced range of food items are offered to pupils attending this provision. The use of foods containing high sugar and fat content are closely monitored. On occasions other items may be offered, particularly relating to a specific event i.e. croissants on European Day of languages or pancakes on Shrove Tuesday. Pupils are encouraged to make appropriate choices, and help with serving and clearing up.

- 4.3 At break time all schools participates in the School Fruit and Vegetable Scheme and provides a free mid-morning snack to all pupils eligible. For pupils who are not eligible for this scheme parents/carers may provide fruit, vegetables or other healthy alternatives for a break time snack.
- 4.4 Through the Milk Scheme from January 5th 2015 it is mandatory for all primary schools in England to offer lower fat milk during school hours to all children who want it. This is provided free to under 5's and other children in receipt of benefit based Free School Meals. All other children are offered milk but a charge will be made.
- 4.5 For the provision of School lunches we work with our catering contractors to provide a freshly prepared meal service, cooked on site wherever possible. This may include a meat dish, vegetarian dish or other options such as baked potato or cold alternative. Our providers are required to adhere to the Government Buying Standards for Food and Catering Services (to be updated late 2018) and provide evidence to the school that they meet the DfE nutrient and food-based standards. For details on nutritional standards and allergen information please visit the websites of our contractors.
- 4.6 Wherever possible we consult pupils as to the food on offer and the dining environment.
- 4.7 The Universal Free School Meals Policy entitles all pupils in years Reception, 1 and 2 to a school lunch at no charge to the parents/carers. This means that every child in these year groups will be provided a lunch at no charge to the parent. As a school we strongly encourage families take up this offer.
- 4.8 Free School Meals (FSM) families that are in receipt of certain benefits are entitled to apply for free school meals – this is an easy and confidential process and is still required even for children in Reception and years 1 and 2. FSM is more than just free school lunches as it also helps support the school and pupils by opening opportunities for additional funding for example in attending Extended Schools Clubs, Holiday Schools and even help with residential opportunities and other visits. If you would like to discuss this in confidence please arrange an appointment with a member of the admin team.

5. Packed Lunches

5.1 Although we are committed to encouraging children to have school lunches, children may bring a packed lunch to school and we believe that they should form part of a child's well-balanced diet. If families chose to opt for a home packed lunch, every effort should be made to comply with existing government nutritional guidelines (Eat well guide).

5.2 The contents of a healthy lunch box could include:

- A good portion of starchy food e.g bap, bread, pitta pocket, plain crackers, pasta or rice salad (wholemeal where possible).
 - Plenty of fruit and vegetables e.g an apple, satsuma, handful of cherry tomatoes, carrot sticks.
 - A portion of milk or dairy food e.g cheese portion, yoghurt.
 - A small portion of lean meat, fish or alternative e.g ham*, chicken, Quorn, cheese, tuna, egg or hummus.
 - A bottle of water or a small carton of milk or fruit juice drink (no added sugar).
 - One small portion of 'something else' e.g. popcorn, sugar free jelly, teacake, baked crisps.
- *In moderation due to salt content.

5.3 The provision of the following should be limited in both frequency and portion size.

- Foods with a high fat content e.g. fried crisps, sausage rolls
- Highly processed food e.g. cheese strings, pepperoni sticks,
- Foods with a high sugar content eg: cake, biscuits

5.4 Packed lunches should not include:

- Fizzy drinks
- Sweets
- Chocolate bars
- Nuts (see 'inclusion' 10.2)

5.5 Packed Lunch contents are varied from day to day and a healthy and interesting balance of food will be provided.

6. Dining Environment

6.1 We believe that a pleasant eating environment contributes to the children enjoying their meal. Consequently we ask the children, through the school and class councils, for their views of lunchtime and how together we can improve it if necessary.

7. Water Provision

7.1 Pupils are encouraged to drink water throughout the day and teachers act as role models. Pupils should have a named water bottle and encouraged to take them home regularly and wash in hot soapy water. We have point of use water dispensers/drinking water taps freely available.

8. Consistent Messages

8.1 Birthday cakes/treats - while these are not encouraged in school; parents/carers of pupils that wish to celebrate their birthday with their classmates are requested to prepare individual portions for each recipient, being mindful of any allergies or intolerances. These will be distributed at the end of the school day. The school does not take any responsibility for the contents or quality of food distributed.

8.2 Educational visits – packed lunch policy applies.

8.3 School residential - wherever possible external caterers and in-house catering provision on school residential will comply with the School Food Trust regulations. Although due to the nature of many of the activities on a residential a higher carb/fat rich diet may be offered. This may include the provision of appropriate treats i.e. toasted marshmallows around a campfire.

8.4 Physical Activity- Whilst our schools are responsible for, and committed to providing 30 minutes of Physical activity within the school day, we also endeavour to support pupils to access the additional recommended 30 minutes daily (as stated by the Chief Medical Officer.) This is done by providing and encouraging attendance at a varied range of physical activities outside of core school hours such as fencing, football, golf club. In addition, pupils will be sign posted to relevant local clubs.

8.5 Staff – members of staff are encouraged to be positive role models with their own choices when at school.

9. Teaching about food and Nutrition

The trust encourages schools to use the full capacity and flexibility of the curriculum to achieve a healthy active lifestyle and to include pupils, wherever possible, in planning for this.

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9.1 The overall aim of our teaching about food and nutrition is to help children learn about, and to enjoy food. The Eat well Plate as recommended by the Food Standards Agency is used as the basis to teach about healthy eating within the curriculum.

9.2 Within the formal and extended curriculum opportunities. This includes:

- Design and Technology provides the opportunity to learn where food comes from and apply healthy eating messages through practical work with food preparation and cooking.
- Science provides an opportunity to learn about the effects of physical activity and diet on our bodies and the effects of a balanced diet.
- Physical Education provides children with the opportunity to develop physically, mentally, socially and creatively and understand its practical impact on the whole body.
- Numeracy enables children to understand nutritional guidelines as well as calculating, weighing and measuring.
- Geography provides the children the opportunity to find out where our food comes from, how our food travels around the world.
- P4C provides the opportunity to think, talk and share good positive emotional health.
- Links to Primary Entitlement Statements
- Cookery and gardening club
- Special events
- Local and national initiatives

10. Inclusion

10.1 The school ensures that we are aware of and accommodate children with particular dietary needs. Discussions between school and parent/carers are routinely held and any special requests due to a medical condition, religious belief or food lifestyle choice e.g. vegan/vegetarian are communicated with the catering provider. Individual menu plans will be met where reasonable and practical to do so.

10.2 We recognise that members of the schools community may have food based allergies, varying in severity. The 'Anaphylaxis Campaign' recommends having a conversation between parents/carers and staff to come to an agreement over what precautions would be necessary and reasonable in their child's case. In the case of someone having nut allergy they do not advocate a total nut ban in schools (unless the allergic reaction is air born) as nuts/nut traces are present in a wide range of products from foods to hand creams, not all of which maybe obvious. Schools should ensure that risk assessments and procedures for supporting pupils with allergies are up to date and staff know how to respond in the event of an incident. Where an allergic reaction is severe and or air born schools will be required to amend their guidance to the school community as appropriate e.g. a possible ban of that product or food.

10.3 Health care plans are drawn up by the school in consultation with health care professionals and parents. This information is shared only with individuals that require it for the health and safeguarding of that pupil. This may include: school staff, extended school staff, school caterers and health care professionals.

10.4 The sensitive issue of under or overweight children or those with eating issues/disorders will be discussed in confidence with the family of the child if necessary. The School Nurse and other health care professionals may signpost parents to areas of support. The school will participate fully in the Government's measuring and weighing programme at Year R and Year 6 and access external providers for advice and support, eg: OneLife Suffolk.

10.5 By providing all pupils, including those with additional needs and the 'least active children' the right level of challenge,

support and encouragement we ensure that everyone is able to access, experience and benefit from appropriate levels of daily physical activity.

11. Physical Activity

As a trust we are passionate that ALL our schools communities have as many opportunities as possible to be healthy and active.

- 11.1 The Trust has an expectation in line with The Childhood Obesity; A plan for Action Chapter 2 that all primary aged children should be taking part in 60 minutes of MVPA (Moderate Vigorous Physical Activity) per day. Research has suggested that active initiatives can support both an increase in a child's physical activity, improved well-being and educational attainment.
- 11.2 To meet this expectation of 30 minutes within the school day, the Trust strongly recommends all children will take part in the Daily mile (where possible) or 15 minutes additional cardiovascular activity a day (Active 15). On 3 of the days, these activities should involve exercises for muscle strength and bone development, such as swinging, hopping and skipping.
- 11.3 We expect playtimes and lunchtimes to have a strong, structured focus on promoting physical activity and active play. This includes a variety of organised games/sports and appropriate equipment. This will also support schools to meet the expected 30 minutes of MVPA daily.
- 11.4 All of the above should be in addition to curriculum PE.
- 11.5 Schools may use the PE and Sport premium funding to support such initiatives and make reference to this when evidencing their spend. With particular regard to key indicator 1 on the DFE recommended template.
<http://www.afpe.org.uk/physical-education/evidencing-the-impact-guidance-template/>

12. CPD

- 12.1 Wherever practical staff and volunteers delivering or supporting the teaching of food and nutrition, or the preparation of food in school will have as a minimum the NVQ Level 2 certificate in Food hygiene.
- 12.2 Where training fits within the requirements of the Academy Improvement and Development Plan and within budget other courses and opportunities for training will be offered.
- 12.3 The School CPD leader will monitor the skills base and ensure that adequate training is accessed.

13. MONITORING AND REVIEW

The Trust Board monitors our Food and Active Lifestyle policy on an annual basis. This committee reports its findings and recommendations to the Locality Committee as necessary, if the policy needs modification. The Committee gives serious consideration to any comments from parents about the Food and Active Lifestyle programme, and makes a record of all such comments

Document Control

Changes History

| Version | Date | Amended By | Details of Change |
|-----------|------------|------------|---|
| Version 1 | 14.12.2018 | n/a | Created by Sam Cutler |
| Version 2 | 24.01.2019 | SCu/KW | Additional points re: Healthy Packed Lunches. |

Approval

| Name | Job Title | Signed | Date |
|--------------------------|------------------------------|----------------------|----------|
| Andrew Aalders-Dunthorne | Principal/CEO | Electronic signature | 14/02/19 |
| Dawn Carman-Jones | On behalf of the Trust Board | Electronic signature | 14/02/19 |
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Equality Impact Assessment

| Date | Name | Details |
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