

## Whole School Food Policy

### Introduction

Newfield School is dedicated to providing an environment that promotes healthy eating habits and enables pupils to make informed food and drink choices. This will be achieved by a whole school approach to food and nutrition documented in this whole school food policy.

The nutritional principles of this policy are based on the findings of the National Diet and Nutrition Survey (NDNS) rolling programme for 2016-2017 and 2018-2019.

The Governing Body recognises the important connection between a healthy diet and a student's ability to learn effectively and achieve high standards in school. In addition the role a school can play, as part of the larger community, to promote family health and sustainable food practices.

The Governing Body recognises that sharing food is a fundamental experience for all people; a primary way to nurture and celebrate our cultural diversity and an excellent bridge for building friendships.

### Food Policy lead

This school food policy and healthy eating strategy is co-ordinated by Jenny Riley, DHT

### Aims

The main aims of our school food policy are:

1. To provide healthy food and drink choices throughout the school day, aligning with the mandatory [School Food Standards](#), and to ensure food stuffs brought into school meet the School Food Standards;
2. To enable pupils to make healthy food and drink choices through the provision of information and the development of appropriate food skills, behaviours and attitudes; and
3. To ensure a consistent and engaged approach to nutritious and sustainable food that promotes wellbeing across the school community, including pupils, staff and parents/carers considering children with complex health needs.

These aims will be addressed through the following areas:

#### 1. Equal Opportunities:

In all aspects of food and drink provision, as in all other areas of the curriculum and the wider school environment, we recognise the value of the individual and strive to provide equal access of opportunity for all. This includes the equitable provision of school meals, helping to encourage maximum support and uptake, and supporting vulnerable families to access food out of school term time and during school holidays.

## 2. Curriculum

Food and nutrition is taught at an appropriate level throughout school. Ingredients required for cooking in curriculum are provided for by the school for all pupils and, where possible, recipes not requiring non-basic pieces of equipment (e.g., garlic crushers, cheese graters, etc.) are prioritised. Cultural consideration should be given to the ingredients in recipes.

Ensuring consistent messages from the Eatwell Guides (*Appendix 1*) are used throughout the school as a model of understanding a balanced diet. Communication is facilitated through agreed effective teaching methods (e.g. sensory exploration, group discussions, role-play and interactive sessions), and leading by example and appropriate staff training.

Extra-curricular activities/groups available through the school will also support the teaching of skills, behaviours and attitudes associated with healthier eating habits, including access to lunchtime cookery clubs, food shopping, activities supporting gardening to grow food. Such will seek to engage children and their families and the wider community.

## 3. Food & Drink Provision throughout the school day

Fundamentally, the School Food Standards will be adhered to for school lunches and all other food provided at school (including breakfasts in school, mid-morning break, tuck shops, etc.) the following policies apply:

- **Breakfast**

Breakfast is an important meal that should provide 25-30% of a child's daily energy requirement and contribute significantly to their vitamin and mineral requirements. A healthy breakfast has been found to improve a child's cognitive function, particularly memory and attention, as well as academic performance.

The school offers breakfast which provides a nutritious meal for pupils at the start of the school day (9-9.30am) for children who struggle to eat at home. The breakfast menu includes: porridge, cereal, toast, bagels, water or milk.

The breakfast menu is also available to be sent home and one-off breakfast events are organised throughout the year

Breakfast operates on a free-for-all basis, financed through funds from the pupil premium, charitable support and the school food grant. Newfield is part of the National School Breakfast Programme.

- **School Lunches**

School lunches are provided by Lancashire Catering Services – LCS and served in sittings between 11.45am and 1pm in the dining hall. Some pupils eat within the classroom. In addition to compliance with the School Food Standards our school caterer holds the Sugarwise accreditation for our menu, we hold a Food Hygiene Rating of 5 (Very Good) from the food standards Agency.

Our meat is Red Tractor Farm Assured, our fish is MSC certified and our eggs are free-range Lion brand. LCS use a number of organic products throughout our menus. A minimum of 75% of all menu items are freshly prepared on site.

School lunches are planned on a 3-week menu, offering 3 choices daily and can be found on our [school website](#).

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.

- **Packed Lunches**

Newfield informs parents about the national [Checklist for school lunches](#) (Appendix 2) via our website. The guidance aims to support pupils to consume a balanced lunch to best prepare them for learning in the afternoon. The school encourages parents and carers to provide children with packed lunches that complement this checklist and comply with the School Food Standards.

Parents and carers will be expected to follow the packed lunch checklist guidelines and the school will work with families to identify any issues or concerns, and provide appropriate support. We will work to identify the children's food preferences, parent's perceptions of a healthy packed lunches, affordability of 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.

Information for families is also contained on our website, with resources and signposting to the NHS [Lunchbox ideas and recipes – Healthier Families - NHS \(www.nhs.uk\)](#) website.

Many of our children, particularly those with Autism, may have very limited diets. We will work with children and families to improve and enhance food tolerance and to encourage children to broaden the range of foods they will eat.

Where children are consuming packed lunches that aren't in line with the policy the school will investigate the reasoning for this. The school expresses a commitment to supporting parents and their children before concerns develop for noncompliance with policy stipulations and will ensure the provision of educational/promotional materials via the school website and links to provision of support by external [Eat Well](#) strategy partners.

- **Snacks**

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

Where applicable, children entitled under the School Fruit and Vegetable Scheme will receive a free piece of fruit or vegetable each school day; however, fruit and vegetables will be readily available, regardless.

Following the school food standards, snacks allowed across the whole school day are nuts, seeds, vegetables and fruit with no added salt, sugar or fat. Savoury crackers/breadsticks and

desserts, including cakes and biscuits, without any confectionary (chocolate-coated) must **only** be served with lunch.

These restrictions also apply to the occasional school tuck shop, managed and run by pupils for specific learning opportunities and events. Selling of savoury snacks and confectionery and packet sweet snacks are to constitute no more than 50 per cent of provisions. The tuck shop's menu also includes fruit.

However, due to the dietary restrictions and autism related food intolerances of some of our pupils, whilst we will encourage healthy choices, some pupils who will only eat certain foods, may access these, rather than eating nothing.

- **Drinks**

The school adopts a Milk or Water Only policy: [Food Active | Protected: Milk or Water Only Toolkit](#)

Fresh drinking water is available at all times and promoted as the drink of choice for keeping children well hydrated. The only other drinks permitted are: 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; combinations of fruit or vegetable juice with plain water (still or carbonated, with no added sugars or honey); 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, all with less than 5% added sugars or honey; tea, coffee, hot chocolate.

- **Rewards & Special Occasions**

The school does not encourage offering sweets or other foods high in fat, sugar and/or salt, especially as a reward for good behaviour or other achievements. Other methods of positive reinforcement are used in school, including certificates, WOW awards, celebration assemblies, choice of a favoured activity.

The school recognises the importance of celebrating birthdays and other special occasions. For birthday celebrations, children are able to bring in a shop bought, package and labelled birthday cake to share with their friends. However, parents/carers are welcome (and invited) to share healthier, cultural foods for birthdays and other special occasions, with chocolates, sweets and cakes discouraged.

Occasional fund-raising events may include the sale of cakes and confectionery, but the inclusion of healthier alternatives is strongly encouraged.

- **Food Waste & Sustainability**

The school is committed to the prevention of avoidable food waste, regularly auditing food waste and trialling initiatives to reduce food waste, including educational methods such as cooking sessions using up leftovers.

The school is aware of the environmental impact associated with food stuffs; where possible, locally sourced, fresh and seasonal ingredients are used when preparing meals. Regularly sourced ingredients fitting these criteria – as agreed with suppliers – include: LCS using a number of organic products throughout the menus, locally produced yoghurt, making the most of seasonal produce by changing our menus a minimum of twice a year and a minimum of 75% of all menu items being freshly prepared on site.

Children are encouraged to bring their own reusable water bottles to school and encouraged to regularly drink water and stay hydrated throughout the school day. Water stations are situated around school.

#### **4. The Food Environment**

The school recognises the challenges some households face in relation to *'food insecurity'* (the condition of not having access to sufficient food, or food of an adequate quality, to meet one's basic need) in the current economic climate. Signposting to local advice and support is communicated via our website or through our Family Wellbeing Coordinators, via our [Newfield Family Cost of Living Factsheet](#) (appendix 4).

The school recognises the importance of a good dining experience for pupils and staff, protected time for pupils and staff to eat, and the social skills pupils develop during this time. Newfield seeks to improve the dining experience for all, by maximising the space of the dining hall, making the space feel like a pleasurable dining area and encouraging healthy eating via the food served. The school promotes an inclusive environment allowing all children to sit together during breaks (i.e. those with packed lunches are not segregated) and has a stay-on-site rule for break and lunch time.

To operate on school premises, mobile caterers must demonstrate satisfactory food hygiene standards and the suitable provision and promotion of healthy options. This is assessed according to Blackburn with Darwen's Recipe 4 Health Award.

Schools are strongly recommended to achieve the Recipe 4 Health award (appendix 3) which is monitored by the Public Protection team at Blackburn with Darwen Borough Council. Contact Emma Kerr on 01254 267688 for more details.

#### **5. Special Dietary Requirements**

The school does everything possible to accommodate pupils' special dietary requirements including allergies, intolerances, ethical and religious or cultural practices.

Staff are made aware of any pupils with food allergies – a list is updated by the pupil services team and shared, following parental advice. Details of allergies are reviewed at least annually for accuracy. School caterers are made aware of any food allergies/intolerances and requests for special diets are submitted according to our agreed process.

Many of our children require different textures, due to swallow issues or require additional high calorie ingredients added to meals, as directed by the dietician. These and other individual requirements are addressed by our catering team in order to provide our children with exactly what they need in terms of nutrition and to promote the ability to eat foods orally.

## 6. 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.

---

### Monitoring & Evaluation

---

Stakeholders are invited to an annual review of the Whole School Food Policy and to contribute to a healthy eating approach where appropriate.

This policy was developed based on the BwD template.

---

### Review

---

Date of policy implementation and ratification: 12<sup>th</sup> November 2024

Proposed review date: Autumn term 2026.

### Other areas for consideration

#### Breastfeeding

As part of BwD's Healthy Weight Declaration, BwD is aiming to become and sustain itself as a 'Breastfeeding Friendly Borough'. Evidence shows that babies and infants who are breastfed are less likely to experience overweight and obesity during childhood and later in life, as well as having generally healthier outcomes. Primary schools have ample opportunities to educate pupils about, and therefore normalise, breastfeeding.

#### Opportunities within school to support the normalisation of breastfeeding:

- Ensure that toys do not reinforce bottle feeding but rather promote breastfeeding as the norm (i.e. no dummies or bottles with dolls)
- Ensure that reading materials do not reinforce bottle feeding but rather promote breastfeeding as the norm (see list of good examples)
- Normalise breastfeeding by discussing mother-infant feeding of other animals e.g. puppies, kittens, calves and piglets
- School integrates material about breastfeeding into the school curriculum (see examples in next section)
- The school environment welcomes breastfeeding by parents at events and parents nights (Equality Act 2010 states it is unlawful to ask a mother to stop breastfeeding in any public space). A 'welcoming breastfeeding' sticker should be placed on entrance to the school and all staff should be aware of this policy
- Information is routinely given to parents/carers describing breastfeeding friendly policy and the rationale for this
- Supporting staff who breastfeed when they return to work (an employers pack is available via the ELHT Baby Friendly Team ([BabyFriendlyTeam@elht.nhs.uk](mailto:BabyFriendlyTeam@elht.nhs.uk)))

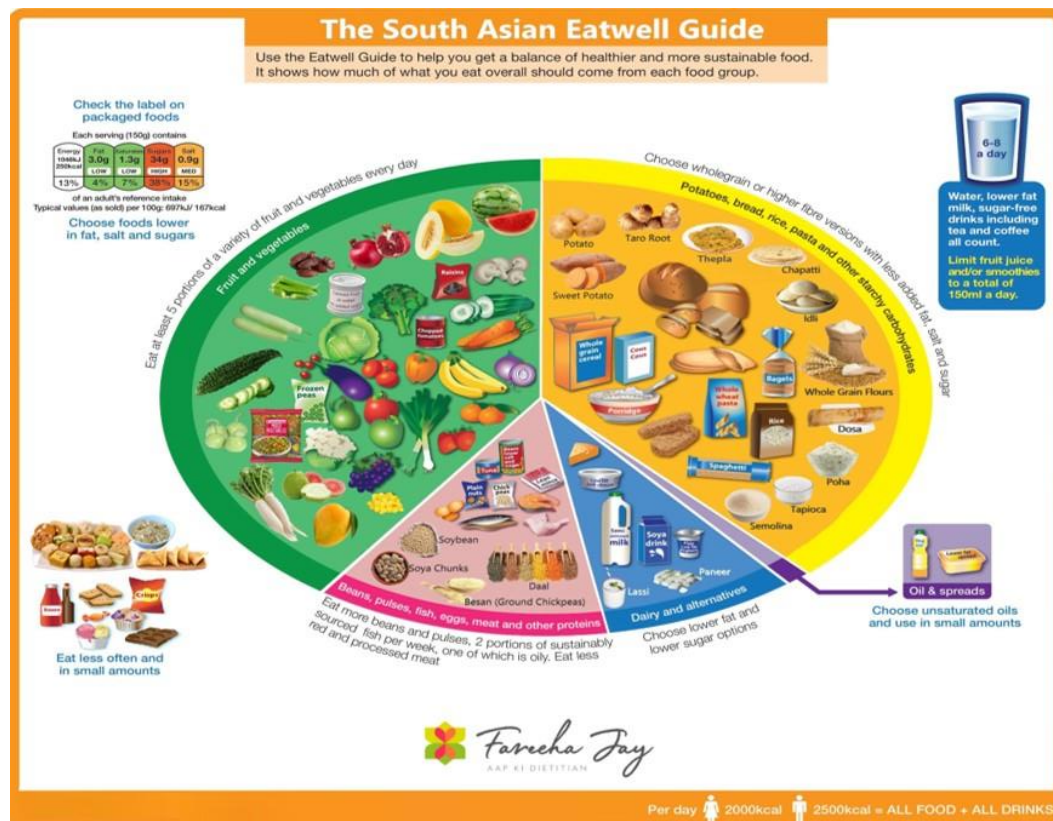
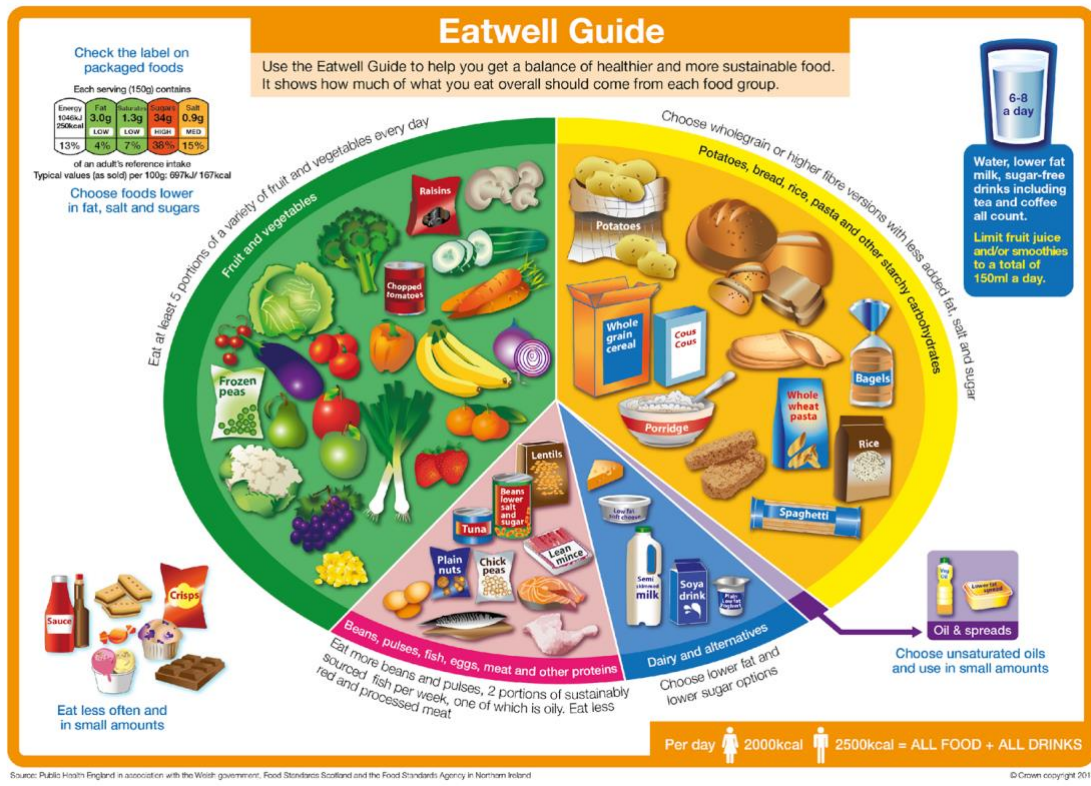
November 2024 6

## Dental Health

In Blackburn with Darwen, over half of 5-year-olds have experienced dental decay, compared just over 23% of 5-year-olds in England. High sugar intake and poor oral hygiene play a major role in dental decay, therefore, your whole school food policy should aim to support the school in reducing sugar and sugary treats to address poor dental health. Providing time for children to attend dentist appointments at the beginning or end of the school day may increase the likelihood of attending check-up appointments resulting in fewer lost days at school due to toothache and extractions and reduced speech and language difficulties. Linking up with your local health promoting dentist and taking part in the annual National Smile Month (<http://www.nationalsmilemonth.org/>) will help to raise awareness of good dental health and your School Nurse will also be able to support you on this agenda. Supervised brushing? [Supervised Toothbrushing Programme - Be Well BWD](#) GULP?

# Appendices

## Appendix 1







## Checklist for school lunches

NAME OF SCHOOL:		DATE OF MENU:		
		Standard met (Y/N)		
Food group	Food-based standards for school lunches	Week 1	Week 2	Week 3
<b>STARCHY FOOD</b>	One or more portions of food from this group every day			
	Three or more different starchy foods 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			
<b>FRUIT AND VEGETABLES</b>	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			
<b>MEAT, FISH, EGGS, BEANS AND OTHER NON-DAIRY SOURCES OF PROTEIN</b>	A portion of food from this group every day			
	A portion of meat or poultry on three or more days each week			
	Oily fish once 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 and meeting the legal requirements) no more than once a week in primary schools and twice each week in secondary schools, <i>(applies across the whole school day)</i>			
<b>MILK AND DAIRY</b>	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			
<b>FOODS HIGH IN FAT, SUGAR AND SALT</b>	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.			
<b>HEALTHIER DRINKS</b> <i>applies across the whole school day</i>	Free, fresh drinking water at all times			
	<b>The only drinks permitted are:</b> <ul style="list-style-type: none"> <li>• Plain water (still or carbonated)</li> <li>• Lower fat milk or lactose reduced milk</li> <li>• Fruit or vegetable juice (max 150mls)</li> <li>• Plain soya, rice or oat drinks enriched with calcium; plain fermented milk (e.g. yoghurt) drinks</li> <li>• Unsweetened combinations of fruit or vegetable juice with plain water (still or carbonated)</li> <li>• 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</li> <li>• Tea, coffee, hot chocolate</li> </ul> Combination drinks are limited to a portion size 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			

**It is expected that schools will use these checklists in combination with the nutrition criteria of the Government Buying Standards for Food and Catering Services.**

## Appendix 3

### Recipe 4 Health Scheme

Blackburn with Darwen's [Recipe 4 Health scheme](#) is a healthier catering award available to all food businesses in the borough, including primary and secondary schools. This forms an important part of the healthy weight strategy for the Borough. Our aim is to work with out of home food establishments who provide healthier choices and those who want to make small changes which may have a big impact on customers health. The scheme also offers schools the opportunity to make changes to their practice which may potentially save them money and provide a positive marketing opportunity.

Recipe 4 Health has 3 levels of awards, bronze, silver and gold and at each level, businesses have to show that they are compliant with food safety, food standards, licensing and age restricted sales legislation and have an awareness of healthy eating, environmental issues, allergens and alcohol issues. Schools with a food hygiene rating of 3 or above are able to be considered for the award. Your schools food hygiene rating can be viewed on the web site [www.food.gov.uk/ratings](http://www.food.gov.uk/ratings). If you want more information about the Recipe 4 Health awards or you want to take part in the scheme, please contact Emma Kerr on 01254 267688.



## Cost-of-living support

Find out what help and support is available to you and your family as the cost-of-living crisis continues to bite.

---

### Get in touch with us to let us know if you're struggling with your finances

Contact Mathilde Sharrocks or Ann Marie Pickering (Family Wellbeing Coordinators) at Newfield School on (01254) 588600 or at [FamilyWellbeingCoordinators@Newfield.blackburn.sch.uk](mailto:FamilyWellbeingCoordinators@Newfield.blackburn.sch.uk)

We know everyone is feeling the pinch and we want to support those families in our school community who are impacted the most. If you're struggling with your finances, please do get in touch to let us know, as there may be things we can suggest which will help. We want to do everything we can to help you and your child.

---

### Get free or low-cost food

If you're worried about not having enough food to feed your family, you're not alone. There are a number of places offering support.

- > Newfield School is part of the National School Breakfast Programme and as such we receive regular deliveries of cereals and bagels. Please contact the Family Wellbeing Coordinators if you would like us to send produce home to you.
  - > If you have a child under 4, and meet the eligibility criteria, you may be entitled to [healthy start food vouchers](#)
  - > [www.blackburn.foodbank.org.uk](http://www.blackburn.foodbank.org.uk) for details of Blackburn foodbank. Although, referrals from social workers or health visitors are required Find a local foodbank with these websites: [Bankuet](#), [The Independent Food Aid Network](#), the [Trussell Trust](#), or your local [community fridge](#)
  - > Use food waste apps and websites like [Olio](#) (for free food and household items from your local community), [Too Good To Go](#) (for low cost food from local restaurants), or [Low Price Foods](#) (food that has passed its best before date, but is still safe to consume)
  - > [BeWellBwD](#) is Blackburn with Darwen Borough Council's Public Health website.
  - > Full time meals: low cost/easy to prepare recipes: [Full time meals \(endchildfoodpoverty.org\)](#)
  - > Healthy food parcel guidance: [HAF Food Parcel Guidance FoodActive FINAL Nov22.docx - Google Docs](#)
  - > Jamie's £1 Wonders series: [Jamie's £1 Wonders & more budget-friendly cooking tips | Jamie Oliver](#)
  - > BBC Budget dinner recipes: [Budget dinner recipes - BBC Food](#)
- 

### Contact your local Citizen's Advice Bureau or Family Hub

#### Citizen's Advice Bureau (CAB)

You don't have to be a UK citizen to get support from your local CAB, you just need to be a resident of the local area. The CAB can help you with:

- > Getting benefits or other financial support organised
- > Accessing support for essential costs (food, bills, rent)

Visit the [Citizens Advice](#)'s website

#### Family Hub

Contact your local Family Hub to get help accessing all the support you might need as a family.



Blackburn with Darwen Help Hub for Residents (01254) 672756.

---

### Check you're paying the right amount of tax

Make sure you're on the right tax code. If you aren't you might be due a refund. Use the [Money Saving Expert's](#) free tax code calculator to find out.

---

### Claim any benefits you're entitled to

Use 1 of these benefits calculators to determine whether there are any benefits you could be claiming:

- > [Turn2us](#)
- > [Policy in Practice](#)
- > [Support for migrant families](#) – use this calculator if you are a migrant family, or if you have no recourse to public funds

You may be able to get benefits paid early if you're already feeling the squeeze - this is known as 'a short-term benefit advance' - you will need to contact the Department for Work and Pensions (DWP) office that's dealing with your claim. DWP in Blackburn is based at Orchard House, Penny Street Blackburn and you can contact them on 0845 604 3719.

---

### Check you've received all the government's cost of living payments

The government's [cost of living payment](#) is available for those receiving certain benefits or tax credits. You don't need to apply for these – if you're eligible the money should go straight into your account.

If you think you're due a payment, but haven't received one – [report a missing payment](#) to the government here.

**Be aware of scams!** If you receive any emails, texts or phone calls asking you to fill in an application form or asking for your bank details to receive a cost of living payment, **do not talk to them or send a reply.** Get more information on [cost of living scams](#) on the Money Saving Expert's website

---

### Find out what help you can get with your energy bills

Take a look at these resources from [Simple Energy Advice](#), the [British Gas Energy Trust](#) and the [Money Saving Expert](#) website.

---

### Let us know if your child is entitled to free school meals (FSM)

If your child is eligible for free school meals (FSM) you need to get them registered. This will allow them to get a free meal at school, and we'll get extra funding to support your child's learning. [Please look in the school admission pack or on the school website for more details.].

---

### See what other support you can get from your local authority

Visit [Blackburn.gov.uk](http://Blackburn.gov.uk) for further information about the local support schemes that are in place.

Local authorities have lots of different schemes that you might be eligible for, including:

- > The [holiday activities and food programme](#) – access to food and activities over the school holidays
- > [Help with the cost of uniform](#)

---

#### Further information

- > Contact [StepChange](#), if you're struggling with debt
- > Contact [Shelter](#) if you're having issues related to housing
- > Get free household goods on [Freecycle](#)
- > Contact the [Salvation Army](#) for emergency assistance
- > See if you're eligible for [grants from Turn2us](#)
- > Single parents can get support from [Gingerbread](#)



Mayoral Award  
2020

# School Uniforms

**At Rummage Rescuers, we want to help combat throwing away reusable clothes and this includes school uniforms!**

**Available at:**

Between Fire Station & Harrison St.

67 Canterbury Street. BB2 2HT

 **07895 728 449**



## THE OFFER:

Wide variety of FREE pre-loved uniforms and shoes. Families can visit and help themselves to the FREE uniforms.

Donations are welcome from families and schools throughout the year to help others!

If you can't find what you need, please email [uniforms@rummagerescuers.org.uk](mailto:uniforms@rummagerescuers.org.uk) for further support available.

**Contact Us:**



**Tel: 07895728449**

**Email: [uniforms@rummagerescuers.org.uk](mailto:uniforms@rummagerescuers.org.uk)**

