



Longshaw Junior School

Food Policy

Introduction

Longshaw Junior 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.

Food Policy lead

This school food policy and healthy eating strategy is co-ordinated by Jonathan Berry (Headteacher).
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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 such i.e. coeliac disease or severe allergies

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 Key Stage 2 in science, PSHE and Design Technology (cooking and nutrition). 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 Guide (*Appendix 1*) are used throughout the school – across subjects – as a model of understanding a balanced diet. Communication is facilitated through agreed effective teaching methods (e.g. debating issues, group discussions, role-play and interactive sessions), and leading by example and appropriate staff training. Take home resources for parents and carers should also be available to embed these messages within the family environment.

Extra-curricular activities/groups available through the school will also support the teaching of skills, behaviours and attitudes associated with healthier eating habits, including termly cooking clubs and half termly gardening club. Involving our community in these projects helps 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 breakfast clubs, mid-morning break, tuck shops, vending machines, and after school clubs). In addition, the following policies apply:

1. 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 operates a breakfast club that provides a nutritious meal for pupils before the school day – open from 8am – 8.50am.

The breakfast menu includes:

- A variety of different fruits and vegetables every day, e.g. fresh fruit, fresh fruit, dried fruit, canned fruit in natural juices and juice;
- A selection of cereals including low sugar, low salt, high fibre alternatives. Mix plain cereal with wholegrain varieties to reduce overall sugar content.
- A variety of different types of bread for sandwiches, toast and toasties, including wholegrain varieties.
- Porridge
- Provide different toppings for toast and bread e.g. low fat spread, reduced sugar jam, low fat soft cheese, cooked tomatoes, banana
- Semi-skimmed milk for drinking, with cereal

The breakfast club operates on a reduced cost-for-all basis, financed through funds from pupil premium.

2. School Lunches

School lunches are provided by Longshaw Junior School and served between 12.15pm – 1.30pm in the dining hall. In addition to compliance with the School Food Standards our school caterer holds a catering award – Healthy Eating Award.

School lunches are planned on a three – week cycle that 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.

3. Packed Lunches

Developed using The School Plan's [Checklist for school lunches](#), the school employs a packed lunch policy. 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 policy and to comply with the School Food Standards.

Parents and carers will be expected to follow the packed lunch 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 lunch, 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.

The school will perform a yearly review of school lunches versus packed lunches, communicating discrepancies in uptake and nutritional quality to the Governing Body. Inspections may be supported by peer review by our school council representatives.

All children who are having packed lunches will be provided with resources and signposting materials to take home, such as the NHS [Lunchbox ideas and recipes – Healthier Families - NHS \(www.nhs.uk\)](#) and Food Active's Healthy packed lunches guidance and lesson plans (*appendix 2 & 3*). – See our School Website Section – Parents – Food Policy.

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.

4. 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, the only 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.

Pupils bringing snacks for consumption at break-times and/or for after school are not permitted to include: Chocolate or chocolate-coated products, crisps, desserts, including cakes and biscuits with confectionary (chocolate-coated).

5. 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.

6. 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: stickers and certificates.

The school recognises the importance of celebrating birthdays and other special occasions. For birthday celebrations, children will receive: one small cake during celebration assembly whilst the children sing happy birthday to them. 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.

7. 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: seasonal fruit and vegetables (Local suppliers / producers). 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.

4. The Food Environment

To overcome the stigma attached to free school meals the school seeks to anonymise the process of meal purchases.

The school operates restrictions on marketing and promotional activity – avoiding overt promotions such as signage, price promotions, checkout proximity, etc. – of less healthy products, alternatively adopting (where applicable) awareness campaigns that create an environment more supportive of healthier habits. PSHE curriculum includes lessons about the impact of junk food marketing and factors that affect our food choices (*appendix 4*)

The school recognises the challenges some households face in relation to food insecurity in the current economic climate. Signposting to local advice and support is communicated via our school website and through conversations with parents.

Low-cost healthy recipe cards and healthy food parcel guidance (*appendix 5 are available on our school website*).

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. The School Council 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, posters and involving the pupils in menu design. 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. Teaching staff are also encouraged to eat in the dining room with pupils and are welcome to purchase breakfast at the school breakfast club. (*See appendix 7 for more ideas*).

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 6*) 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.

Individual care plans are created for pupils with food allergies – coordinated by Andrea Clift (SENDCo) These plans document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details. Schools should review these contact details annually for accuracy. School caterers are made aware of any food allergies/intolerances and requests for special diets are submitted according to an agreed process.

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.

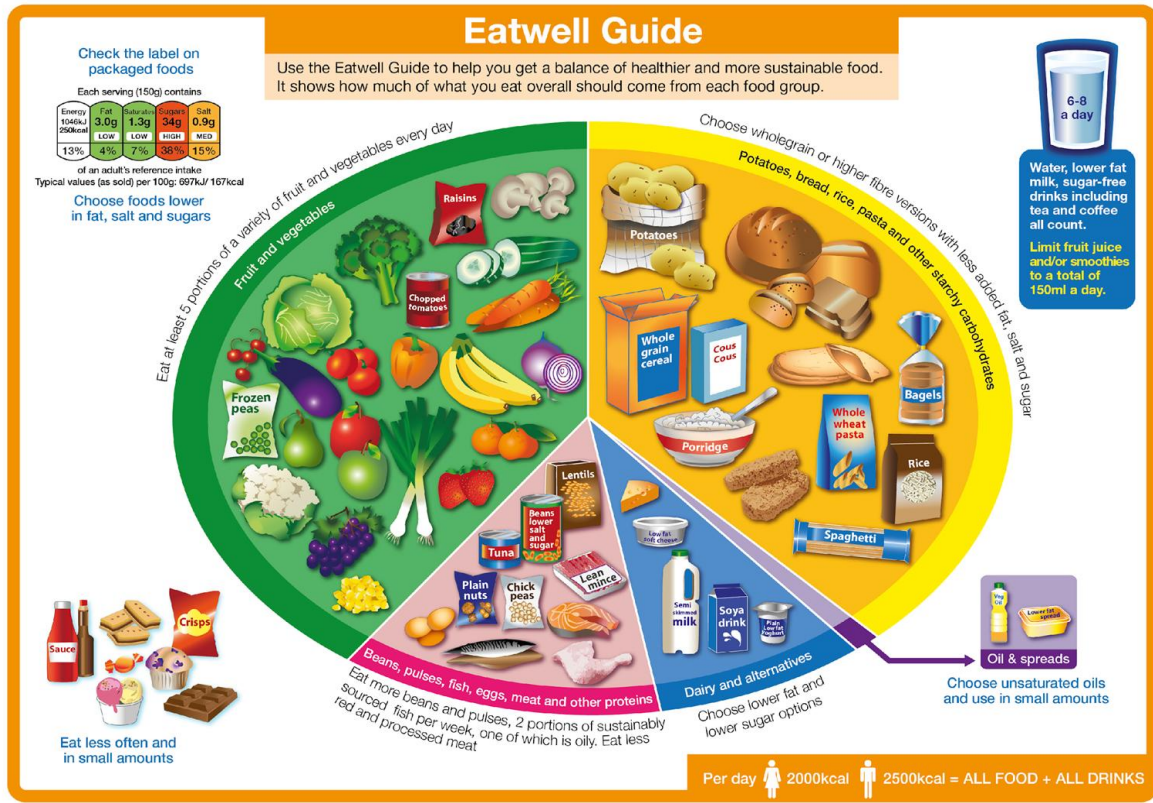
Feedback from all stakeholders will be reviewed on a regular basis and this information will be shared at during our governors meetings.

Review

Date of policy implementation: November 2025

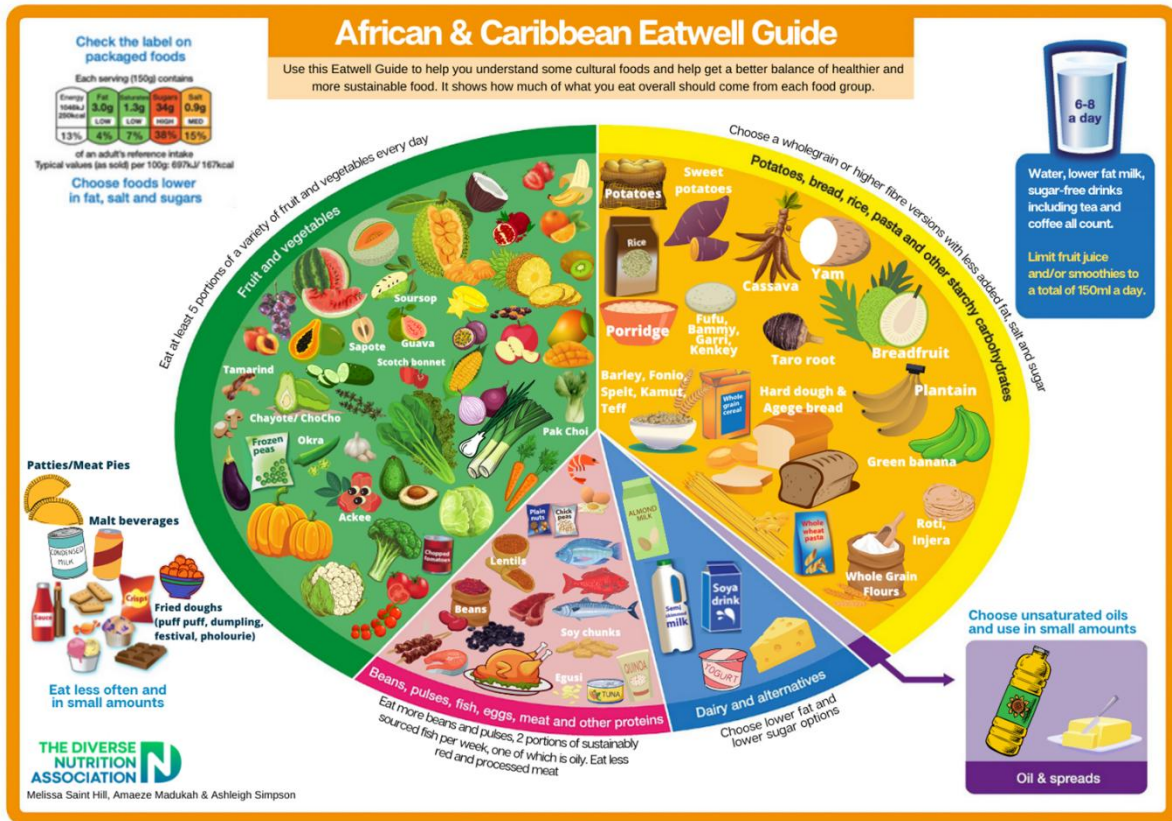
Proposed review date: Recommended review every 3 years

Appendix 1



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Appendix 2

Food Active lesson plan: Healthy packed lunches: [Food Active | Healthy Packed Lunch Lesson Plans](#)

Appendix 3

Food Active: Healthy packed lunch guidance:



Packed Lunch
Guidance_Food Active

Appendix 4

Food marketing

The marketing of less healthy food and drink is more pervasive than ever. Children and young people are continuously bombarded with cues to buy and consume more less healthy food and drink. Food and drink marketing in and around schools is inappropriate and undermines the whole school food policy. If you notice a less healthy food or drink advert located close to your school, please report this to publichealthadmin@blackburn.go.uk. Your report will be passed on to the relevant department for review. Educating pupils on the harms of junk food marketing may help to raise awareness of techniques being used and enable pupils to make informed choices.

Appendix 5

Food insecurity

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](#)

BCC Budget dinner recipes: [Budget dinner recipes - BBC Food](#)

Appendix 6

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. 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.

Appendix 7

Food for Life - Soil Association: [Schools Award - Food for Life](#)