

Hanley St Luke's Church of England Academy

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Mathematics Policy

Date adopted	Spring
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Subject lead	
Headteacher	Mrs Zoe Cooper
Governor/Committee (where applicable)	Mrs Julie Salisbury

Our Vision:

Jesus said: 'I have come that they may have life and have it to the full.'

Promoting *life-long learning*

Developing *life-giving relationships*

Exploring *life-enhancing faith*

Inspiring *life-enriching aspiration*

This policy outlines the organisation and management Healthy Eating at Hanley St Luke's C of E Primary Academy.

At Hanley St Luke's our Mission is to:

- Promote Christian belief and practice and to encourage the moral and spiritual development of all people in our school.
- Develop in each person a sense of self-worth and the necessary qualities to become a full and valuable member of British society
- Encourage the full academic potential of each child.
- In our school we promote honesty, courtesy, kindness, perseverance and respect. We celebrate all our many differences and diversity, believing each individual is special and valued by God.

Healthy Eating Policy

Statement of intent:

At Hanley St. Luke's we support pupils to eat healthily and stay hydrated while in school. We also aim to teach pupils to make healthy food and drink choices using the curriculum and to reflect these principles in the school's food menu and cooking provisions. We acknowledge the important connection between a healthy diet and a pupil's ability to learn, concentrate, and achieve high standards in school. We are, therefore, committed to promoting a lasting healthy lifestyle for everyone. Our kitchen staff uphold the highest standards of quality, nutrition and cleanliness; adhering, without exception, to food standards and legal obligations. As such, this policy has been implemented to help staff and parents deliver consistent messages to pupils, enabling them to develop a positive and independent approach to a healthy lifestyle.

"The government encourages all schools to promote healthy eating and provide healthy, tasty and nutritious food and drink. Compliance with the School Food Standards is mandatory for all maintained schools. We also expect all academies and free schools to comply with the standards, and since 2014 we have made this an explicit requirement in their funding agreements. These school food standards are to ensure that food provided to pupils in school is nutritious and of high quality; to promote good nutritional health in all pupils; protect those who are nutritionally vulnerable and to promote good eating behaviour."

[School food standards practical guide - GOV.UK](#)

Introduction

This policy is designed to help our academy promote healthy eating habits among our students. By offering nutritious meals and teaching children about good food choices, we can help them grow, learn, feel their best and to thrive. This policy follows the latest government guidance to ensure that food in our academy is healthy, balanced, and meets the needs of all our students.

1. Our Aims:

- To provide healthy, balanced meals that support learning and development for all children.
- To encourage students to make healthy food choices at school and at home.
- To educate students about the importance of good nutrition.
- To ensure that students with special dietary needs are catered for.

2. Government Guidelines:

We follow the government's guidance on healthy eating for schools, which includes:

- **Balanced Meals:** Every meal must include at least one portion of fruit or vegetables, a source of protein (e.g., meat, beans, or fish), and a starchy food like potatoes or rice.
- **Portion Sizes:** Meals should be the right size for each child's age and activity level. We will avoid serving oversized portions.

3. What We Serve

Our meals include a variety of healthy foods to help children grow and stay healthy:

- **Fruit and Vegetables:** Every meal will include fruit or vegetables.
- Fresh fruit and a salad bar is available every day.
- **Whole Grains:** We will serve whole grain options such as bread, rice, and pasta.
- **Protein:** Meals will include lean protein like chicken, fish, and beans.
- **Dairy:** We will offer milk, cheese, and yoghurt to ensure students get enough calcium for strong bones.
- **Healthy Snacks:** Healthy snacks such as fruit and vegetables are available free for EYFS and KS1 daily. KS2 are to bring healthy snacks for break times.
- **All school meals** will meet the national guidelines for nutritional standards and food safety regulations. Our meals are supplied by catering company and prepared by fully trained catering staff.
- **'Magic Breakfast':** Every child at Hanley St. Luke's is offered a free breakfast of toast, bagels or Crumpets, and these are prepared in line with Food hygiene standards in our kitchen every morning, and delivered to all classrooms, to ensure every child is fed before learning begins each day.

4. Drinks

- **Healthy Drinks:** Water is available at all times. We serve juice/squash or water with lunch.
- **Water Bottles:** We encourage all children to bring a water bottle every day, and re-fill them as needed.
- The school understands the importance of healthy development for pupils under the age of five in an early year setting. In line with the Nursery Milk Scheme set by the Department of Health and Social Care, one third of a pint of milk will be offered free of charge, once per day, for all pupils in Nursery and Reception.

5. Limiting Sugar, Salt, and Fat

- **Sugar:** We will limit foods and drinks with added sugar. Sweet treats like cakes and biscuits are only offered as part of a healthy balanced diet, and limited for other special occasions.
- **Salt:** We will reduce the amount of salt in our meals and avoid adding extra salt. Instead, we will use herbs and spices for extra flavour.
- **Fat:** We will limit foods high in saturated fat, such as fried foods, and these are limited as per government guidelines. All of our school food is baked in our ovens.

6. Catering for Special Diets or Occasions:

- Many pupils have special dietary needs, including food allergies, intolerances, or religious/cultural requirements. We will make all reasonable adjustments, to ensure that all students have access to safe, healthy food. Parents should inform us of any dietary restrictions, and we provide alternatives where needed.
- Themed meals and meals served to celebrate festivals, holidays, or religious observances will follow the same standards applied to regular school meals.

7. Food Education

We believe it's important for children to learn about healthy eating. We will:

- Include food and nutrition topics in our lessons to help children understand the benefits of a healthy diet.
- This will be achieved through the following teaching areas:
- PSHE
- PE
- Science
- D&T
- The school will communicate how to lead a healthy lifestyle and make good food choices via the following:
- School assemblies/Guest speakers
- Putting school menus on Class dojo weekly
- Staff as role models, to share lunchtime modelling, eating with children, including Lunch with Mrs Cooper every Friday.

8. Creating a Healthy Eating Environment

Our academy promotes healthy eating in the following ways:

- **Dining room:** We ensure that school meals are served in a welcoming, clean environment. We encourage pupils to try new healthy foods.
- **Dining staff:** will monitor pupils' food intake during lunchtime by allowing them only to leave their table once they are finished eating. If a member of staff has any concerns, the school will notify their parents.
- **Mental health and wellbeing:** The school understands that some pupils may develop disordered eating. *Staff will be trained to identify potential signs of disordered eating, which can include the following:*
 - Skipping lunchtime
 - Avoiding eating around other people
 - Eating very slowly
 - Going to the bathroom soon after eating
 - Becoming socially withdrawn and isolated
 - If a member of staff has a concern about a pupil, they will speak to the DSL and senior mental health lead, as appropriate.
- **Packed lunches from home:** We will encourage students to bring healthy packed lunches from home. We will work with parents to make sure packed lunches are nutritious.
- **Breaktime snacks:** The school will encourage pupils to eat a snack at breaktime. As part of our healthy eating ethos, this will be a piece of fruit or vegetable without added sugar, fat or salt. The school will not permit any other snacks to be eaten at breaktime. In line with the government's 'School Fruit and Vegetable Scheme', a piece of fresh fruit or vegetable is available to pupils aged four to six at morning breaktime. This is for children from Nursery to Year 2.

9. Working with Parents and Carers

We believe it is important for parents and carers to support healthy eating at home. We will:

- Provide information on healthy eating and share tips for making balanced packed lunches.
- Encourage parents to support our healthy eating policy by ensuring that their children bring healthy food to school.

10. Monitoring and Review

We will regularly check how well this policy is working. This will include:

- Getting feedback from students, staff, and parents about the meals and snacks served.
- Reviewing the food choices in the dining room with kitchen staff, to make sure they meet healthy eating standards.
- Updating the policy when needed to keep it in line with the latest government advice.
- The next scheduled review date for this policy is March 2026. Any changes made to this policy will be communicated to catering providers, kitchen staff, parents and other stakeholders, where necessary.
- This policy and our staff have due regard to all relevant legislation and statutory guidance including, but not limited to, the following Legal Framework:
 - The Requirements for School Food Regulations 2014
 - The Food Information (Amendment) (England) Regulations 2019 (Natasha's Law)
 - Food Safety Act 1990
 - School Standards and Framework Act 1998 This policy operates in conjunction with the following non-statutory guidance:
 - DfE (2023) 'School food in England'
 - DfE (2023) 'School food standards practical guide'
 - The School Plan (2015) 'School Food Standards: A practical guide for schools, their cooks and caterers' This policy operates in conjunction with the following school policies:
 - Health and Safety Policy
 - Supporting Pupils with Medical Conditions Policy
 - Child Protection and Safeguarding Policy

Conclusion:

By following this Healthy Eating Policy, we aim to help our students develop good eating habits that will stay with them throughout their lives. We want to ensure that all children have the opportunity to eat healthy, tasty meals that help them to grow, learn, feel their best, and thrive.