



THE  
DE LA SALLE  
ACADEMY

## FOOD AND NUTRITION POLICY

Issue No	Author/Owner	Date Written	To Governors	Date Approved	Comments
1	DLSA	Oct 2018	Nov 2018		Review 2020
2	DLSA	Oct 2020	Oct 2020	Oct 2020	Review 2022
3					

## **Our Academy:**

The De La Salle Academy is a boys' Academy sponsored by the De La Salle Brothers, working in partnership with co-sponsors the Archdiocese of Liverpool. De La Salle is a 4 form entry Catholic Academy catering for boys from the age of 11 to 18. The Academy is named after St John Baptist De La Salle, who is patron saint of all those who work in education. We offer an education that enables young people to reach their full potential and to enjoy the freedom a sound education can give them as full human beings committed to Christ. The standard admission number for De La Salle, as a 4 form entry academy, is 120. The criteria of admission and information on the admission procedure can be found in our admissions policy. The specialisms of the Academy are English and Media, and we offer a range of subjects at Key Stage 4 and Key Stage 5 which enhance students' experiences in this subject area.

## **Vision**

We want our academy to be:

- Positive
- Energetic
- Diverse
- Focussed
- Confidence Building
- Life Changing
- Achieving Consistently

## Policy formation and consultation

This is a working policy and the consultation process consists of the Principal, the healthy academy coordinator and the chair of governors at the academy

## Rationale

Our academy is a healthy school. It is important that we consider all elements of our work to ensure that we promote health awareness in all members of the academy community. We can provide a valuable role model to students and their families with regard to food and healthy eating patterns. In our academy we actively support healthy eating and drinking throughout the academy day.

Through effective leadership, the academy ethos and the curriculum, all academy staff can bring together all elements of the academy day to create an environment which supports a healthy lifestyle.

## Why a healthy eating policy is needed

A healthy diet is one of the best ways of maintaining young people's health, both now and in the future. Recent research has shown that diets of some young people are not meeting government recommendations for optimum growth and development.

Immediate benefits from healthy eating include:

- Preventing dental decay, obesity and anaemia.
- Improving concentration and behaviour.
- Raising achievement.

Longer term health benefits include:

- Prevention of coronary disease
- Reduced risk of some cancers
- Prevention of osteoporosis (brittle bones)

The Academy recognises the important connection between a healthy diet and a student's ability to learn effectively and achieve high standards in school. The Academy also recognises the role it can play, as part of the wider community, to promote family health.

The Academy aims to:

- Improve the health of students and staff, and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet, and hygienic food preparation and storage methods.
- Ensure students are well nourished at the academy and that every pupil has access to safe, tasty and nutritious food and a safe, easily available water supply during the academy day.
- Present consistent, informed messages about healthy eating within the academy through all academy practices.
- Improve the dental health of students through the inclusion of dental health education within the planned PSHE programme.
- Ensure that food provision in the academy reflects the medical and ethical requirements of students and staff, for example medical allergenic, religious, ethnic and vegetarian needs.
- Ensure the provision and consumption of food is an enjoyable and safe experience.

## Objectives

- To teach accurate factual information about food and nutrition through topics, as part of the curriculum.
- The academy kitchen will continuously provide healthy eating menus and food choices.
- Healthy Lifestyles are to be promoted daily through positive role models within the academy community.
- To promote fresh fruit and milk to all students
- To promote the importance of drinking water and allow students access to water bottles in the classrooms.
- To promote a healthy balanced menu at lunchtime through academy and packed lunches.
- Any specific medical/cultural requirements concerning food and nutrition will be respected and treated individually.
- As an academy opened prior to 2010, we are not required to follow the current academy food standards but we recognise the importance of this standard and will endeavour to follow these standards as closely as possible.

## Food through the academy Day

The governors and Principal have overall responsibility for food within the academy throughout the academy day. However, all members of staff within The De La Salle Academy work together to support each other and the students.

We have a lunch provision for the students, our catering team holds all the necessary food handlers hygiene certification required. We set the cost of the academy food as low as possible to encourage and support the uptake of healthy food within our premises

## Drinks

At break and dinner time students will be always be able to access water.

We **do not** allow energy drinks in the academy as these offer no nutritional value and can have an adverse effect on the students learning and behaviour. We also ask parents to support this by **not** sending in this kind of beverage in packed lunch boxes.

## Academy Meal Provision

The De La Salle Academy recognises the value a good lunch can have on our students' development and we have our own in house catering team. We encourage the students to participate in the Student voice meetings so their feedback is gauged and valued. We expect the food served at the academy to adhere to the Governments Academy Food Standards and have impartial audits to monitor the menu and food service.

Our academy meals are provided and is owned by the Academy, the staff are our employees and we offer a healthy, balanced meal. Menus are offered on a 3 week cycle and a hot meal, vegetarian option, sandwiches and jacket potatoes are offered daily. There are also regular meals to celebrate special events.

Our regular catering hygiene inspections are undertaken by the local authority Environmental Health Inspectors

## Free academy meals and funding

Free school meals are available to pupil's dependant on their social, economic background and the academy is entitled to additional funding (pupil premium) for all those students registered for a free school meal, this is an important element of the academy's income and supports the education of the students. The way in which this money is spent can be viewed on the academy website.

We encourage all those parents who think their child would be entitled to free school meals to sign up. Our administration staff are available to support all parents in this. Please come to the Academy where this can be undertaken, alternatively you can log on to the link below and complete the form online

<http://liverpool.gov.uk/academys-and-learning/grants-and-funding/free-academy-meals/application-form>

We have biometric cashless system in academy, only staff are aware of those students who are entitled to a free academy meal this information is not shared with anyone other than staff.

## Packed Lunches

We encourage our packed lunch eaters to follow the healthy eating ethos at the academy and request low salt and low sugar items are favoured. We **do not** allow Energy drinks in the academy.

## Dining Room Environment

All students sit together alongside staff and our aim is to make sure that they eat their lunch and do not need to rush.

We encourage our students to play an active part in improving the dining hall environment by taking their ideas to the student voice meetings and then involving the whole group in the decisions taken.

## Drinks and Water

The academy recognises that hydration plays an important part of development and we encourage students to drink plain water throughout the academy day.

## Special diets, allergies, diet related disorders

Parents are asked to inform the academy if a pupil suffers from any medical diagnosed allergy, intolerance or food related conditions, identifying the foods to which their child reacts and the usual symptoms of the reaction.

Students with allergies are also identified to kitchen, staff and on the office noticeboards.

All staff members are aware of the academy's medical, and health and safety procedures.

Our catering staff have been trained up to the Food Information Regulations 2014 – Allergen labelling and are on site to discuss any allergenic ingredients that may be in the dishes/recipes. Please make

an appointment through the academy to meet our Business Manager to discuss allergens or any other medically diagnosed conditions that affect food consumption

We provide a vegetarian option for students who do not eat meat this is covered through the food standards and non-dairy protein items are included at least three times each week on the menu

Food Information Regulation Allergen Labelling – From 13th December 2014

At The De La Salle Academy we provide food throughout the academy day for our students/students staff and visitors.

Our premises are regularly inspected by the Local Environmental Health Officer who uses the Food Hygiene Rating Scheme to rate the hygiene standards of our academy.

The academy catering company is responsible for the food provision at the academy.

Our catering manager is based in the academy kitchen between 8.30am and 2.30pm.

Please contact the academy office and make an appointment if you would like to discuss any allergen issues your child may have.

### Religious and Ethical Diets

A vegetarian option is available on a daily basis, our menus can be viewed upon request. On three days each week the vegetarian option will be made up of a non-dairy protein option in line with the current school food standards as set out by the government.

### Special occasions and Rewards

Special occasions, such as Christmas, and the end of terms are a time when teachers and students like to celebrate. These events are not covered by the academy food standards but should reflect our ethos on having a balanced diet and sweet and fatty foods will be given in moderation.

Sweets will not be given in academy as rewards for behaviour and good work.

### Food Hygiene

Our premises are regularly inspected by the local Environmental Health Inspectors and we are then graded accordingly. All outcomes are posted on the "Scores on the Doors" website (Liverpool)

- Students will be reminded about personal hygiene.
- When handling food in lessons both staff and students will have clean hands, hair tied back and a clean surface to work on.

### Learning Opportunities - Curriculum

The Academy follows a specific PSHE and Science scheme of work, which covers all areas of healthy eating & drinking, food preparation & hygiene and the effects of unhealthy eating & drinking.

As part of their work with food, students will be taught how to cook and apply the principles of nutrition and healthy eating. Instilling a love of cooking in students will also open a door to one of the great expressions of human creativity. Learning how to cook is a crucial life skill that enables students to feed themselves and others affordably and well, now and in later life.

Students should be taught to:

- understand and apply the principles of nutrition and health
- cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet
- become competent in a range of cooking techniques [for example, selecting and preparing ingredients; using utensils and electrical equipment; applying heat in different ways; using awareness of taste, texture and smell to decide how to season dishes and combine ingredients; adapting and using their own recipes]
- understand the source, seasonality and characteristics of a broad range of ingredients

### Rewards and Celebrations

Under no circumstances will sweets, chocolate, crisps or fizzy drinks be used as a reward for outstanding work and/or behaviour.

### Monitoring and Evaluation

Our catering team is responsible for ensuring that the quality of food offered is of a high standard and compliant with legislation. This is monitored by the Principal.

This policy will be reviewed bi-annually to take account of new developments.

The policy will be accessible to everyone, including students, parents and extended staff, online and by request of a hard copy.

Teacher's planning, students' work, discussion, observation, displays, photographs etc. will form the basis of evaluation of pupil learning.

### Conclusion

It is hoped that by adapting a Healthy Food Policy that the Academy can promote health and wellbeing while also educating the students to take the practices of the academy into their daily lives. Subsequently this will help them to make informed healthy decisions for the rest of their life.