**Application for**

**Food Smart Bronze Accreditation**

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| **Name of School** | Northborough Primary |
| **Contact Name** | Kate Holland |
| **Role in School** | PSHE Lead |
| **Main Contact Email** | k.holland@northborough.peterborough.sch.uk |
| **Bronze Award Date** | 17th March 2023 |
| The Food Smart Accreditation is a stand-alone award which recognises schools’ achievements in ensuring their students are able to learn about food and nutrition and eat healthily. Food Smart can also be used towards the local Healthy Schools Bronze Award as well as the national Healthy Schools Rating Scheme and is in line with the Health Education Plan.  This audit tool is used to ensure the criteria has been met for the appropriate award and will be submitted upon completion for final accreditation. | |
| **Food Provision** | |
| **Who are your current in-school food providers?** M & B Caterers  **Have you changed your provider as part of this process?** No – have been in place for a number of years and the school has a good working relationship.  **If yes, who were your previous providers?** N/A  **What menu changes have you made due to taking part in Food Smart?** We have created a more inclusive menu by removing the titles of main and vegetarian options and having a colours instead (these are not related to anything specific just to simplify making meal choices)  **What is the most popular meal on the school menu?** **Has this changed as a result of the work undertaken?** Pizza & Nuggets  **All meals & snacks comply with School Food Standards and catering staff are fully trained on what they are**  **Food is freshly prepared daily, with at least 25% from fresh ingredients**  **Meat, eggs & fish are sourced from suppliers who meet –**  **UK Welfare Standards**  **Marine Conservation Society ‘Fish to Avoid’**  **Lion Quality Code of Practice**  **Own Target(s) or supporting evidence**  Free fruit is offered across all of KS1 and not just early years  School utilises the free cool milk programme for up to 5year olds  Host special event catering such as Christmas, Easter, Chinese New Year etc  Parents are able to taste and sample food upon joining the school | |

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| **Leadership** |
| **Who is your school’s food education lead member of staff?**  Kate Holland – PSHE Lead  **How many staff have undertaken Food & Nutrition related training during this process?**  **1**  **What training have they take part in?**  Food a fact of life  **How is drinking water freely available and how are reusable bottles encouraged?**  All classrooms have access to water for the children to be able to refill their own bottles. Each class also has a trolley for water bottles to be loaded onto and take outside for additional activities and PE. All children are expected to bring their own refillable water bottle to school everyday.  **How do students have a say in the food provided?**  The school council speak to the student population of the school and gain their feedback and add this to their own personal experiences. They then the opportunity to meet with the caterers once a term to discuss the food provided, any changes that may be happening and present the student voice.  **What school provisions are in place to promote healthy eating and meal take up?**  Change4Life has been sent home historically but coming out of the pandemic we have realised that more opportunities could be made available. We therefore have plans in place for our first face to face parents meeting since the pandemic in the spring term. PECT/Food Smart will be attending alongside the school caterers to talk about menu options, taste menu samples, healthy packed lunches and HAF.  **What systems are in place for the payment of meals inc free school meals to reduce stigma?**  Parents have access to the school menu during the week before, they can select the options required online and their child is given a token for the option selected. This is the same for all children, regardless of free school meals or paid for meals  **How are school meals monitored and what measures have been taken to increase take up, inc Free School Meals?**  This academic year we have set up a headteachers breakfast club for PP students to be able to attend, access a free breakfast and take part in social activities before starting school. This has been really successful with those attending. The menu is adapted and changed to reflect the take-up. Favourite days are planned. Planet Protectors are using stockers to motivate healthy choices at lunch time. Special events are celebrated including festivals.  As a school we have also been more proactive about contacting those parents who are entitled to FSM and making them aware. This will also be featured at the spring parents evening.  **Percentage of school meal take up in KS1/KS3?** **Before Food Smart \_\_\_\_\_ Now \_\_\_\_\_**  **Percentage of school meal take up in KS2/KS4? Before Food Smart \_\_\_\_\_ Now \_\_\_\_\_**  **Overall percentage take up of free school meals?** **Before Food Smart \_\_\_\_\_ Now \_\_\_\_\_**  Before Food Smart 1.1.23 - now 4,656 meals taken (FSM children had 538 meals) (UFSM 2,295 meals)  1.1.22 – 14.3.22 4,030 meals taken (FSM had 256 meals) (UFSM 2,123 meals)  It is worth remembering that we are on a falling role in KS1 with classes less than 30  **Own Target(s) or supporting evidence**  We are now back in the main hall eating lunch together rather than in classrooms. We have started to play relaxing music during meal times and we have noticed a reduction in the amount of noise.  This has also promoted table manners and we have had a push on this in school  KS1 have dedicated sit down snack time to ensure there is value placed on this activity. The children have a choice a fruit/veg throughout the week rather than set pieces on set days. This has resulted in the reduction of food waste and increased take up which is also benefiting their academic ability to be able to concentrate in the middle part of the day leading into lunch. |

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| **Education** |
| **How is healthy eating & sustainable food part of the whole school ethos?**  It is part of the student voice through student council, healthy snacks are rewarded with a sticker at break and lunch times  Each class has their own growing planter to learn about sustainable food sources as well as local and seasonal  Have had assemblies from PECT and features as part of the curriculum through PSHE & Sciences.  EYFS already have regular experiences include cooking, food tasting, tasting food grown at school, collecting apples from orchard to make an apple crumble, cooking Chinese food at Chinese New Year, making an egg sandwich when learning e,e,e sound . The rest of the school take part in Topic Days which will include an element of food. Moving forward the school has made a commitment that every class will plan for a food experience (cooked or not cooked) every term ie 6 times per year). This could be increased 2023/24 if appropriate.  **How is food & personal hygiene integrated as part of their practical learning experience?**  This has been integrated as a whole school in all elements following the pandemic. Children are more aware of the need for personal hygiene and we apply this to cooking/hands on food experiences including snack and lunch times.  **How do you promote engagement to all students to get involved in growing their own food and what activities are available?**  Each class has their own planter and they grow seasonal fruit and veg all year round. The produce grown has in the past been used as tasting and cooking activities as well as sending additional produce home. We have plans to include school grown food into the school menus so the children can see their hard work withing the meals they eat.  **Own Target(s) or supporting evidence**  The life education bus comes to school once a year and in yr1 & 2 food is covered  Veg Power – Eat Them To Defeat Them Campaign was really successful and a great way to bring the children and caterers together  We have had an apple day through PECT & Kids Country – we have followed this up by using the apples from the school orchard to make apple crumble  We have had the PECT Growing Tower  School offers an after school cooking club 3x a week which is available to all – but is always fully booked – this will be supported by termly food experiences in the classroom, as there is a clear interest from the children. |

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| **Community** | |
| **How have parents/carers had the opportunity to taste and comment on the meals being offered? Are menus available in advance?**  Menus are offered a week in advance to be able to make choices but a full menu is communicated with parents and featured on the website for the term.  We are extending parent tasting sessions to include the transition from yr2 to yr3 as this is when the universal free meal offer ends  Parents will have the opportunity to complete comment cards as part of the spring parents evening already mentioned – this will give us a better understanding of what parents like or see as missing  **How are mealtimes promoted as a sociable experience and are staff encouraged to eat with students?**  Lunchtime is now back to the main hall and no longer in individual classrooms. In addition to previously mentioned we have a phased lunch to be able to accommodate all students in the hall together regardless of school meal or lunchbox to make the dinning experience more inclusive. This has been working really well and alongside the other changes made is making a real different to positive eating experiences.  **Who have students engaged with to understand where food comes from?**  Have registered with face time a farmer and am awaiting contact with regards to a date  KS1 have the Happy Chick company come  PECT & Kids Country Apple day  Food Smart resources and assemblies  **Have any off-site visits been made and where?**  Previously we have been able to take children on visits to Moor Farm, however these have stopped so we are exploring further options with local farmers  Pre pandemic we visited the local tesco, and we have contacted them again this year to see if this is something they can still offer  We have looked at and are deciding on if we can attend this years food and farm day at the East of England Showground  **How has the school promoted healthy eating at home?**  Half termly newsletter includes links to healthy eating.  Eat them to Defeat them sticker packs have been sent home following assembly in school.  **List any organisations or partners you have worked with, to support Food & Nutrition across the school as part of Food Smart.**  Kids Country  PECT  Veg Power  Grow Your Own Potatoes  British Nutrition Foundation  British Science Week  **Own Target(s) or supporting evidence**  School has also taken part in Healthy Schools Week | |
| **Final Assessment –** (To be completed by a member of the Food Smart or Healthy Schools team) | |
| **What impact has the process of completing the Food Smart Bronze award had on the school?**  Our commitment to Food Smart is crucial to the education of all our students. We wanted to teach children about being healthy; allowing them to develop their cooking skills and give them the opportunity to grow their own fresh food.  Through completing the Food Smart Bronze Award at Northborough Primary School, our school family - including children, staff, governors and parents - has been informed, educated and entertained.  Our students are thinking more about what they eat and where their food comes from.  They are considering the difference between *food waste* and *wasted food*.  They are aware of the importance of portion size and exercise.  As we move forward, we will further embed our Food Smart awareness in the Curriculum.  We hope that our School community will have happy and healthy lives because they are Food Smart!  **I believe that the above-named school has completed all the required criteria and would recommend they receive their Food Smart Bronze Award**  **Any further comments & ideas for progression into Food Smart Silver –**  Northborough has certainly been on a journey! With the support of Food Smart, every child now understands the benefits of healthy eating and has the opportunity to continue to learn more as they progress through the school. There is a whole school approach now which has the commitment of all stakeholders to continue and keep up to date. I can’t wait to see what you do next – Well Done to all those who have made this happen.  **Healthy Schools –** Put your Food Smart Award towards the wider Healthy Schools Accreditation, which also includes Physical Activity and Mental Health. Find out more – **www.healthyschoolscp.org.uk/health-well-being-awards/the-healthy-school-awards/** | |
| **Additional Local Support –**  **Alive N Kicking -** Is a six-week continuous school programme delivered by Nutritionists and Physical Activity Specialists. Aimed to allow children to explore how they can positively impact their own lives through food and activity choices.  **healthyschoolscp.org.uk/resources/healthy-you/**  **Healthy You, Healthy Me** – Classroom-based series of lessons focusing on healthy eating including physical activity games.  **Healthy You, Active 4 Ten** – Ten-minute videos which can be played in the classroom, assemblies or PE lessons to get children moving whilst learning the basics about healthy eating.  **Healthy You Crew** – ‘Healthy Eating Ambassadors’ will gain access to online sessions focused around healthy eating / nutrition, at a time that suits them, with each session ending with a small challenge/task.  **healthyschools.thinkific.com/collections** | |
| **The above-named school has got elements of good practice but needs to work on the following areas before the Food Smart Bronze accreditation can be awarded** | |
| **Name:** Heidi Latronico-Ferris | **Position:** Food Smart Auditor |
| **Signed:** H Latronico-Ferris | **Dated:** 17th March 2023 |