



**Policy:** Whole School Food Policy

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# Whole School Food Policy

## **Introduction**

We are committed to ensuring that the children in our care grow into healthy adults, this being the first of the five requirements of the Children Act 2004 ('Every Child Matters'), i.e. that they:

- Be healthy
- Stay safe
- Enjoy and achieve
- Make a positive contribution;
- Achieve economic well-being

Consequently, the academy does its utmost to teach children the key points about living a healthy life, including the importance of eating healthy food. We are working towards achievement of the National Healthy School Standard, and our Whole-School Food Policy is designed to contribute a vital element to our strategy of creating a school environment in which children can thrive. We believe that it is only through a whole-school approach that the key messages about food and drink can be really effectively conveyed. This document sets out our policy on this.

## **1. Aims and objectives**

- To help children know and understand the importance of food and drink in a healthy lifestyle.
- To help children learn what healthy food is.
- To give children the skills they need to make the right choices with regard to food and drink.
- To promote the physical and emotional well-being of all our children.

## **2. The curriculum**

- We will plan explicit teaching about healthy eating in our formal curriculum. For example, we will teach children about the preparation and cooking of healthy food in design technology classes, while in geography lessons, children will learn where food comes from and how it reaches the shops. In science, we will teach about nutrition and the needs of a healthy body. Through mathematics, we will teach children to measure and calculate size and weight. In English, we will provide opportunities for children to discuss, read and write about health-related issues, such as GM foods, and why some parts of the world have a surplus of food, while other parts have famine. In religious education, children will learn about how food is valued in different societies, and the part food plays in religious custom and practice. In physical education, children will have the opportunity to learn how their body reacts to exercise, and the importance of food and drink to participation in sport and dance. In PSHE, children will have the opportunity to reflect on food-related issues such as how food is advertised, and how we can enjoy treats without damaging our bodies.
- We will also promote healthy eating through the informal curriculum. For example, we will promote healthy eating regularly in assemblies. We will

encourage children to participate in school games clubs and sports, and so learn the enjoyment of a healthy lifestyle. We will organise school visits to outdoor pursuit centres, and provide opportunities for children to explore the natural world. The academy site will be fully exploited in the interest of the children's physical and emotional development through playground activities.

### **3. The academy environment**

- We will ensure that the academy environment promotes healthy eating. We encourage all children to bring wafer biscuits or cereal bars in the home pack lunches not sweets and chocolate.
- We will not have vending machines on the academy site that dispense sweets, chocolate or fizzy drinks.
- We will encourage children to drink plenty of water by providing them with a refill of water during the day and regular opportunities to drink water throughout the day. Please provide them with a named water bottle.
- Children will be encouraged to bring fruit, healthy bars/biscuits to eat at break times if they wish to have a snack. They will not be allowed to eat sweets.

### **4. School lunches**

- We serve healthy food and drink for our school lunches. The lunches will be prepared by our school kitchen, there will be a vegetarian/gluten free options each day, school pack up and jacket potatoes. They always serve vegetables and fruit, and all lunches have a balanced nutritional value.
- The parents or carers of children who bring packed lunches will be made aware of our healthy-school policy, and given clear guidance about what should be included in a healthy packed lunch.

### **5. Role of parents and carers**

- We will work closely with parents and carers to ensure that the messages about food and drink we give in school are reinforced and supported at home.
- We expect all parents and carers who send their children to our school to respect our healthy food policy and to support it fully through the food they give their children to bring to school.
- We will use newsletters to explain to parents and carers the importance we place on healthy eating, and why we endorse this policy.

### **Monitoring and review**

The academy council will monitor this policy to ensure that our children are taught the importance of healthy eating. It will be reviewed on a regular basis, and at least once a year.

Signed: Linda Mahoney (Operations Officer) and Sarah Wilson (Principal)  
Date: January 2022