

The Glapton Academy Food Policy

In our academy we are committed to giving all our pupils consistent messages about all aspects of health to help them understand the impact of particular behaviours and encourage them to take responsibility for the choices they make.

The school supports the '5 a day' campaign to encourage children to eat at least 5 portions of fruit and vegetables a day, which has been shown to reduce the onset of certain life-threatening conditions as well as being helpful in tackling and preventing childhood obesity.

Rationale

The Glapton Academy intends to be 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 our school community.

We should provide a valuable role model to pupils and their families with regard to food and healthy eating patterns.

Our academy ethos and the curriculum ensure that all school staff bring together all elements of the school day to create an environment which supports a healthy lifestyle for our children.

Aims and Objectives

- To set healthy life style choices and habits for adult life
- To ensure that we give consistent messages about food and health
- To give our pupils the information they need to make healthy choices
- To promote health awareness.
- To contribute to the healthy, physical development of all members of our school community.
- To encourage all children to want take part in and understand the '5 a day' campaign
- To ensure that all aspects of food and nutrition in school promote the health and well-being of pupils, staff and visitors to our school.
- To ensure that pupils are well nourished at school and that every pupil has access to safe, tasty and nutritious food and safe, easily available water supply during the school day.
- To make the provision and consumption of food an enjoyable and sociable experience
- To outline future plans and goals with regards to food culture in our school

Settings for the Food Policy

KS2 Pupils are allowed to bring fruit from home to eat at playtime or when on school visits or outings.

EYFS/KS1 receive daily fruit as part of the government initiative.

All pupils must bring a named bottle containing **fresh water** only to school each day.

Breakfast Club

Breakfast Club operates on a daily basis in the school for children from age 4. We also target some children who we know have little or no time for breakfast in the mornings at home.

The food offered is healthy and is consistent with a healthy diet. We provide toast, low fat spread, fruit jam and low salt/low sugar fortified cereals. Children choose from water, orange juice and apple juice to drink (with no added sugar).

Foundation Stage and Key Stage 1

All our under 5s are entitled to free milk. Milk is available for all FSM pupils and those children whose parents have requested it after their 5th birthday. This is organised through our On-line Scheme which parents sign up to on-line and directly.

All EYFS and KS1 classes receive a break time snack of washed fruit or vegetables for all children which is eaten in the classroom or outside on the playground.

School lunches and packed lunches

All our school meals are provided by a contract with Nottingham City Council and are cooked on site in our own school kitchen.

This includes the use of fresh fruit and vegetables each day as a choice for the children. There is also a daily choice of meat or fish and vegetarian dishes both of which pay regard to nutritional balance and healthy options.

There is a daily salad bar which offers a wide choice of cold salad items including pasta, rice or potato salads and freshly baked bread.

The School Cook will be invited to attend a new School Nutrition Action Group (SNAG) in order to discuss preferences with our pupils and to explain some details about nutritional standards. This will be reported back to the rest of the school.

All Reception pupils will receive a hot school meal each day under the Government's Universal FSM scheme unless they choose to go home for lunch. All of KS1 can also take advantage of this offer regardless of any home circumstances.

For children who bring a packed lunch to school parents are reminded to provide a healthy lunch box in line with our Healthy Food Policy.

This means a balanced lunchbox which does not include packaged snacks or chocolate bars. Healthy snacks may be sent in small plastic containers to act as a garnish to sandwiches etc. This is to prevent the setting of future habits such as 'A sandwich means a bag of crisps'.

The school will monitor the contents of lunchboxes through a healthy lunchbox competition and by using rewards and incentives.

On a regular basis the Head Teacher will talk to the children about what their healthy balanced lunchboxes contain. The children will be encouraged to think about how they can become healthier and choices they can make about the contents of their lunchboxes.

The school reminds parents to not include any nuts due to pupils with nut allergies.

Pupils are not permitted to have sweets, chocolate or fizzy drinks in their lunchboxes.

Lunch box food that has not been eaten will be taken home by the pupils to ensure parents can monitor what their child has eaten. Supervisory Lunchtime Assistants encourage children to eat healthily and report to staff if any pupil has a very unhealthy or unbalanced lunchbox.

They have the option to ask the child to take an item home and to replace it with fruit or similar provided by school.

All school meals provided meet the Government's updated Minimum Nutritional Guidelines. The NCC Food Service is passionate about feeding children well and spends a lot of time working on the menus and ensuring the balance is right.

Menus are available on our website or from the office.

The school participates in, and promotes, school meal theme days such as Bonfire Night, World Book Day or other themes, therefore making exciting curriculum links.

New Parents (Larch and Walnut)

All new reception parents will be invited to have a school dinner with their child.

This will enable them to discuss the dining experience with their child at home and support the school food policy.

The Dining Experience:

We believe that our pupils deserve a welcoming and positive dining environment in which to eat and socialise. In the summer pupils will be able to experience the outside environment to eat their lunch on special occasions. All pupils, both those having school dinners or packed lunches, are treated equally through dining times, supervision and provision and help for those who find lunch times difficult e.g. opening tubs and packets or carrying trays.

- On many occasions members of staff dine with the children in the dinner hall
- We aim to make sure children have time to eat their lunch and do not need to rush
- Children in Y6 are encouraged to support children in the dining hall by helping them to serve their food, pouring water, helping them try new food, promoting good manners and conversation and supporting them when clearing away
- All dining furniture is brand new and is child friendly and brightly coloured
- Children use plates and cutlery in place of flight trays to promote eating etiquette
- Children choose and collect dessert after their main meal is eaten and cleared away
- Children are encouraged to self-serve from salad bars and bread baskets to encourage independence
- The dining experience is happy and positive and rewards are given for manners, healthy choices, eating all of their lunch etc.
- Fortnightly Healthy Eating awards will be given from September and prizes received
- Larch and Walnut are always first in to dine followed by year 1 and Y3 in the KS2 hall. Other children take turns for the next sitting
- Children will be chosen to eat with the Head or Deputy Head teacher once a fortnight on a Golden Table. These children will be selected for manners, healthy choices and lunchtime behaviour
- Queues are avoided at lunchtimes as children are invited to the hatch 5 at a time from their class line. Lines are only called when it is their classes turn to enter for lunch and awards will be regularly given for best lines

Staff training

All Staff handling and preparing food have undertaken food handling training and are fully qualified.

Water for All

Water is freely available throughout the school day to all members of the school community. Every child is asked to bring in a water bottle to store their water in.

This should be freshly filled each day.

Children may drink their water at any time except during Assembly.

EYFS and KS1 children are also reminded to drink water at their snack time.

Food across the Curriculum

In EYFS, KS1 and KS2, there are a number of opportunities for pupils to develop knowledge and understanding of health, including healthy eating patterns and practical skills that are needed to understand where food comes from such as shopping, preparing and cooking food.

Literacy provides children with the opportunity to explore poetry, persuasion, argument and narrative work using food and food related issues as a stimulus, e.g. writing to a company to persuade them to use less sugar and salt in children's food and drink etc.

Maths can offer the possibility of understanding nutrition labelling, calculating quantities for recipes, weighing and measuring ingredients.

Science provides an opportunity to learn about the types of food available, their nutritional composition, digestion and the function of different nutrients in contributing to health and how the body responds to exercise.

RE provides the opportunity to discuss the role of certain foods in the major religions of the world. Children experience different foods associated with religious festivals.

Computing can afford pupils the opportunity to research food issues using the internet and other electronic resources. Pupils design packaging and adverts to promote healthy food choices.

Food Technology as part of DT provides the opportunity to learn about where food comes from and apply healthy eating messages through practical work with food, including preparation and cooking. We will be adapting our DT policy to ensure that each class prepares at least 1 healthy dish as part of their DT work. These include healthy pizzas, fruit salads and fruit crumbles.

Class discussions encourage children to take responsibility for their own health and well-being, teaching them how to develop a healthy lifestyle and addressing issues such as body image. Topic work enables pupils to discuss issues of interest to them, e.g. advertising and sustainable development.

Geography provides a focus on the natural world and changing environment, offering the chance to consider the impact our consumer choices have on people across the world who rely on growing food as their source of income. History provides insight into changes in diet and food over time.

Physical Education provides pupils with the opportunity to develop physically and to understand the practical impact of sport, exercise and other physical activity such as dance and walking.

School Sports competitions provide pupils with activities to enhance their physical development.

Partnership with parents and carers

The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Each must reinforce the other.

This is not always easy but our school is well placed to lead by example.

Parents and carers are updated on our water and packed lunch policies through school and class newsletters and the web-site.

We ask parents not to send in fizzy drinks and we remind them that only water may be drunk during the school day, except at lunch when children may drink juice or squash with their packed lunch.

Water is available to all pupils with their lunch.

During events such as parties, the school will encourage parents and carers to consider the Food Policy in the range of refreshments brought to school to share. However it is important to stress to children that it is O.K. to eat less healthy foods and snacks occasionally as a treat and as part of a well-balanced diet.

Children may bring a treat in for their friends on their birthday but children are taught that is taken home and only eaten if permitted by their parents. They are encouraged to bring healthy alternatives to sweets.

Monitoring and review

The SLT are responsible for the curriculum development of the Food Policy. The Head teacher is responsible for supporting colleagues in the delivery of the Food Policy and keeping Governors informed of its impact. Nottingham City Council is responsible for ensuring the quality of the food offered as part of the contract with the caterer.

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

