

“Enjoying ‘life in all its fullness’ by achieving your personal best!”



Whole Food Policy

THE HEREFORD ACADEMY

1. DESCRIPTION OF THE SETTING

1.1 A description of the geography and status of the setting, the age range, sex, religious, ethnic and cultural mix of children, the family backgrounds of the children, any special educational and health needs of the children and the role/involvement of the governors.

2. HOW THE POLICY WAS FORMULATED

2.1 This should include membership of the working party, the process of developing the policy and issues considered.

3. NATIONAL GUIDANCE

3.1 This policy was drawn up using a range of national documents including the Food in Schools Toolkit (Department of Health) and Food Policy in Schools – a strategic policy framework for governing bodies (National Governors’ Council, (NGC) 2005).

4. THE WHOLE SCHOOL FOOD POLICY

4.1 The Whole School Food Policy covers the following areas:

- i. **Academy Councils or Academy Nutrition Action Groups**
- ii. Breakfast clubs,
- iii. Break time snacks brought from outside school,
- iv. Tuck shops,
- v. School lunches,
- vi. Packed lunches,
- vii. Vending,
- viii. Water,
- ix. Curriculum,
- x. After-school clubs.

5. OVERALL AIM OF THE POLICY

5.1 To ensure that all aspects of food and nutrition in Academy promotes the health and well-being of pupils, staff and visitors to the school.

6. WHERE AND TO WHOM THE POLICY APPLIES

6.1 All staff, pupils, parents/carers, governors and partner agencies working with the Academy.

7. ACADEMY COUNCILS OR ACADEMY NUTRITION GROUPS

7.1 Senior management will work with the **Academy Council or Academy Nutrition Action Group** to provide a mechanism for consulting with pupils at all stages of developing the school food policy and all aspects of food in school.

The Academy Council or Academy Nutrition Action Group:

- i. Will be involved in consultation regarding healthy food options,
- ii. Will enable students to have a voice,
- iii. Will disseminate the healthy eating policy and healthy eating messages to the classes,
- iv. Will work with the Catering Manager – inviting them to council meetings.

8. BREAKFASTS CLUBS

8.1 The Breakfast club will promote **free/low** cost healthy breakfasts in line with government guidelines. Breakfasts will be provided for students, who might otherwise go without and will be provided for all students who request the service. A pleasant supervised eating area with suitable seating and tables will be provided for pupils.

The food that will be made available will be:

- i. Wholegrain cereals,
- ii. Fresh fruit,
- iii. Wholemeal bread,
- iv. A variety of low salt, low sugar and low fat spreads,
- v. Milk,
- vi. Fresh drinking water.

9. BREAK TIME SNACKS BROUGHT FROM OUTSIDE SCHOOL

- 9.1 All snacks brought into school will be restricted to fruit or vegetables.
- 9.2 Children will be allowed to bring in seeds or nuts (only if there are no pupils with a nut allergy in the school).
- 9.3 Children can buy items from the tuck shop in line with the 2006 National Guidance.
- 9.4 Staff will monitor the eating of snacks at break times.
- 9.5 Children can only bring in water or 100% pure fruit juice to drink during break time.
- 9.6 Children on special diets will be given consideration in accordance with government policy on nutrition.

10. TUCK SHOPS

- 10.1 Snacks will be sold during break times from the tuck shop by a member/s of the Academy staff and will be prepared in line with >>>>.

The tuck shop will promote healthy eating habits by selling:

- i. Fresh or dried fruit and vegetables,
- ii. Wholemeal bread rolls with the option of a variety of low salt, low sugar and low fat spreads,
- iii. Fruit juice that is pure and additive free,
- iv. Bottled water.

- 10.2 No chocolate or crisps will be sold.
- 10.3 Students will be regularly consulted through the Academy Council or Academy Nutrition Action Group as to the fruit and vegetables they would like in the tuck shop.
- 10.4 Students will be encouraged to use the healthy tuck shop facilities through leaflets and literature, rather than bring their own snacks.
- 10.5 Students will be supported to run the tuck shop themselves, e.g.: prepare fruit, sell it and compost waste.
- 10.6 All profits from the tuck shop will go towards >>>

11. SCHOOL LUNCHES

- 11.1 The Academy will provide free school meals to all those pupils who are entitled to them. All lunches will be prepared following the government's nutritional guidelines.
- 11.2 There will be a flexible choice of whether to have school lunches or not – i.e. no need to book in advance.
- 11.3 There will be a limited choice to ensure a balanced meal.
- 11.4 Eating arrangements – students will be able to sit with friends.
- 11.5 Fresh drinking water will be available.
- 11.6 Teaching staff will be encouraged to have school lunches and sit with the students as role models.
- 11.7 There will be a queuing policy with a rotation of sittings.
- 11.8 The lunch hall will be made as pleasant as possible to encourage good social interaction.

12. PACKED LUNCHES

- 12.1 The school will provide facilities for students bringing in packed lunches. The school will work with parents to ensure that packed lunches contain healthy options. The school will work with the students to provide attractive and appropriate dining room arrangements.
- 12.2 Students will only be able to bring packed lunches in insulated bags with freezer blocks, to stop the food going off (There is no/only some fridge space in school).
- 12.3 The packed lunch is to contain no chocolate or confectionary items.
- 12.4 The packed lunch should not contain crisps.
- 12.5 The packed lunch will contain a starch-based carbohydrate – to provide energy.
- 12.6 The packed lunch will contain two pieces of fruit or vegetable.
- 12.7 Students can bring only water or 100% fruit juice.
- 12.8 Any food left in lunchboxes will be sent home with the student.
- 12.9 There will be no swapping of food.
- 12.10 Fruit to be consumed at break time should come in a separate container/bag.

13. VENDING

13.1 The Academy will provide healthy refreshments during and outside catering hours.

Either the school will have no vending machines on the premises for use by children and young people, **or**:

13.2 The vending machine will only be switched on at the following times >>>.

13.3 Profits from the vending machine will go to reinforcing the healthy eating policy.

13.4 The vending machine will only dispense healthy snacks in line with national standards.

13.5 The vending machine will only advertise healthy choices.

13.6 The responsibility to restock and maintain the vending machine will belong to the vending company, in consultation with the Academy.

13.7 The content will be monitored by the **Healthy Schools co-ordinator/headteacher/nominated person**.

13.8 The contents of the vending machine will be regularly reviewed.

13.9 Complaints will be addressed by >>>.

14. WATER

14.1 The Academy will encourage students to drink water at frequent intervals throughout the day. Students will be allowed named sports bottles on desks unless health and safety rules forbid it. Students will have easy access to free fresh drinking water throughout the school day.

14.2 Water will be freely available at lunchtime.

14.3 For hygiene reasons water bottles must be taken home daily to be washed.

14.4 After physical activity and during hot weather, students will be encouraged to drink more water.

14.5 Plastic bottles must contain only water – this should not be flavoured water.

15. CURRICULUM

- 15.1 The whole-school policy will encompass nutrition education in the curriculum. Healthy eating will be covered within the **personal, social and health education (PSHE) and science curriculum.**
- 15.2 Students will have regular, timetabled opportunities to cook and prepare food. **(Attach your own curriculum map showing opportunities to learn about healthy eating.)**
- 15.3 Pupils will be made aware of the healthy eating policy throughout the curriculum.
- 15.4 Healthy eating will form part of the development plan.
- 15.5 There will be consistent messages across the curriculum about healthy eating.
- 15.6 Healthy foods will be actively promoted through regular tasting sessions.
- 15.7 All students will learn about and apply the principles of food hygiene.
- 15.8 Children will learn and apply the principles of a balanced diet and how diet affects health.

16. AFTER-SCHOOL CLUBS

- 16.1 The food and drink provision at the after-school clubs will be in line with Academy policy. Fresh fruit, vegetables, wholemeal bread rolls and fresh water will be available. **If you have a cookery club or growing club, mention should be made of them here.**
- 16.2 Refreshments to be provided and in accordance with the national food guidelines.
- 16.3 **>>>** will be responsible for overseeing all staff to ensure health and safety and hygiene rules are adhered to.
- 16.4 Water containers/bottles should be renewed frequently.
- 16.5 No food is to be brought in from outside the club.

17. STAFF SUPPORT AND TRAINING

- 17.1 Outline induction and training for all staff, especially about nutrition, food hygiene, and health and safety.

18. ASSESSMENT, MONITORING, EVALUATION AND REVIEWING

18.1 The Governing Body will review this policy at least every two years and assess its implementation and effectiveness. The policy will be promoted and implemented throughout the Academy.

19. REFERRAL AND EXTERNAL SUPPORT

19.1 The Academy will link with the school caterer, HC3S, to ensure high-quality cooked meals, which meet government nutritional standards, are available. The Academy will seek the support of a range of agencies, including nutritionists, oral health nurses and dieticians, to enhance the taught curriculum.

20. INVOLVEMENT OF PARENTS / CARERS

How will the Academy consult with parents about the food policy?

21. LINKED POLICIES

e.g.: food technology, PSHE, science

22. DISSEMINATION OF THE POLICY

How will the policy be made available? Will there be staff training? Will there be a parents' evening?