

SHAW WOOD ACADEMY



FOOD POLICY

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| Date Prepared : August 2021 | Prepared By : MR | Review Date : August 2023 |
| Approved By Governors : | Signed By Chair: | Dated By Chair: |

Mission Statement

Shaw Wood Academy values healthy eating as part of the health and well-being of students, staff visitors within the spirit of Every Child Matters.

The Whole-School Food Policy covers the areas of:

- Student Breakfast Clubs
- Breaktime Snacks for KS1 students
- School lunches
- Water
- Packed Lunches
- Curriculum
- After-school clubs

Overall Aim of the Policy:

- To improve the health of students, staff and their families by helping to influence their eating habits through increasing their understanding of what constitutes a healthy diet.
- To ensure students are well nourished at school, and that every student has access to safe, tasty and nutritious food, and easily available water during the school day.
- To ensure that food provision in the Academy reflects the ethical and medical requirements of students and staff, e.g. religious, vegetarian, ethnic, medical and allergenic needs.
- To make the provision and consumption of food an enjoyable and safe experience.
- To provide healthy, balanced food options to optimise the potential learning of students, improving behaviour and health.

Where and to whom the policy applies:

To work towards ensuring that the policy is accepted and embraced by; students, all staff, parents/carers, governors, Doncaster Schools Catering, and partner agencies working with schools.

Academy/Community Councils

Representatives from the 'Healthy Schools' focus group will work with the student council to provide a mechanism for consulting with pupils at all stages of developing the Academy food policy and all aspects of food in the Academy.

Breakfast Club

A breakfast club is available which provides a low cost healthier breakfast. This is in line with government guidelines, and particularly for students who might otherwise go without. A supervised area with suitable seating and tables is provided for students.

- Fresh fruit will be available
- A variety of low salt, low sugar, low fat spreads will be available.
- The Academy will provide a pleasant environment for dining.

Break time snacks brought from outside the Academy

All snacks brought into the Academy should be 'healthy options', such as; fruit, vegetables, nuts and seeds. Savoury crackers or breadsticks served with vegetables, or dairy food are also a good choice.

- Students should strive to bring fruit and/or vegetable snacks into the Academy.
- Students should strive to bring in only water, still or sparkling, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies.
- Students on special diets will be given consideration with consultation in accordance with government policy on nutrition.

School Lunches

The Academy will provide free school meals to all those students who are entitled to them. All school lunches will be prepared following the government's nutritional guidelines.

- There is a flexible choice of whether to have school dinners, to bring a packed lunch, or to go home. This will need to be identified at the beginning of the school year and then at the beginning of each term as students may decide to choose a different option.
- There will be a limited choice to ensure a balanced meal.
- Eating arrangements- students will be able to sit with friends.
- Fresh drinking water will be available from the water dispensers.
- There will be a queuing policy.
- The Academy lunch hall will be made as pleasant as possible to encourage good social interaction.

Packed Lunches

The Academy will provide facilities for students bringing in packed lunches. The Academy will work with parents to ensure that packed lunches contain healthy options. The Academy will work with students to provide attractive appropriate dining room arrangements.

- Students should try to bring packed lunches in insulated bags with freezer blocks, to stop the food going off. (There is no fridge space at the Academy.)

Water

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

- Free, fresh water will be available to all students throughout the day.
- Students are encouraged to have a clear bottle of water in lessons.
- Water will be freely available at break and lunchtime.
- Hygiene- water bottles will be taken home daily to be washed.
- After physical activity and during hot weather, students will be encouraged to drink more water.
- Energy drinks are banned. The only exceptions are sports drinks for those involved in competitive games.

Curriculum

The Whole-School policy will encompass nutrition education in the curriculum. Healthy eating will be covered within Life lessons, the personal, social and health education (PSHE), food technology, and science curriculum.

- Students will be made aware of the healthy eating policy throughout the curriculum.
- There will be consistent messages across the curriculum about healthy eating.
- All students will learn and apply the principles of a balanced diet and how diet affects health.

Policy Review and Development

The policies will be monitored and reviewed on an two yearly basis. The effectiveness of the policies will be monitored regularly via staff observations, and discussions with lunchtime supervisors, staff on duty, and senior adults.

Referral and External Support

The policy was drawn up using a range of national documents including information and a draft policy from the school Food Trust, the Food in schools toolkit (Department of Health) and Food policy in schools.