



# **HEALTHY FOOD POLICY**

**UPDATED JULY 2014**

***(revised September 2014)***

***(reviewed December 2015)***

**Approved by Executive/SLT in: July 2014**

**Staff Consultative Group advised:**

**Board of Governors notified on:**

**Review date: December 2016**

## **The policy**

This policy has been devised acknowledging nationally approved best practice and following consultation with the Student Nutrition Action Group and the Healthy Schools Group and so represents the views of health professionals, teaching staff and students.

Students will be provided with the knowledge and skills that permits understanding of the benefits of healthy eating and also the risks of obesity or other impairing health related conditions.

The policy meets the Department for Education guidelines and is based on the framework 'A fitter future for all 2012-22' and national guidelines on nutrition based standards.

## **A whole academy approach**

As an accredited Healthy School there is a responsibility to model best practice over food choice and healthy eating habits. There is equally an expectation that all aspects of academy life, from curriculum lessons, dining room standards and adult practice combines to create an environment that instils a healthy lifestyle.

Our aim is to provide a consistent approach to nutrition in the academy and to enable partnership working with families, primary schools and other professionals to support students in developing healthy eating practices that can be embedded for life.

## **Objectives**

- To provide students with positive healthy eating experiences in order to promote their wellbeing.
- To respect the different dietary, cultural, religious and health needs of the students.
- To encourage students to develop positive attitudes towards food through learning experiences day to day.
- To enable best practice that could influence attitudes of wider family members.

## **Rationale**

Listed below are the expectations for different aspects of academy life. In declaring these there is a realisation that in providing best practice experiences it may not always be possible to reinforce for all students. There will be occasions, particularly for those not convinced or who experience external inhibiting circumstances, when the outcome cannot be punishment but reason and advice. In this respect Post 16 students who have received sound advice for five years in the academy have to feel that in their own specialist areas they have freedom of choice.

While there is an agreed code of practice in the academy, adult preferences may not always align but it is hoped that any visual or anecdotal examples likely to contradict academy policy are not shared in the company of students.

### **The dining experience**

Only Post 16 students may leave the site at lunchtime so students in Years 7-11 must use the dining room or outdoor eating area adjacent. Students must not eat anywhere else on the site unless as part of a lesson or the tutorial programme. A re-organisation of queueing for the dining room enables more students to be inside in the poorer weather and to make better use of the duty team.

The display of food and accompanying advice will be to encourage students to take the most healthy of the extensive choices. A nutritional coding system will be available for students to understand in order to make the most appropriate choices. Students will be encouraged to use the traffic light system before making choices.

The catering team are sensitive to the needs of students with special dietary needs including religious convention.

Parents are asked to communicate any special diet or food allergy for sons and daughters to the academy nurse. Catering staff are aware of the different allergens in the academy break and lunch time menus. Students are expected to be responsible and to seek the relevant information about the contents of any dish.

Students bringing packed lunches are expected to adhere to the academy healthy eating policy. Crisps, chocolate and sugared drinks are not permitted. Students not abiding by the requirements will be identified by lunch time duty staff so that this can be handled sensitively by their tutor with parents.

Snacks at break time and lunch time that are provided for students will be healthy.

All desserts provided are low in sugar and include fibre, vitamins and minerals from fruit or vegetables and do not contain cream or icing.

Advisory messages are displayed around the academy so that students have the information to make sensible choices.

Food prepared for open evenings or parents' evenings or for governors meetings will be healthy products.

### **Drinks**

Students are encouraged to drink still water only. Water fountains are available for students to fill approved containers so that they can drink regularly and avoid dehydration.

Any physical education activity undertaken as part of the curriculum does not require anything other than water. Students cannot bring canned drinks, sports drinks or energy drinks onto the academy site. Anyone contravening this rule can expect to have the product removed.

### **Food education in the classroom**

All students in Key Stage 3 receive lessons for food and nutrition. They are presented with opportunities to explore ways to develop a healthy diet and to learn practical skills in the safe, hygienic and creative use of food. Students will be taught that there are 'always foods' (brown rice, fish and vegetables for example) and 'sometimes foods' (lasagne, unsalted nuts) and 'rarely' (those containing high sugar and fat).

### **Food education in tutorial**

The messages that are delivered through the curriculum will be complemented by the other taught programmes such as tutorial and mindset. These schemes of work will contain progressive approaches to healthy eating which are supported by assembly or broadcast content that can target particular events or promotions.

### **Student rewards**

Students must not be rewarded with confectionary.

Reasons for this:

- Allergies and intolerances are increasing.
- Rewarding with sweets encourages comfort eating behaviour into adulthood leading to obesity.
- Sweets can have a detrimental effect on student behaviour and quality of teeth. As with inappropriate drinks, inappropriate snacks may be removed.

### **The Healthy Schools Group**

This is a team of academy staff who are interested in promoting and encouraging our students to form healthy habits for life. This group of staff support healthy eating and fitness initiatives, pilot schemes, provide enrichments, contribute to assemblies and Year 6 induction days. The aim of the healthy schools group is to act as role models throughout the academy whilst providing praise and rewards for students making the correct choices.

### **The School Nutrition Action Group**

This comprises a group of students from Key Stage 3, 4 and 5. The students are encouraged to develop nutrition knowledge by participating in an enrichment programme.

The group provides invaluable peer support in making healthy choices, providing ideas, reviewing student feedback and supporting healthy eating campaigns.

### **The Friends of Macmillan**

Parents who support academy events provide a very worthwhile service while raising funds for academy use. Food and drinks provided will always be of an acceptable standard under the terms of the Healthy Food Policy.