



# The Academy for Character and Excellence



## Healthy Eating Policy

Reference: TP/SW/Health&Safety/C&S

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## Who should use this policy?

This policy will apply to all staff, pupils, parents and volunteers attending any school within the Academy for Character and Excellence.

This policy will be reviewed every two years unless significant legislative changes occur before the review date.

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## Introduction and aims

### Our Mission

The Academy for Character and Excellence seeks to influence and improve the health of the whole school community. We recognise that schools play a vital role in establishing life-long healthy eating habits and healthy mind sets. We recognise the importance in supporting pupils from an early age to learn about fresh and healthy food and the impact healthy eating environments and knowledge can have to ensure the future health of generations to come.

Through equipping pupils and their families with ways to establish and maintain lifelong healthy eating habits that benefit both themselves and the environment. We believe that a healthy diet will not only influence a child's wellbeing but also their academic attainment. Our mission will be accomplished by providing a high quality food education and food meal service and ensuring consistency in food messages throughout the school day. (Please see Appendix 1 for key responsibilities)

### Character Development:

Within each of our schools our commitment to Equality and Diversity is founded on a set of fundamental values designed to enable all pupils and adults connected with our community to flourish and succeed, regardless of background or circumstances.

We seek to ensure that we are constantly developing our pupils character. Character education is an essential element of our curriculum model and it gives children opportunities to make a positive impact on society and make a difference to themselves and those around them. We are determined to be open to people, places, methods and ideas—and as such, equality and diversity are at the heart of everything we do

### Green Canteen

Our schools all consider the impact that our food choices are having on the planet. The transportation and intensive production of many food items results in carbon emissions which in turn are considered to be contributing to climate change and global warming.

We want to model eating healthily and being an intelligent consumer in the hope that these good habits will stand our pupils – and the planet - in good stead for the future.

To this end we seek to promote the consumption of a balanced diet with regular meals and healthy snacks. At the same time, we seek to promote discussion and debate about where our food comes from, how it is grown, transported, safely prepared, cooked and presented.

### Civic Responsibility

As part of our pupil's character development, the children will take an active role in the local and global community through service. Children need to understand the cultural diversity of food and how we use food to mark special occasions, celebrations and the joy of sharing food. Each of our schools will demonstrate being part of their community through offering community lunches and collaborating with local organisations.

## Food for Life

As a Trust we have enrolled in the Food for Life Partnership and all of our schools are working towards the Gold award [www.foodforlife.org.uk](http://www.foodforlife.org.uk)

Our policy reflects the four key aims of this initiative:

- Food Leadership
- Food Quality and provenance
- Food Education
- Food Culture and Community involvement

## Food Leadership

### Aim

To ensure the senior leadership team, with the support of the Trust Catering lead, facilitate the role school plays, as part of the larger community, in promoting family health and sustainable food and farming practices.

### Objectives

- To ensure the whole school and community are consulted on school food issues via a SNAG (school nutrition action group) or that food features as a regular agenda item at school council meetings
- To work with the whole school and community to develop an agreed whole school food policy and action plan
- To ensure the whole school and community are kept informed of key changes in relation to food issues in school
- To build the confidence of parents in the school meal service and improve the take-up of school meals, including free school meals
- To support the provision of healthy packed lunches and snacks
- To ensure key staff and teachers are aware of current food issues and have the necessary skills and knowledge to educate the whole school on food and nutrition topics

*"Leadership gateway – Act with integrity, authenticity and determination and through this inspire others"*

## Food Quality and Provenance

### Aim

To ensure pupils and staff receive nutritious, fresh, local, seasonal and if possible organic food at lunch and throughout the school day, and that this food is delicious, seasonal, affordable and safe so aiding their effective learning.

## Objectives

- To provide food of consistent nutritional quality throughout the school day, ensuring it meets current government regulations such as:
- Public health catering guidance [https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/832554/Healthier\\_catering\\_guidance\\_for\\_different\\_types\\_of\\_businesses.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/832554/Healthier_catering_guidance_for_different_types_of_businesses.pdf)
- School Food Plan <http://www.schoolfoodplan.com/standards>
- Food For Life Standards <https://www.foodforlife.org.uk/catering/>
- To ensure school dinners are good for us and the planet, through actively encouraging alternative options for our school meals. Our schools also take responsibility for encouraging recycling, the use of sustainable packaging, reducing plastic and food waste and the promotion of reusable bottles. Our catering provider makes positive steps to sustainably manage their supplies, energy, water and waste.
- To seek to achieve the Food for Life targets of 75% freshly prepared, 50% locally sourced and 30% organic ingredients, and to address issues of seasonality, animal welfare and sustainable fishing in our sourcing of ingredients
- To ensure pupils have easy access throughout the day to drinking water and that this is separate from the toilet area.

## Breakfast

- All of our schools to recognise the importance of breakfast and the impact this has on increasing attendance, attainment and concentration. We seek to engage in agencies to support the provision of breakfast where possible through schemes such as 'magic breakfast'
- All onsite extended school provision where food is offered will ensure compliance with the national school food standards.

## Snacks

- We support the healthy snacking at break time and ensure that foods high in fat, sugar and salt are not provided or bought in at times other than lunch. At all times fruit and vegetables would be the preferred choice.
- We refer parents to our healthy snacking pamphlet for guidance and support (See attachments)
- KS1 are part of the universal Free Fruit Scheme.

## School Lunch

- Our food is cooked at a local primary school and transported to us via an external catering contract. The food is freshly prepared off-site using fresh and seasonal produce. It is an expectation that our external contracted catering teams also comply with the Food for Life framework and school food standards.
- Each of our schools recognise the benefits of a well-balanced hot school meal for children as fuel for learning and encourages this option to parents.

- Lunchtime is seen as another valuable lesson in the school day.
- Close relationships are established with our catering supplier and monthly monitoring checks are undertaken.
- Allergies and special diets for religious beliefs or otherwise, including ethnic groups, are catered for upon request and all parents are asked to enquire at the school office. For allergies or specific diets, our external caterer requires parents to complete a Special Diet Registration Form via the school office. All of our schools are 'nut aware' - see allergy policy

### **Packed lunch**

- Packed lunches prepared by the schools external catering team should follow the guidance of the school food plan. They offer the packed lunches for all pupils on educational visits to encourage healthy eating during off-site activities.
- Schools support and encourage parents, carers and children to bring in healthy and balanced packed lunches and should not include confectionary, sweets, chocolate, fizzy drinks. Packed lunch guidance and support is provided – flyer (See attachment) and ideas for healthy packed lunches can be found on the change for life website <https://www.nhs.uk/change4life>

### **Food as a reward**

- Our schools do not encourage unhealthy food or drink as a reward for good behaviour, academic or other achievements

### **Events and Celebrations**

- At Christmas and at the end of the school year classes may have a class party in which food is brought in by parents. We will provide a balance between treat foods and healthy fruit and vegetables at these times.
- Schools are aware that they use a balanced approach to healthy eating, educating children about moderation and the benefits of a healthy diet. This includes encouraging PTFA to also adopt our whole school approach to health with any fundraising events, seasonal fayres and discos. Our approach is not to eliminate but to limit and to promote awareness, whilst always ensuring we make healthy alternatives available at these events.

### **Visitors and guests**

- We believe that it is the responsibility of the school to ensure that contributions made by visitors reflect the philosophy on food and nutrition. As such, all of our school community are asked to adhere to this policy and role model healthy eating and drinking.

## Food Education

### Aim

To provide a well-planned national curriculum course of study that incorporates messages about nutrition, food hygiene and sustainable and ethical food production, and which is complemented and reinforced by practical hands-on food education like cooking and growing projects and farm links. Our curriculum has been developed to equip our pupils with the knowledge and skills that will assure them of future success.

### Objectives

- To help pupils develop an understanding of the relationship between a healthy diet and physical activity for their short and long-term wellbeing and health
- To give pupils and the wider community the opportunity to acquire basic skills in planning, preparing and cooking healthy meals, and an understanding of basic food hygiene
- To provide pupils and members of the wider community with the opportunity to learn about the growing and farming of food and its impact on the environment
- To provide opportunities for pupils to eat and cook with vegetables that they have grown themselves
- To create opportunities for pupils to connect with local producers and food businesses, to help them become intelligent and responsible food consumers

*"Flourishing gateway – Seek a purpose for life; take responsibility for my own well-being and support others with theirs"*

## Food Culture and Community Involvement

### Aim

To create an enjoyable and sociable dining experience for pupils in school, and a lively food culture within the school and its wider community.

### Objectives

- To provide an enjoyable lunchtime experience and environment
- To ensure parents and guardians are involved with developing a healthy approach to packed lunches and snacks in school
- To ensure any collaboration or sponsorship with businesses further the Food for Life Partnership aims, and any endorsements of brands or products comply with Government regulation
- To promote a good understanding of healthy and sustainable food in families and the wider community through the involvement of parents and community groups in growing and cooking projects and food events
- To share the learning experience on food issues with other schools and community groups
- To ensure pupils develop an understanding of the ethnic, religious and cultural differences of other countries in the world

*"Citizenship gateway – Make a difference to my home, school, community and the wider world through showing compassion, empathy and drive"*

## **Implementing and Monitoring**

Our SNAG (or associated group) meets every half term. Each group has an action plan to work towards the food for life criteria which supports this policy. Please ask the school office if you would like to part of this group.

Our school food booklet, happy snacking pamphlet and packed lunch guidance sets out the practical implications and matters arising from this policy and should be considered as an appendix to it.

We will monitor this policy via SNAG or school council minutes who reports to the Trust Catering Lead and Senior Management Team. The reports will include feedback and statistics relating to the uptake of school meals and quality of the school food service as well as pupil/wider community response to educational activities.

The Headteacher will observe sample cooking and growing lessons. Or lessons associated with this policy

The policy will be reviewed every two years when we will create opportunities for discussion with the children, staff, parents and governors through meetings, the school newsletter and questionnaires.





## Appendix 1 - Healthy Eating Responsibilities

Headteacher	<ul style="list-style-type: none"> <li>• Overall responsibility for ensuring all providers of food at their school are aware of the policy</li> <li>• Ensure the curriculum supports healthy eating through a whole school approach</li> <li>• Ensure opportunities are made available to embed Food for Life</li> </ul>
Senior Leadership Team (SLT)	<ul style="list-style-type: none"> <li>• SLT supports Headteacher in overseeing all aspects of food provision throughout the school day</li> <li>• Support the Headteacher in a whole school approach to healthy eating</li> </ul>
Curriculum leads, teachers and support staff	<ul style="list-style-type: none"> <li>• Ensure healthy food is included in curriculum learning through for example; Personal, Social, Health and Economic (PSHE) education, Science, Design and Technology (food and nutrition) and in Enrichment</li> </ul>
ACE Trust Catering Lead	<ul style="list-style-type: none"> <li>• To ensure consistency of a whole school approach for the Trust</li> <li>• Responsibility for in house kitchens – contract review for externally catered for provision</li> <li>• Food related policy, development and review</li> <li>• Procurement</li> <li>• Menus, allergies and special diets</li> <li>• Food standards compliance</li> <li>• H&amp;S and food safety compliance</li> <li>• Kitchen staff training</li> <li>• Nutritional analysis</li> <li>• Food For Life support</li> <li>• Support for food education as required</li> </ul>
Kitchen Managers	<ul style="list-style-type: none"> <li>• Managing day to day food service</li> <li>• Managing kitchen team</li> <li>• Preparation, cooking and serving of the school lunches including meeting with the needs of the children with special dietary requirements and allergies</li> <li>• Ensuring food is fresh, tasty and attractive</li> <li>• Ensuring all hygiene standards for food provision are adhered to</li> <li>• Encourage pupils to make healthy choices</li> </ul>
Lunchtime supervisors	<ul style="list-style-type: none"> <li>• Promoting a calm and positive dining experience</li> <li>• Encourage healthy eating and choices through rewards</li> <li>• Ensuring school meals and packed lunch pupils sit together</li> <li>• Ensure hygiene standards are adhered to</li> </ul>
Extended schools (wrap around care)	<ul style="list-style-type: none"> <li>• Ensure compliance with food across the whole school day</li> <li>• School food standards</li> <li>• Aware of allergies and dietary requirements</li> <li>• Maintain good food hygiene standards</li> </ul>
School PTFA	<ul style="list-style-type: none"> <li>• Ensure healthy alternatives are made available at school PTFA events</li> <li>• Ensure good food hygiene is maintained</li> </ul>
Pupils	<ul style="list-style-type: none"> <li>• To have the confidence to try new foods</li> <li>• To learn new skills</li> <li>• To respect their bodies and to keep themselves healthy</li> <li>• To make healthy food choices</li> </ul>
Parents and Carers	<ul style="list-style-type: none"> <li>• To encourage healthy eating behaviours</li> <li>• To be aware of the healthy eating policy and pack lunch guidance and snacking advice</li> </ul>

