



HARROLD PRIORY ACADEMY Food Policy

Issue 1.01

Statement Document History

Issue	Comment
1.01	Approved by Harrold Priory Academy Governing Body

The incidence of overweight and obesity is growing amongst our Nation's children along with associated ill health. Predictions are for 1 in 3 Academy children to be overweight or obese in the next decade unless there is successful intervention. Whilst families are considered the primary guides and caregivers for their children, Academies also have an important function to promote optimal health and well-being and support families in this life enhancing quest.

Policy:

To ensure all aspects of food and drink in the Academy promote the health and well-being, both now and in the future, of everyone who interacts with the Academy.

2. APPLICABILITY

The policy applies to the Harrold Priory Academy, all of its teaching staff and pupils.

3. ROLES & RESPONSIBILITIES

- To give our pupils, parents and staff the information they need to make healthy choices, in and out of the Academy, and an understanding of why these choices are important.
- To ensure that the Academy community is aware of the link between a healthy, safe diet with an active lifestyle and physical and mental well-being, behaviour and performance at the Academy.
- To ensure that we are giving consistent messages about food and health throughout the Academy day and to maximise opportunities to promote a healthy diet.
- To ensure that the food and drink available throughout the Academy day meets Government standards for food. Although not a requirement for academies, this standard is followed.

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- To provide guidance so that food brought into the Academy is consistent with the regulations for the food provided in the Academy.
- To include the whole Academy community in the promotion of a healthier active lifestyle.
- To develop the policy through consultation with the whole Academy community in order to optimise support, acceptance and effectiveness.
- The Principal is responsible for ensuring all staff are aware of their responsibilities towards health and wellbeing.
- The Catering Manager is responsible to ensure that food and drink available throughout the Academy day meets Government standards for food in Academies.

Monitoring & Review

This policy statement is the responsibility of the Governing Body's Personnel sub-committee and is authorised by the Governing Body of the Academy Trust. The attaching implementation procedures are the responsibility of the Head of School, but will be monitored by the Chief Operations Officer.

The committee will review periodically the Academy meal menus provided to parents termly, survey pupil responses and Student Council opinions.

Ask for a report annually from the Principal, detailing uptake of cooked Academy meals, uptake of water and reported changes of behaviour eg. after lunch, break, incident slips etc.

The committee will review the policy statement as appropriate under changing circumstances and at least every three years.

IMPLEMENTATION PROCEDURES & NOTES

Section 1: FOOD THROUGHOUT THE ACADEMY DAY

Breakfast

Guideline:

- The benefits of a healthy breakfast will be promoted in our Academy.
- The Academy will survey the number of children and young people having breakfast and, where consumption is low the Academy will consider action. The results of the audit will be taken into consideration when deciding on the giving of health promotion messages.
- The Breakfast service will be affordable and meet Government guidance, which is published by the Academy Food Trust.
- Where there is a breakfast service, teaching and non-teaching staff will be encouraged to have breakfast with students to foster/support the Healthy Breakfast part of this policy.

Snacks

Guideline:

- Where snacks are offered in the Academy they will comply with Government guidelines and regulations or equally robust local nutritional guidelines. They will respond to the part they are playing in the pupil's diet e.g. substitution for breakfast.
- Affordability will be considered and also the impact on reducing uptake and money available for a balanced lunch.
- Tuck policies for food brought into the Academy will consider fruit and vegetable schemes, energy balance for children, breakfast consumption, time until next meal, physical activity, litter, effect on the environment, pupil behaviour and the opportunity to widen food choices and gain confidence in trying new foods.
- Staff will be encouraged to meet the new standards.

Academy meals

Guideline:

- Academy meals must comply with current Government regulations and make provision for cultural diversity, special diets and pupils with disabilities.
- Academy dinners will be actively promoted and encouraged through offering good dining environments and good management to minimise queues. All students will be able to sit and eat a meal and this will be encouraged.

- Children will be encouraged to make healthy choices through a range of school projects e.g. in the dining room, through the curriculum, involving packed and school dinners, staff and pupils.
- Catering team will work with the Healthy Schools Co-ordinator and implement healthy eating schemes.
- Staff will be encouraged to eat meals with pupils.
- Pupils will be involved in trying to increase the uptake of school dinners and in improving their dining experience.

Water provision

Guideline:

- All pupils will be encouraged to drink plenty of water and take water to all lessons.
- All pupils will have easy access to free fresh drinking water during non-teaching time.
- Students will be encouraged to take water to PE lessons, in order to establish the habit of bringing water bottles to the Academy and regular water drinking. Where water access is poor the installation of more water fountains (that allow bottles to be filled) and drinking water supply will be considered.

Section 2 MESSAGES GIVEN BY THE ACADEMY**Intent**

Guideline:

- We believe in the central importance of food in people's lives, not just for their health but socially, culturally and for personal enjoyment.

Curriculum

Guideline:

- The Academy will ensure that pupils have opportunities within the curriculum to gain relevant and age appropriate skills and learn about:
- Different types of food in the context of a balanced diet and the proportions advocated by the "balance of good health" model, including trying unfamiliar foods.
- how to plan, budget, prepare and cook balanced healthy meal
- The need to control the consumption of foods high in salt, sugar, fat and additives and to increase the consumption of fruit and vegetables.
- Energy balance.
- The importance of hydration & nutrition.
- The sustainability of our food supply and the effect on our environment.
- What constitutes good dietary choices to promote health now and later in life. The Academy will map the content of food and health within the curriculum to ensure consistency and inclusion of the above topics through Humanities, Citizenship, P.E, Science, DT etc.
- There will be appropriate continuity and progression, supported through liaison between phases.
- Consistent messages on food and health are promoted by and integrated into all areas of the curriculum.

Reward

Guideline:

- The Academy will avoid using food regularly to reward students other than as part of celebrations e.g. celebrating successful performance.

Events and Lettings

Guideline:

- Consideration will be given to the Academy's healthy eating policy when organising events like disco, fete etc.
- Food and drink at events will meet food hygiene and health and safety requirements and broadly conform to the guidelines

Fundraising

Guideline:

- Where fund raising activities involve food or drink, this will comply with food hygiene and health and safety regulations and the Academy's whole Academy food policy.

Section 3 INVOLVING THE WHOLE ACADEMY COMMUNITY

Implementing

Change Guideline:

The Academy continues to sustain the standards of its National Healthy Schools Status Award for healthy eating.

The Academy has developed an action plan with success criteria based on the priorities of the Healthy Eating group and from consultation with the Academy community.

This Academy has a named Healthy School's Co-ordinator, a designated governor and a nominated member of the SMT covering the healthy eating core theme. They will consult with existing groups covering the key stakeholders e.g. Academy council, Parents Association, staff, governors and kitchen staff.

Children & Young People

Guideline:

- The pupils are actively involved in the planning, implementation and monitoring of the policy. The pupils will be supported empathetically to adhere to it.

Staff

Guideline:

- Staff will be aware of the influence the Academy can have on the diet and health of the Academy community.
- Staff will be encouraged to be actively involved in the planning, implementation and monitoring of the policy.
- The Food Policy will be included in the Academy's induction programme.
- The CPD Co-ordinator will ensure all staff have opportunities to acquire appropriate knowledge and skills to support the food policy. This will be included in a whole staff training opportunity.

Governors

Guideline:

- Governors will be encouraged to be involved in the planning and implementation of the policy and they will be involved in its monitoring.
- The Academy will have an appropriately trained, designated Governor with responsibility for ensuring the policy is developed and followed.

Other aspects of whole Academy community to consider.

Guideline:

- The Academy will endeavour to gain the support of local business with regard to the Healthy Eating policy e.g. local shops in the sale of sweets and confectionary to pupils in uniform

6. MONITORING & REVIEW

The Health and Safety Committee will review the policy statement as appropriate under changing circumstances and at least every three years.