



Atlantic Academy Portland
an Aspirations Academy

Healthy Eating Strategy

2019/2020

August 2019

Why do we have a food policy?

- To ensure that all aspects of food and nutrition in school promote the health and wellbeing of pupils, staff and visitors to our school
- To make it clear that this school actively supports healthy eating throughout the school day because there is an important connection between a balanced diet and a student's ability to learn effectively
- To ensure the school plays its part in the larger community by helping to promote family health, and sustainable food and farming practices

What do we want to achieve?

- To ensure that every pupil has access to safe, tasty, and nutritious food, and a safe, easily available water supply during the school day
- To ensure that the provision and consumption of food is an enjoyable and safe experience
- To ensure that the whole school community understands that a balanced diet is recommended
- To increase pupils' knowledge of food production, manufacturing, distribution and marketing practices, and their impact on both health and the environment
- To increase pupil, parent and staff knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet, and hygienic food preparation and storage methods
- To ensure that food provision in the school reflects the ethical and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian, medical, and allergenic needs
- To introduce and promote practices within the school to reinforce these aims, and to remove or discourage practices that negate them

How our Food Policy is implemented.

1. School Ethos
2. Curriculum
3. Water
4. Breakfast Club/ After School Club
5. AM Break
6. PM Break
7. Staff and Visitors
8. School Visits and Events
9. Community Involvement
10. Enforcement

School Ethos

The importance of a balanced diet is consistently communicated throughout the school day including trips and events. Staff are strongly encouraged to participate and model balanced eating as a valuable part of daily life.

Curriculum

PSHCE, Geography, Science, Food Technology, RE and Languages may all contribute to the curriculum delivery of food education based on the principles laid out in *What do we want to achieve?*

Curriculum delivery will involve practical food experience delivered by properly trained staff and will be adequately resourced.

It may be appropriate for a variety of foods to be prepared and consumed within the curriculum or at a celebration. At such times food safety principles are followed. It is recognised that eating together is a fundamental experience for all people; a primary way to nurture and celebrate our cultural diversity; and an excellent bridge for building friendships, and inter-generational bonds. The context of a balanced diet (as depicted by *The Eatwell Plate*) makes this entirely appropriate provided everyone's dietary needs are met. An attempt will be made to avoid foods containing high levels of fat, sugar and salt.

Foods containing high levels of fat, sugar and salt will not be used as rewards.

Water

All pupils and staff have water freely available at all times and are able to refill bottles easily. Certain classrooms/subjects may wish to manage the intake of water for safety. This is acceptable as long as the principle above is fundamentally upheld.

Breakfast Club/After School Club

The food offered is consistent with the school policy, School Food Trust non-lunch standards and monitored by the Head.

AM Break

At break times our pupils are only allowed to consume,
..... are not allowed. Water or milk is encouraged at breaks as well as in the classroom. This is to ensure that pupils return to the classroom prepared and refreshed for learning. It will also help us to limit litter and control the environment to make it safe for a pupil with a nut allergy.

Food or drink sold or provided to the pupils is consistent with this policy and the government's non-lunch standards (including vending machines). These are no confectionary (e.g. chocolate, sweets, cereal bars, processed fruit bars, yoghurt/chocolate coated fruit), no savoury snacks (e.g. crisps, salted/sweetened nuts), and that a variety of fruit and vegetables should be available in all school food outlets.

Kitchens selling food at breaks may be able to provide a wider range of snacks within the standards and the policy can therefore be expanded upon appropriately.

PM Break

Lunches meet/exceed the *School Food Trust's* national standards. All pupils have a choice enabling them to eat healthily. Meeting the government's food-based standards meeting one third of a child's average dietary requirements across a menu cycle.

Pupils are encouraged to taste and eat new foods.

Staff, time and seating arrangements are sympathetic to a positive social eating environment for those buying lunches and those eating a packed meal.

Packed lunches are monitored and the curriculum encourages a healthy balance. Appropriate storage arrangements are made. If there is no fridge space, pupils are encouraged to bring insulated bags with freezer blocks. Information is provided to parents on balanced lunchboxes through.....

Any alterations to provision are communicated clearly after a full consultation process has taken place with staff, students and parents/carers.

Children **can/cannot** leave the school site at lunchtime. *If children are permitted to go off site and purchase food or go home for lunch, state any conditions or restrictions for this.*

Staff and Visitors

Staff will be encouraged to model the food policy.

Visitors will be offered healthy refreshments or at least a choice which contains a healthy option.

School Visits and Events

Food served at events and offered on trips will be consistent with school policy. Guidance on packed meals will be given encouraging a healthy balanced choice.

Community Involvement

At all stages the wider community will be involved in developing and implementing this policy. This will ensure that work is sustainable and that best practice is communicated. For example; practical healthy lunchbox advice at a parent event or school councils generated healthy snacks list issued by them to parents.

Enforcement

Many schools have quite justifiably chosen to ban certain snacks at break times and to have only water drunk in school e.g. to improve pupils' learning and behaviour after break; peanut allergies; or to solve a litter problem.

If you are going to go down this path you need to think about how to enforce these rules and the best way to make it effective in your community. The more careful and genuine consultation that has taken place will make enforcement easier e.g. a school council issues the healthy snack policy to parents and asks for their comments. Don't forget it's a balanced diet!

Equal Opportunities

Provision is allowed for special diets e.g. medical, cultural, vegetarian and for appropriate serving.

Free packed and cooked lunch provision will be handled sensitively.

Personnel

The Head is responsible for food in school.

Monitoring and Evaluation

The Head will monitor the effectiveness of this policy ensuring that training and resources are appropriate and up to date.

Reviewed and agreed TBo, 27th August, 2019. To be reviewed September 2020.