



## Whole School Food Policy

<b>Policy Written/Reviewed by</b>	Joanne Skinner
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<b>Approval by Trust Board</b>	

At the Rowans AP Academy, we feel that nutrition is key to the success of our pupils. The school is dedicated to ensuring that all aspects of food and nutrition in school promote the health and wellbeing of pupils, staff and visitors. We provide an environment that fosters healthy eating. This plays an important role in preventing and reducing obesity through ensuring our pupils eat a healthy, balanced diet while at school and learn about healthy eating and cooking and making healthy food choices. This will be achieved by a whole school approach to food provision and food education.

### **The aims of our whole school food policy**

- To provide each pupil with the opportunity to start the day with a balanced healthy breakfast. It is our view that there is an important link between a balanced diet and a pupil's ability to learn effectively. A healthy breakfast will also be available for pupils at break time as we are aware that limited time before school can be a factor for some pupils.
- To ensure that all pupils have access to a free healthy school meal at lunchtime.
- To provide water during the school day and flavoured squash, milk and water at meals times.
- To ensure that the consumption of food is an enjoyable experience, educating pupils on making healthy choices, and how meal times can be positive and sociable experiences.
- To ensure that the 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 provide pupils with a balanced, healthy packed lunches when out on school trips.
- To use a range of opportunities to promote healthy eating e.g., during food technology lessons and gardening interventions.
- To create a culture of healthy eating and exercise within the school.
- Children who struggle to make healthy choices will be regularly mentored by staff and where necessary will receive a healthy living intervention from the intervention team. This may involve mentoring from a member of staff.

### **Curriculum**

Food and nutrition lessons are taught at an appropriate level throughout each key stage. This involves practical food experience delivered by trained staff and is adequately resourced.

Gardening interventions are based on the principles of the farm to fork initiative, providing the food department with seasonal produce.

The Eatwell guide is used throughout the school as a model of understanding a balanced diet. Every effort is made to avoid foods containing high levels of fat, sugar and salt.

It may be appropriate for a variety of foods to be prepared and consumed within the curriculum or for celebration days, charity events and Christmas dinner.

Pupils are not permitted to use salt in their cooking, only salt already found in products is accepted. Recipes which do not contain salt are used.

The curriculum must teach pupils to cook a range of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet.

## **Food throughout the day**

### **Breakfast**

Breakfast is an important meal that should provide 25% of a pupil's energy requirement and supports pupils to be ready to learn at the start of each day.

The school runs a daily breakfast club for pupils from 8.00am – 8.40am. The breakfast menu includes: Toast with a variety of toppings, bagels, a variety of cereals with milk, cereal bars, bacon muffins, fruit, milkshakes, smoothies and water. An allergen list with the menu can be found in the folder on the breakfast trolley.

### **Break time**

At break times our pupils are offered toast, bagels and fruit. Fizzy drinks, energy drinks and snack foods are not permitted. Water or squash is encouraged at breaks. This is to ensure that pupils return to the classroom prepared and refreshed for learning.

### **Lunchtime**

School lunch is provided, free of charge to all pupils. A copy of the weekly menu is displayed in the dining hall, together with an allergen list for all ingredients.

We ensure that the menus are visually appealing, enabling pupils to easily choose a healthy lunch.

We adopt a 3-week menu which is rotated. Daily this includes; jacket potatoes with a variety of fillings, paninis, a variety of fresh salads and fruit and a hot meal.

Pupils are encouraged to taste and eat new foods. Staff are encouraged to eat a school lunch and sit with pupils in the dining hall as 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 relationships. Our aims are to support pupils to have a balanced lunch and best prepare them for learning in the afternoon.

Food is handled and stored safely in line with the Food Standard Agency guidance.

Pupils are not permitted to leave the school site at lunchtime.

The school does everything possible to accommodate pupils' specialist dietary requirements including allergies, intolerances, religious or cultural practices. Pupil's food allergies are passed on to all staff involved in food preparation and handling.

Our relationships with parents/carers is very important and we aim to support them with information and advice around food, so that they are best prepared to make healthy choices for their families.

### **Personnel**

Staff routinely involved in food preparation and cookery lessons attend training to up-date their skills, knowledge and understanding in food related issues including food hygiene. Practical cooking lessons are based upon healthy seasonal recipes. The Cooking and Nutrition Lead has level 2 Food Safety qualification as do two other members of staff. Staff have the right to search and confiscate unhealthy food or drink, including those high in sugar (such as energy drinks).

Our Catering Manager has a Level 3 Food Safety qualification. The lunch service is audited by Medway Council during the catering audit which takes place yearly, via an SLA. Any recommendations for improvements are actioned immediately to ensure full compliance with the School Food Plan and good practice.

We are registered with the local authority Environmental Health department and we have been awarded a five-star food hygiene rating.