

# DROYLSDEN ACADEMY FOOD POLICY

## INTRODUCTION

The Academy is dedicated to providing an environment that promotes healthy eating and enabling students to make informed choices about the food they eat. This will be achieved by the whole Academy approach to food and nutrition documented in this whole Academy food policy.

The policy was formulated through consultation between members of staff, governors, parents, students, and our school nurse.

The nutritional principles of this policy are based on the findings of the Food Standard Agency for School Meals.

## FOOD POLICY CO-ORDINATOR

This Academy food policy and healthy eating strategy is co-ordinated by **Michael Marsh the Food Service Manager**

## FOOD POLICY AIMS

The main aims of our Academy food policy are:

1. To enable students to make healthy food choices through the provision of information and development of appropriate skills and attitudes
2. To provide healthy food choices throughout the Academy day

These aims will be addressed through the following areas:

### 1. EQUAL OPPORTUNITIES

In healthy eating, as in all other areas of the curriculum we recognise the value of the individual and strive to provide equal access of opportunity for all.

### 2. CURRICULUM

Food and nutrition is taught at an appropriate level throughout each key stage in the following Area:

This is addressed through: Pastoral time programme, Science, Applied technologies, Sports and Healthy Lifestyle and assemblies.

### Teaching methods

Effective teaching requires students to develop their understanding of healthy eating issues and appropriate skills and attitudes to assist them in making informed decisions. Teaching methods adopted in the classroom offer a rich variety of opportunities for participatory learning and include debating issues, group discussions and role-play. These decisions are made at teachers planning meetings.

## Leading by example and staff training

Teachers, caterers and school nurses have a key role in influencing students' knowledge, skills and attitudes about food, so it is important that they are familiar with healthy eating guidelines. To be facilitate this in Staff briefing, and Pastoral time programme and via Staff Email.

## Visitors in the classroom

This Academy values the contribution made by the school nurse in supporting class teachers and appreciates the valuable contribution of outside agencies. We believe it is the responsibility of the Academy to ensure that the contributions made by visitors to the classroom reflect our own philosophy and approach to the subject. The status of visitors to the Academy is always checked ensuring that the content of the visitor's talk is suitable for the ages of the students. The Academy's code of practice for visiting speakers is adopted.

## Resources

Resources for the teaching of healthy eating in the pastoral time Programme have been selected to complement the delivery of the curriculum in other subject areas. The range of materials used is available for review on request to the Principal. Books are available for students in the LRC.

## Evaluation of students learning

Teachers are encouraged to use a range of strategies to evaluate the teaching and learning in healthy eating.

These include:

- ◆ Discussion of the suitability of resources and methodology at team meetings
- ◆ Simple tick sheets for completion by the teacher at the end of a session – on the 'How did that feel for you?' model
- ◆ Consultation with students through the School Council about existing programmes of study and special events
- ◆ Questionnaires for students at the end of a unit of work or at the end of a special event about the suitability of the programme and resources
- ◆ The formation of task groups or focus groups of students to look at existing provision and to make recommendations for the future.

## 3. FOOD AND DRINK PROVISION THROUGHOUT THE ACADEMY DAY

### Breakfast

Breakfast is an important meal that should provide 25% of a child's energy requirement and contribute significantly to their vitamin and mineral requirements.

The Academy operates a breakfast club that provides a nutritious meal for students before the start of the Academy day. The time of the breakfast is from 07.45- 08.20am. The breakfast menu includes: **Toast, Porridge, Corn flakes, Rice Crisps, Weetabix, Beans and eggs, Tea, Coffee, and Milk**

## **National Nutritional Standards for Academy Lunches**

National Nutritional Standards for Academy Lunches became compulsory in January 2015. The Government has announced new standards for Academy food. These have to be phased in by January 2015. Together they cover all food sold or served in the Academy's breakfast, mid-morning break, lunch and after-school meals.

Food prepared by the Academy catering team meets the National Nutritional Standards for School Lunches.

### **TUCK SHOP**

Droylsden Academy does not have a tuck shop on site.

### **VENDING MACHINES**

Droylsden Academy does not have Vending Machines on site.

### **SNACKING / BREAK TIME**

The Academy understands that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet.

The Academy discourages the consumption of snacks high in fat and sugar at break-time.

At break time the catering team provide a wide range of snacks including potato cakes, crumpets, bagels, mini homemade pizza, bacon barm-cake, fruit cocktail and we also have a yoghurt bar.

Health drinks that are 1 of the five a day and are Academy approved, are available.

### **LUNCH MENU**

Eating in the Academy should be a pleasurable experience: time spent sharing good food with peers and teachers.

The Academy food standards are intended to help children develop healthy eating habits and ensure that they get the energy and nutrition they need across the whole Academy day. It is just as important to cook food that looks good and tastes delicious; to talk to children about what is on offer and recommend dishes; to reduce queuing; and to serve the food in a pleasant environment where they can eat with their friends.

As a general principle, it is important to provide a wide range of foods across the week. Variety is key – whether it is different fruits, vegetables, grains, pulses or types of meat and fish. Children love to hear the stories behind their food. We use fresh, sustainable and locally-sourced ingredients (best of all, from the Academy vegetable garden when available).

The Academy Menu is checked against the School Food Standard Agency.

### **USE OF FOOD AS A REWARD**

The Academy does not encourage the regular eating of sweets or other foods high in sugar or fat, however, following on from student feedback we do offer small chocolate bar as a reward for good behaviour. This is limited to one chocolate bar per day and is controlled as the rewards counter is only open at break and lunch. Other methods of positive reinforcement are used in Academy.

## **DRINKING WATER**

The National Nutritional Standards for Healthy School Lunches recommend that drinking water should be available to all students, every day, and free of charge, the Academy provides water fountains for the students to drink from, they are able to collect cups from the catering team at break times and lunch times, and at the end of the Academy day.

## **4. FOOD AND DRINK BROUGHT INTO THE ACADEMY**

### **PACKED LUNCHES**

Packed lunches prepared by the Academy caterers adheres to the National Nutritional Standards for Healthy School Lunches

The Academy encourages parents and carers to provide children with packed lunches that complement these standards. This is achieved by promoting healthy packed lunch options.

## **5. SPECIAL DIETARY REQUIREMENTS**

### **SPECIAL DIETS FOR RELIGIOUS AND ETHNIC GROUPS**

The Academy provides food in accordance with students' religious beliefs and cultural practices

### **VEGETARIANS AND VEGANS**

The Academy caterers offer a vegetarian option at lunch everyday. When necessary the Academy also provides a vegan option.

### **FOOD ALLERGIES AND INTOLERANCE**

Individual care plans are created for students with food allergies. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details. Academy caterers are made aware of any food allergies/food intolerances and requests for special diets are submitted according to an agreed process.

## **6. FOOD SAFETY**

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include: ensuring that adequate storage and washing facilities are available; that food handlers undergo appropriate food hygiene training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. We consult our local Environmental Health Department about legal requirements.

## **7. THE FOOD AND EATING ENVIRONMENT**

**Questionnaires**  
**School Council**  
**Pastoral Time Programme**  
**Discussions**

### **ACTION PLANS**

None

### **MONITORING AND EVALUATION**

Governors will review the effectiveness of this policy every two years.

### **REVIEW**

Date policy implemented:

Review Date: