



Hope Academy

A joint Catholic & Church of England Academy

WHOLE-SCHOOL FOOD POLICY

Mission Statement:

“A community of learners of all ages from the local area committed to mutual service where all can flourish, be their best and work for the common good to the glory of God and his creation.”

APPROVED			
REVIEW DATE			
SIGNED PRINCIPAL		PRINT NAME	
SIGNED CHAIR OF GOVERNORS		PRINT NAME	

WHOLE-SCHOOL FOOD POLICY

Introduction

Hope Academy is committed to giving all students consistent messages about all aspects of health to help them understand the impact of particular behaviours, and to encourage them to take responsibility for the choices they make. This policy should therefore be considered alongside the Academy's PSHE/citizenship programme and drugs education and prevention policy.

It is important that all elements of the Academy's work are covered in order to ensure that health awareness is promoted among all members of the Academy community. The Academy can provide a valuable role model to students and their families with regard to food and healthy-eating patterns.

Through effective leadership, the Academy's ethos and the curriculum, all staff can bring together all elements of the Academy day to create an environment which supports a healthy lifestyle.

Aim

To ensure that all aspects of food and nutrition in Academy promote the health and well being of students, staff and visitors to our Academy.

Objectives

- To ensure the formal curriculum for food is up to date.
- To promote healthier options and choice in Academy food and drink in line with national nutritional standards.
- To ensure children and families have opportunities to access specialized advice and support regarding food concerns.
- To ensure that teaching will need to be sensitive to individual circumstances, eating cultures and family backgrounds.

Action

- A designated member of staff to be responsible for policy development.
- Continually monitor the quality of Academy meals to ensure they are in line with recent nutritional guidance.
- Healthier options to be available for students at breaks and before school.
- Provide information to parents regarding balanced healthy food options.
- Encourage students to bring healthier packed lunches.
- Provide training for teachers offering food education to ensure they have up-to-date knowledge on nutrition and food hygiene in the classroom.
- Provide out-of-hours opportunities for students to explore healthier eating.
- Consult students about food provision and dining arrangements in school.

Monitoring

- The quality of students' learning experience.
- Number of students taking school meals since implementation of Food in Schools Policy.
- Quality and accessibility of healthier food at lunchtime.
- Students enjoy their lunchtimes and feel safe and secure.

By

- The teacher responsible and a designated Governor.
- The Academy Senate.
- Accreditation for national Healthy Schools Status.

Review

This policy will be reviewed every 12 months by the designated member of staff, a representative of the Governing Body and the Healthy Schools Working Group.

Settings for food policy

There are **no vending machines** in the Academy, except Sixth Form which will offer healthy snacks.

Breakfast club

A breakfast club operates daily from **8.00 a.m.** It is open to all students but there is an awareness of particular individuals who are known to have little or no breakfast at home.

School lunches and packed lunches

School meals are provided by the **on-site catering at the Academy.**

Food Hygiene

Students are always reminded about the importance of hand washing before eating or handling food. Whenever students work with food in the classroom they are reminded to follow basic hygiene routines including; wearing a food preparation apron, using clean equipment, always washing hands before and after working with the food, using an individual spoon etc. when tasting food.

Water for all

Water is available throughout the school day to all members of the Academy community.

Food across the Curriculum

PSHE encourages young people to take responsibility for their own health and well-being, teaches them how to develop a healthy lifestyle and addresses issues such as body image. Students are able to discuss issues of interest to young people, for example, advertising and sustainable development.

Science reinforces learning about the nutritional content of food, as well as covering food digestion and the function of different nutrients in contributing to health, and how the body responds to exercise.

Partnership with parents and carers

The partnership of home and school is critical in shaping how young people behave, particularly where health is concerned. Each must reinforce the other. This is not always easy but the Academy is well placed to lead by example.

During whole-Academy events, for example, themed days, the Academy will encourage parents and carers to consider the food policy in the range of refreshments on offer.

Sponsorship/Incentive Schemes

The Academy will not take part in any incentive schemes that encourage students to collect tokens from foods that should only be eaten in moderation e.g. collecting chocolate wrappers or crisp bags.

Monitoring, Evaluation and Review

The governing body will review this policy at least every two years and assess its implementation and effectiveness. The policy will be promoted and implemented throughout the Academy.