



Middlethorpe Primary Academy

Whole Academy Food Policy

Implemented: September 2023
Review: September 2025

Whole Academy Food Policy

Mission:

The educational mission is to improve the health of the entire community by teaching students and families ways to establish and maintain life-long healthy and environmentally sustainable eating habits. This mission shall be accomplished through food education and skills, the food served in the school and core academic content in the classroom.

At Middlethorpe Primary Academy, we provide valuable role models for pupils and their families with regard to food and healthy eating patterns. Through effective leadership, the academy ethos and the curriculum, all academy staff can bring together all elements of the school day to create an environment which supports a healthy lifestyle.

Aims

- To give our pupils the information they need to make healthy choices for themselves and the environment: knowledge of food production, manufacturing, distribution and marketing practices.
- To promote access to safe, tasty and nutritious food for all pupils in the school.
- To ensure that all pupils have access to a safe, easily available water supply during the school day.
- To ensure that food provision in the school reflects the ethical and medical requirements of staff and pupils: e.g. religious, ethnic, vegetarian, medical, financial and allergenic needs.
- To make the provision and consumption of food an enjoyable and safe experience.
- To introduce and promote practices within the school to reinforce these aims and to remove or discourage practices that negate them.

Food across the Curriculum

Food is covered in the formal curriculum; through a wide variety of learning activities the school ensures that a consistent message is given to promote a healthy lifestyle.

Snack

All Foundation Stage and Key Stage 1 classes eat a morning break time snack of fruit or vegetables as part of the Government '5 a day' initiative. Key Stage 2 children are encouraged to bring a healthy snack of fruit or vegetables to eat at playtime.

Academy Lunches and Packed Lunches

All our cooked meals are provided by Enquire Catering Services and cooked in our own kitchen. Where possible, this includes the use of food lower in fat, sugar and salt. Each child is encouraged to have a portion of vegetables; fresh fruit is always available as a choice for dessert. They provide a menu which is in line with current

Government nutritional standards. Their menu is consistently monitored against these standards.

Many children bring a packed lunch to school. Through the formal curriculum, children learn the importance of a healthy lunchbox. We recognise and reward healthy choices through lunchtime rewards and provide information to parents to support them in making healthy choices for their children.

Pupils, staff and visitors are encouraged to eat in the school and the school will:

- Encourage social interaction at mealtimes.
- Expect good manners at all times
- Make the hall a pleasant environment in which to dine.
- Take account of the suggestions of the diners.

Water for All

Cooled water is freely available throughout the school day to all members of the school community. Children are expected to have a water bottle in school with them every day, which can be refilled as necessary.

Partnership with Parents, Carers and Other Stakeholders.

The partnership of home, school and the wider community is critical in shaping how children and young people behave, particularly where health is concerned. We recognise this and ensure the school is well placed to lead by example. We liaise with all stakeholders and work with outside agencies to promote the health and well-being of the whole community.

Parents are asked not to send in fizzy drinks and reminded that only water may be drunk during the school day, except at lunchtime when children may drink juice or squash.

We recognise the importance of food as a part of celebrations and it is provided by the school at particular events: Christmas parties, cross curricula themed days, sports days etc.

The school will encourage the use of community resources and expertise to promote healthy lifestyles. Visitors to the school will be expected to follow the Food in Schools Policy.

Monitoring and Review

The senior leadership team and subject leaders are responsible for the curriculum development of the Food Policy. The Principal and PSHE coordinator are responsible for supporting colleagues in the delivery of this policy. The policy will be reviewed annually to take account of new developments.

Review Date:

September, 2024