



HEALTHY EATING POLICY

SANDON PRIMARY ACADEMY

Mrs R Beckett (Principal)

Review date: September 2024

Aims

Sandon Primary Academy recognises the important connection between a healthy diet and a pupil's ability to learn effectively and achieve high standards in school.

The school aims to;

- Improve the health of pupils and staff, and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet, and hygienic food preparation and storage methods
- Ensure pupils are well nourished at school, and that every pupil has access to nutritious food and a safe, easily available water supply during the day
- Present consistent, informed messages about healthy eating within school through all school practices
- Ensure that food provision in the school reflects the medical and ethical requirements of pupils and staff for example medical, allergenic, religious, ethnic and vegetarian needs
- Ensure the provision and consumption of food is enjoyable and a safe experience
- Promote the children's awareness of the importance of a safe and healthy lifestyle

Curriculum

Food and nutrition education forms part of the formal curriculum through a number of subjects. The food and nutrition education element of these subjects reflect the school's over-arching aims;

- Respect for self
- Respect for others
- Responsibility for actions

Children visit the school farm regularly and through the topic of 'farm to fork' get a better understanding of food and its origins.

Specific Areas

Breakfast Club

The school has a breakfast club before start of day. Cereal, toast (with different toppings), milk and water are all on offer every day.

After School Club

The school has an after school club. Drinks are readily available and children can have a snack if they choose.

School Meal Provision

Sandon Primary Academy cooks, orders and prepares all of its own food with the aim of providing a balanced diet. Taster sessions are held as an opportunity for parents to sample and feedback on the menu.

Food is provided which meets the ethnic, allergenic, vegetarian, religious and medical needs of staff and pupils. Salad, fruit and vegetables are available daily as is juice. The two-week menu is available to view on the website and from the school office on request.

Staff at Sandon Primary eat daily with the children to promote good manners and to encourage positive eating habits.

Regular meetings are held between the Vice Principal and the Catering Manager to ensure food provision is regularly reviewed.

Packed Lunches

Parents and Carers are actively encouraged to provide healthy packed lunches for their children. Fizzy drinks and sweets are strongly discouraged.

Water Provision

All pupils have access to drinking water at all times. There are two drinking stations around school and pupils are encouraged to bring in their own clear water bottle that they can access in class.

Milk Provision

Milk is supplied for all children under 5. A fridge is used for safe storage.

Cookery Lessons

Children across the school regularly have lessons in the cookery room and have the opportunity to prepare and cook healthy food as well as learn about hygiene and safety when cooking.

Free School Meal Provision

The school encourages all families entitled to free school meal provision to access this assistance. Monitoring of uptake is undertaken confidentially.

Hygiene

Pupils are encouraged to wash their hands after going to the toilet and before handling food. All government regulations appertaining to food hygiene are complied with.

Staff employed in food preparation hold a basic food hygiene certificate. An independent food hygiene inspection is carried out and the water supply is tested regularly.

Allergies

Parents/Carers inform the school if a pupil suffers from an allergy, identifying the food to which they react to and the symptoms of the reaction. To ensure all staff are aware of allergies a permissions list is provided to every class detailing amongst other things, allergies. Pupils with allergies are also identified to kitchen staff and copies of permission lists are in the office. All staff members are aware of the school's medical, and health and safety policies.

Food Poisoning

In the event of a food poisoning outbreak, advice will be sought from the Local Authority.

Training

Kitchen staff and a number of support staff undertake relevant food training. Certificates are displayed in school and are stored in staff files.

Snacks

Sandon Primary Academy is part of the free fruit scheme and children in Key Stage 1 receive a piece of fruit every day.

Dining environment

Lunch is served between 11.40am and 1.00pm. Children enter the dinner hall in an orderly manner and queue to collect their lunch. The 'How Clean is your Tray?' award encourages children to eat all of their lunch to ensure they are well nourished throughout the afternoon.