

WHOLE SCHOOL FOOD POLICY

Woodlands Academy of Learning

Policy Start Date: Summer 2024

Date of Next Review: Summer 2026

This document is freely available to the entire school community, and has been made available on the academy website.

INTRODUCTION

- This policy was formulated through consultation between members of staff, the senior leadership team and governors.
- We are dedicated to providing an environment that promotes healthy eating and enables pupils to make informed choices about the food they eat.
- We are aware of the link between healthy diets and lifestyles and the ability of pupils to learn effectively.



Source: Public Health England in association with the Welsh government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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AIM

- To improve the health of pupils, staff and their families by helping to influence their eating habits through increasing knowledge and awareness of food issues, including what constitutes a healthy diet and hygienic food preparation.
- To ensure that pupils are well nourished at school and that every pupil has access to safe, tasty and nutritious food prepared and cooked on site and a supply of fresh water during the school day.
- To develop the teaching of the Food Technology aspect of the Design & Technology Curriculum, with regard to healthy eating.
- To model good health behaviours for our children

LINKS TO OTHER SCHOOL POLICIES

- Curriculum policies through which healthy eating messages are to be delivered including PE, Science and Design & Technology.
- Enrichment opportunities such as Health and Fitness Week, parent cooking workshops, ambassador led assemblies and visits to a working farm
- Teaching and Learning, particularly how being well nourished and hydrated can assist with learning and ways in which this is encouraged within school.
- Integration of the Phunky Foods Programme and Taste Time into the curriculum.
- Healthy eating also links to healthy lifestyles and emotional wellbeing.
- The principles of this policy also link to Woodies wrap around club.

PROVISION OF FOOD AND DRINK ACROSS THE SCHOOL DAY

Breakfast

- We recognise the importance of eating a balanced breakfast and realise that it is hard to concentrate on learning and maintain energy levels without breakfast.
- A healthy breakfast is available for all children who attend the breakfast club before school.
- Daily toast is provided for pupil premium children.
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Mid morning snack

- We encourage children to choose a healthy snack at break time and encourage our staff to model good food choice behaviours.
- Key Stage Two are encouraged to bring in a healthy snack such as fresh or dried fruit, yoghurt, sugar free jelly pots, cheese strings or cereal bars.
- Children in Key Stage One benefit from the National School Fruit Scheme – this entitles them to free fruit each day.

Drinks Policy

- Children have access to free and fresh water throughout the school day.
- Children are encouraged to bring their own water bottles into their classrooms and drink water whenever they feel thirsty.

- Staff are encouraged to model good hydration behaviour by choosing water over other types of drink.
- Children who eat hot lunch have fresh water readily available.

Packed Lunches

- KS2 children who take packed lunches and those who choose school dinners eat together.
- We aim to support parents in making healthy choices when preparing packed lunches and have produced a packed lunch guide sheet for this purpose.

School Meals

- We recognise the importance of eating a hot lunch and encourage children in KS2 to choose hot lunches through a varied and appealing choice of menu. Numbers of meals required are identified through the online booking system, Scopay, children then make their daily choice at the serving hatch.
- Children in KS1 and Reception are provided with a daily, nutritious hot lunch. Parents are able to choose a lunch, from a number of options, for their child each day through Scopay.
- Woodlands' catering team provides good quality healthy food, cooked on site, that meets the National School Food Standards. Meals are of an appropriate portion size for the age of the children.
- The daily choices range from the main option of the day, two types of pasta (plain or tomato), a daily alternative such as beans on toast or a jacket potato and also a selection of sandwiches. Alongside this, there is a choice of vegetables, salad, a dessert, fruit or crackers and cheese.
- The weekly menu is available on the academy website and on paper from the office, to allow meal choices to be made.
- Children with a food intolerance or allergy are identified and a suitable meal alternative is provided.

MENU C - W/C 15th April, 6th May 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
A	Fish, Sauté potatoes (round chips) & peas	Chicken with curry sauce, rice & mixed veg Vegetable Curry (V)	Roast Beef, Yorkshire Pudding, Mash, Veg Cauliflower Cheese (V)	Meatballs Veggie Balls (V)	Chicken nuggets & chips Vegetarian Bake (V)
B	Tomato Pasta (v), peas, veg & salad	Tomato Pasta (v), peas, veg & salad	Tomato Pasta (v), peas, veg & salad	Tomato Pasta (v), peas, veg & salad	Tomato Pasta (v), peas, veg & salad
C	Plain pasta, cheese, peas, veg & salad	Plain pasta, cheese, peas, veg & salad	Plain pasta, cheese, peas, veg & salad	Plain pasta, cheese, peas, veg & salad	Plain pasta, cheese, peas, veg & salad
D	Jacket potato, cheese & beans	Beans on toast	Jacket Potato cheese & beans	Spaghetti on Toast	Jacket potato, cheese & beans
E	Sandwiches: specify type: EC: Cheese EH: Ham EJ: Jam All with veg/ salad	Sandwiches: specify type: EC EH EJ All with veg/ salad	Sandwiches: specify type: EC EH EJ All with veg/ salad	Sandwiches: specify type: EC EH EJ All with veg/ salad	Sandwiches: specify type: EC EH EJ All with veg/ salad

Dining Room Environment

- Children are given ample time to eat their lunch and do not need to rush.
- The dining times are staggered: EYFS 11:40 – 12:40, Year 2 11:50 – 12:50 and Year 1 12:10 – 1:10 whilst KS2 is between 12:30 – 1:30pm
- Children are encouraged to wash and sanitise their hands before eating, and enter the dinner hall quietly and sensibly.
- Whilst eating their lunch, all children are encouraged to socialise and chat with friends whilst being mindful of academy rules.
- Children are to remain seated whilst they eat and then inform a member of staff that they have finished before they empty any food left over into a waste bin, place their tray and cutlery to be washed and finally leave the lunch hall.

After School Snack at Woodies

- Children who attend the after school club are offered a light snack at the end of the school day, to keep them going until they have their main meal at home.
- The menu is devised by the Woodies team and children input into this too.
- The menu follows the principles of this policy and the Eatwell Guide.

Treats and rewards

- We encourage our staff to avoid using food as a reward for good behaviour
- If children bring in sweets or treats for birthdays they are not handed out until the end of the day, giving parents the decision as to when they should be consumed.

CURRICULUM, TEACHING AND LEARNING
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- We recognise that food has great potential for cross-curricular work and opportunities to link with foundation subjects are explored
- We implement the Phunky Foods Programme through an immersion day focusing on the big question – ‘Where does my food come from?’ This topic covers a range of objectives including how all food is reared, grown or caught, how to store food in a hygienic manner, plus the locality and seasonality of different foods. Physical activity, energy balance and a healthy lifestyle become a focus for the academy ‘Health and Fitness Week’
- Children also learn about foods in different faiths, religions and cultures through the RE curriculum.
- All year groups take part in a Weekly Mile using the both playgrounds and the running track on the field, weather permitting.
- Year 6 Phunky Food Ambassadors regularly meet and work alongside the Phunky Foods area representative to promote the healthy eating message across the school through assemblies, packed lunch audits, displays, class and year group surveys or questionnaires and competitions.

CHILDREN WITH SPECIAL EDUCATIONAL/ DIETARY NEEDS

- We know all children's dietary needs, as informed by parents. Records are held on the school MIS system which can be accessed by staff that need to know.
- Children with extreme needs or allergies have an individual Care Plan, discussed and agreed with parents / carers.
- This information is also held by the year group staff, kitchen and lunch team.
- Where appropriate, modifications are made to enable children with special educational, religious or dietary needs to access the activities.
- We will always check in advance of any food preparation and tasting activities to ensure that we are aware of relevant allergies.

PARENTAL INVOLVEMENT

- We encourage parents to get involved with our work around healthy eating
- KS1 parents are asked to use Scopy with their child/children to select the daily lunch options.
- We invite parents to attend workshops with their children to enjoy making simple healthy meals together.

MONITORING AND EVALUATION

- This policy will be assessed and monitored on an ongoing basis within the curriculum and will be in accordance with the assessment requirements of particular subject areas.
- We may collect feedback from staff, Governors, pupils, parents – both informal and formal
- Curriculum coverage and development is monitored by the DT Lead
- Healthy Eating across school is monitored by the Healthy eating Lead and Senior Leadership Team.
- We collect attendance numbers and evaluation of workshops.
- Phunky Food Ambassadors will continue to deliver different messages throughout the academic year.
- Annual data collection of two sample year groups – Phunky Food Activity and Healthy Eating Diary