



A member of Hatton Academies Trust

Title	Healthy Eating Policy
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Associated Policies	Curriculum Policy
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Healthy Eating Policy

We believe that all messages about food and drink within the Academy should be consistent in encouraging everyone to establish and / or maintain life-long healthy eating and drinking habits, enabling children to make informed choices about what they eat and drink.

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

The nutritional principles of this policy are based on current evidence based findings; and the 'eatwell plate' is the agreed model for ensuring a healthy balanced diet. Further information can be found by following the links below:

<https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>

<https://www.gov.uk/government/publications/the-eatwell-guide>

1. Aims and objectives

- To ensure we provide consistent messages about food, drink, health and wellbeing
- To provide curriculum opportunities for children to learn about healthy lifestyles, particularly during Physical Education (PE) and Personal, Health, Social and Emotional (PHSE) and Design & Technology (food technology) lessons
- To promote healthy living events and activities throughout the academic year
- To provide opportunities and encourage children to access opportunities to improve their physical health

2. Lunches

2.1 Catered lunches

Catered meals are provided by Hatton Academies Trust Catering and comply with the Food Standards. The meals are cooked fresh on site in our large purpose built kitchen and are supplemented by a daily salad bar and fruit station. The Academy promotes hot meals and regularly informs families about the opportunity to request free school meals if they are eligible.

2.2 Packed lunches

Children can bring their own packed lunch from home. We ask parents to support the Academy in our ambition for all children to lead a healthy lifestyle.

We recommend the following for all children to have:

- A minimum of 2 portions and fruit and / or vegetables
- Either; a sandwich, wrap, roll, pasta option, which they will be expected to eat first at lunchtimes
- Water or a low sugar alternative, no fizzy drinks. This drink should be additional to their water bottle from their classroom (as these remain in the classroom and are not accessible in the lunch hall)
- We suggest that if a child has been provided with 2 portions of fruit or vegetables they should not require chocolate, cakes, biscuits or crisps
- Should you feel it necessary to provide a small packet of crisps or a small-sized chocolate biscuit children should have one of these not both
- Should children bring other items such as: sweets, chocolate bars, sharing size crisps, fizzy drinks, milkshakes, they will be asked to leave them in their lunch box until they return home



Examples:

Wrap / sandwich / pasta /
crackers / quiche

Examples:

Boiled egg, cheese, tuna,
berries, dips

Examples:

Carrot and cucumber
sticks, cherry tomatoes,
satsuma, grapes

We do not recommend the following items in your child's packed lunches:

- Confectionary (sweets and chocolate bars, bags of chocolate etc)
- Large bags of crisps that are meant for sharing
- Items from a fast food take away
- Cakes and cake bars
- Milkshakes

2.3 Nut-free

Although we recognise that this cannot be guaranteed, Oakway Academy aims to be a Nut-Free school. This is aimed to reduce the risk to those children and adults who may suffer an anaphylactic reaction if exposed to nuts to which they are sensitive. Given this, we do not allow nuts or nut products in school lunch boxes.

This means the following items should not be brought into school:

- Packs of nuts
- Peanut butter sandwiches
- Spreads that contain nuts, e.g. Nutella, other branded chocolate spreads
- Fruit and cereal bars that contain nuts
- Chocolate bars or sweets that contain nuts
- Sesame seed rolls (children allergic to nuts may also have a severe reaction to sesame)
- Cakes made with nuts

We have a policy to not use nuts in any of our food prepared on site at our school. Our suppliers provide us with nut-free products. However, we cannot guarantee freedom from nut traces.

2.4 Special dietary requirements

We recognise that some children may require special diets that do not allow for policy to be exactly met. In these circumstances parents are asked to us fully aware of this, by emailing: admin@oakwayacademy.org.uk. Where it is required an individual healthcare plan will be created. These will include; symptoms and adverse reactions, action to be taken in an emergency, emergency contact details along with any particular food requirements e.g. for high-energy diets. Relevant Academy and catering staff will be made aware through discussion and Medi-Alert posters which include a photograph of the child for easy identification.

2.5 Lunchtime arrangements

We believe that lunchtimes should be a social and enjoyable experience and eating with friends is an important part of this. Children are encouraged to sit near their friends and

remain seated for around 25 minutes. This is to encourage them to take their time when eating and also to promote high standards in regards to table manners. Lunchtime staff will praise children for healthy food choices, good manners and demonstrating good behaviours for learning during this time.

3. Milk

Through the Cool Milk Scheme all children under the age of 5 years are entitled to free milk, which is provided at lunchtime. Children aged over 5 years have the option of ordering milk through the scheme, which can be accessed at: www.coolmilk.com

4. Water

The National Nutritional Standards for Healthy School Lunches recommend that drinking water should be available to all children, every day, free of charge.

Children are asked to bring in their own water bottles from home for use in their classrooms throughout the day. They can access cold drinking water from either their classrooms or base areas when these need refilling.

Children having a packed lunch they should bring a drink separate to their water bottles so they have access to this in the lunch hall (water bottles remain in classrooms). If children are having a catered meal, jugs of water and cups are provided.

5. Snacks

All Early Years and Key Stage One children are provided with a piece of fruit or vegetable each day, as part of the Government's 'free fruit' initiative. We provide the same to all children in KS2.

In Early Years the children can access the snack during their free-flow time and the rest of the children across the Academy access their fruit during afternoon break time.

6. Birthday treats

Children may bring in a **small** birthday treat for members of their class on their birthday. These treats will be handed out at the end of the day and children will be encouraged to seek permission from their parents before eating the treat.

7. Parental involvement

We value the support of our families and recognise that working together is likely to have the best impact on the outcomes for children, and helping them to become healthy citizens of the world. Parents are regularly reminded of our policies and the recommendations within this policy. This is achieved through newsletters and on the website and also includes advice regarding what constitutes a balanced packed lunch.

8. Roles and Responsibilities

8.1 Role of the teachers

- Subject leaders to ensure all opportunities within their subject to promote and teach children about healthy lifestyles are taken and their curriculum is developed to include these if appropriate
- Teachers to ensure they deliver all healthy lifestyle lessons and assemblies as detailed in curriculum overview documentation

8.2 Role of the Principal, Phase Leaders and Directors

- Check compliance of the policy
- Write to, meet and talk with parents about healthy lunches when appropriate
- Monitor the effectiveness of the policy and its implementation
- Ensure new parents / children are aware of the policy and what it entails

8.3 Role of the Parent

- Support the Academy by adhering to the policy guidance
- Provide a suitable packed lunch if their child brings in lunches from home, adhering to the policy guidance
- Encourage and promote healthy eating and lifestyles for their children

8.4 Role of the child

- Ensure they engage in all lessons / assemblies relating to healthy lifestyles

This policy will be reviewed annually.