



# Fierté Multi Academy Trust

## Policy on Food and Food Preparation

2017-2018

At the heart of our Trust are both the UNICEF Rights Respecting values and articles and Building Learning Power. Through these, we aim to put children's rights at the heart of our schools. We work together to embed children's rights in our ethos and culture; to improve well-being and develop every child's talents and abilities to their full potential. We aspire to give children a sense of pride and achievement in all that they undertake.

***Dyslexia:** Fierte Multi Academy Trust recognises the unique contribution of every individual in the school community. It is an inclusive school in which adults and pupils of all abilities and from all cultures and backgrounds are valued. Pupils' wider achievement is encouraged and celebrated and the good progress of all our pupils is of paramount importance as is the safeguarding and wellbeing of all pupils.*

### 1 Introduction

- 1.1 We are committed to ensuring that the children in our care grow into healthy adults.
- 1.2 Consequently, this Trust does its utmost to teach children the key points about living a healthy life, including the importance of eating healthy food. We have achieved the National Healthy School Standard, and our Whole-School Food Policy is designed to contribute a vital element to our strategy of creating a school environment in which children can thrive. We believe that it is only through a whole-school approach that the key messages about food and drink can be really effectively conveyed. This document sets out our policy on this.

### 2 Aims and Objectives

- To help children know and understand the importance of food and drink in a healthy lifestyle.
- To help children learn what healthy food is.
- To give children the skills they need to make the right choices with regard to food and drink.
- To promote the physical and emotional well-being of all our children.
- To promote and understand the food chain using the School Garden, Forest and Farm- 'From farm to Fork' and how food is grown. All academies have a specific area related to this.

### **3 The Curriculum**

- 3.1 We will plan explicit teaching about healthy eating in our formal curriculum. For example, we will teach children about the preparation and cooking of healthy food in Design Technology classes, while in Geography lessons, children will learn where food comes from and how it reaches the shops. In Science, we will teach about nutrition and the needs of a healthy body. Through Mathematics, we will teach children to measure and calculate size and weight. In English, we will provide opportunities for children to discuss, read and write about health-related issues, such as GM foods, and why some parts of the world have a surplus of food, while other parts have famine. In Religious Education, children will learn about how food is valued in different societies, and the part food plays in religious custom and practice. In Physical Education, children will have the opportunity to learn how their body reacts to exercise, and the importance of food and drink to participation in sport and dance. In PSHE, children will have the opportunity to reflect on food-related issues such as how food is advertised, and how we can enjoy treats without damaging our bodies. In our school farm pupils learn about livestock, crops, food chains and eco systems as well as sustainability and growing plants.
- 3.2 We will also promote healthy eating through the informal curriculum. For example, we will promote healthy eating regularly in assemblies. We will encourage children to participate in school games clubs and sports, and so learn the enjoyment of a healthy lifestyle. We will organise school visits to outdoor pursuit centres, and provide opportunities for children to explore the natural world. Our school site will be fully exploited in the interest of the children's physical and emotional development through playground activities including the school farm and forest areas. We also actively promote cooking as a regular activity in all classes.

### **4 The School Environment**

- 4.1 We will ensure that our school environment promotes healthy eating. We will not allow children to bring sweets, crisps or chocolate into school at any time, except in Lunch Boxes if parents so wish (see 5.2).
- 4.2 We will try not to give sweets or chocolate as prizes or rewards for school activities.
- 4.3 We will encourage children to drink plenty of water by providing them with a water bottle for use at any time, access to cooled water, and regular opportunities to drink water throughout the day. We do not expect children to bring in squashes but allow pure fruit juices at break time.( These are the same that we sell at breaktimes to children)
- 4.4 Children will be encouraged to eat fruit at break times if they wish to have a snack. The children are now allowed to purchase a selection of fruit, toast, crumpet, and milk or fruit juice at break times. Reception and Key Stage 1 children have access to free fruit daily.

### **5 School Lunches**

- 5.1 We will serve only healthy food and drink for our school lunches. The lunches will be prepared by our school kitchen staff and a basic requirement will be that they provide a vegetarian option each day, that they always serve vegetables and fruit, and that all lunches have a balanced nutritional value. Pupils will be able to try a range of healthy snacks e.g.

vegetables and fruit as they wait to be served their lunches. Some food grown at school will also be used for pupils to try e.g. carrots, peppers or strawberries.

- 5.2 The parents of children who bring packed lunches will be made aware of our healthy-school policy, and given clear guidance about what should be included in a healthy packed lunch.

## **6 Role of Parents**

- 6.1 We will work closely with parents to ensure that the messages about food and drink we give in school are reinforced and supported at home.
- 6.2 We expect all parents who send their children to our school to respect our healthy food policy and to support it fully through the food they give their children to bring to school.
- 6.3 During our annual meeting with the parents of our new September intake, we explain the importance we place on healthy eating and why we endorse this policy.

## **7 Monitoring and Review**

- 7.1 The Governing Body will monitor this policy to ensure that our children are taught the importance of healthy eating. It will be reviewed on a regular basis, and at least once every two years.

**Signed:**

**Date: September 2017**

This Policy will be reviewed: September 2018