



# RUSHDEN PRIMARY ACADEMY

## *Whole School Food Policy*

### **REVIEW PROCESS**

FIRST WRITTEN	<i>September 2021</i>
REVIEWED	<i>September 2023</i>
REVIEW DUE	<i>September 2024</i>



# RUSHDEN PRIMARY ACADEMY

## Introduction

At Rushden Primary Academy we recognise the connection between a healthy diet and pupils' ability to concentrate, learn and achieve high standards in school. Therefore, we endeavour to educate our children with the skills, knowledge and understanding to enable them to make informed healthy lifestyle choices. We believe strongly in the commitment of sending out consistent messages about all aspects of health to encourage and develop positive attitudes towards a healthy diet and lifestyle.

We regard healthy eating as a whole-school initiative and believe that opportunities to teach about the importance of living a healthy lifestyle occur throughout the curriculum. To do deliver this effectively, we need to work in partnership with parents and carers in securing the very best for every child and we welcome your support with the implementation of this policy.

## We aim to:

- ☑ Increase knowledge and awareness of a healthy diet through workshops and our PSHE and Science curriculum.
- ☑ Provide safe, tasty, and nutritious food that promotes health
- ☑ Enable all pupils to have a healthy school meal
- ☑ Make healthy eating enjoyable and the norm
- ☑ Provide safe, easily accessible water during the school day
- ☑ Promote healthy eating/healthy food choices and discouraging unhealthy eating/unhealthy food choices
- ☑ Be a role model for healthy eating
- ☑ Monitor healthy choices, including packed lunches
- ☑ Use a range of opportunities to promote healthy eating
- ☑ Ensure consistent messages regarding healthy eating are reinforced throughout the school day.

## 1. Food in the curriculum

First and foremost, the production and preparation of food is an important part of the curriculum for all pupils and is taught across the curriculum through science, PSHE and PE and D&T. We ensure that pupils are taught cooking from Reception up to Year 6, in line with the national curriculum, developing their understanding in food related issues including food hygiene and safety issues. All food preparation is healthy.

This policy will contribute towards other policies in the following ways:

- ★ **Behaviour:** Children who eat healthily are more focussed on their work and behaviour is better.
- ★ **PSHE:** Healthy food and choices and practical food education is included in the curriculum.
- ★ **Science:** Healthy eating and nutrition is part of the science curriculum.
- ★ **D&T:** Hands on opportunities for children to explore, design, prepare and cook allow children to evaluate their end outcome against the healthy meal regime.
- ★ **Equality:** We take account of the needs of all our children, including those with disabilities and allergies.
- ★ **Curriculum assessment:** Children's learning about healthy eating is assessed in line with the school's assessment through science, PSHE and D&T.

## **2. Food and Drink Provision throughout the School Day.**

### **2.1 Breakfast Club**

#### **Aim**

- To provide food for children of families that have an early start to their day
- To improve pupils' education: if a child misses out on breakfast they may suffer from tiredness, a lack of concentration, poor behaviour or learning issues by mid- morning.
- To meet the social needs of children and improving social skills in a relaxed environment and with children of varying ages

The club offers a calm, clean, pleasant environment for children to eat a healthy breakfast and to socialise with other children and adults. A good variety and healthy balance of foods as recommended by the Balance of Good Health (Food Standards Agency, 2001):

- Toast (choice of wholemeal or white bread)
- Yoghurts
- Fresh fruit
- No added sugar fruit juices.
- Lower fat versions of milk and milk products are offered.
- Spreading fats are used sparingly and breakfast cereals high in sugar are not provided.

### **2.2 Snack Time for KS1 and Reception**

All children in KS1 and Reception receive a free piece of fruit or vegetable everyday as part of the Government's School Fruit and Vegetable scheme.

### **2.3 School lunches**

All our school meals are provided by the Academy catering team, who acts in accordance with the national standards for school lunches ([www.schoolfoodtrust.org.uk](http://www.schoolfoodtrust.org.uk)).

The weekly menu is available via ParentPay for parents to choose the most suitable option for their child/children.

The dining area has a calm and positive atmosphere, where children socialise and enjoy the dining experience. Staff monitor food choices and encourage pupils to try new foods, we encourage all parents to take free school meals, where there is an entitlement.

### **2.4 Rewards and Celebrations**

Staff will avoid confectionery items when purchasing prizes and treats for pupils. However, there are times when a small amount of chocolate may be given, e.g. Easter nests, advent calendar. Children with special diets, e.g. anaphylactic, diabetics or those with other allergies or intolerances will always be catered for separately.

### **2.5 Drinking Water**

The national nutritional standards and standards for healthy school lunches recommend that drinking water should be available to all pupils, every day, and free of charge.

Rushden Primary Academy agrees with this recommendation and provides a free supply of drinking water which is available inside every classroom. All children are encouraged to bring a named water bottle to school daily. Water bottles are placed in an accessible location so that children can have access to them throughout the day.

### 3. Food and Drink Brought into School

#### 3.1 Snack

As children move up into KS2, if they wish to have a break time snack, they can bring in something from home. Below are guidelines from the *NHS* and *Change4life* on healthy snacks. We ask for your support to help us adhere to these guidelines at RPA.

##### *Healthier Break Time Snacks:*

- ☑ Chopped up raw vegetables– e.g. carrots, cucumber or peppers
- ☑ Chopped up fruit/Whole fruit – e.g. apple, Satsuma, strawberries, halved grapes, melon slices
- ☑ Breadsticks and wholemeal crackers
- ☑ Malt loaf, tea cakes, fruit breads

#### 3.2 Packed Lunches Brought to School

The academy encourages parents and carers to provide children with packed lunches that adhere to national standards. This is achieved by promoting healthy packed lunch options using the principles of the Balance of Good Health.

##### *Healthier Lunch boxes*

- ☑ Based on starchy carbohydrates (bread/potatoes/rice/pasta)
- ☑ Include fresh fruit and vegetables/salad
- ☑ Include a source of protein such as beans, eggs, fish, meat, cheese (or dairy alternative)
- ☑ Include a side dish such as a low-fat and lower-sugar yoghurt (or dairy alternative), tea cake, fruit bread, plain rice/corn cakes, homemade plain popcorn, sugar-free jelly
- ☑ Include a drink such as water, skimmed or semi-skimmed milk, sugar-free or no-added sugar drinks

*For further ideas on how to have a healthy, balanced diet and to help you decide what to put in your child's lunch box, please see the following links:*

[Eat well Guide](#)

[Change4Life.](#)

***Please refraining from sending your child in with cake, sweets, chocolate, cereal bars, biscuits, crisps or fizzy drinks for either a mid-morning snack or in lunch boxes.***

### 4. Special Dietary Requirements

#### 4.1 Special Diets for Religious and Ethnic Groups

The academy provides food suitable for our diverse range of cultures within our Academies.

#### 4.2 Vegetarians and Vegans

Academy caterers offer a vegetarian option at lunch every day. When necessary, the school also offers a vegan option.

#### 4.3 Food Allergy and Food Intolerance

We are a nut free school. Parents are asked to refrain from providing food products, which may contain nuts, in packed lunches or any other food brought into the school and children with a nut and/or peanut allergy have an individual management plan. Staff are trained to recognise and manage allergic reactions.

Individual care plans are created for pupils with food allergies. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details. Academy caterers are made aware of any food allergies/food intolerance and requests for special diets are submitted through an agreed process.

#### **4 Food Safety**

Appropriate food safety precautions are taken when food is prepared and stored. These vary depending on the food on offer and include:

- ✓ ensuring that adequate storage and washing facilities are available
- ✓ that refrigerators are used when necessary
- ✓ that food handlers undergo appropriate food hygiene training
- ✓ that suitable equipment and protective clothing are available.

Any food hazards are identified and controlled. We consult our local Environmental Health Department about legal requirements where necessary.