

# **Anchorsholme Academy**



## **Whole School Food Policy**

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### Introduction

At Anchorsholme Academy School we are committed to giving all our pupils consistent messages about all aspects of health to help them understand the impact of particular behaviours and encourage them to take responsibility for the choices they make. This policy should be read alongside the school's Physical Education, PSHE, Sex Education Statement and Drug Education Policy.

The school supports the '5 a day' campaign to encourage children to eat 5 portions of fruit and vegetables a day, which has been shown to reduce the onset of certain life-threatening conditions as well as being helpful in tackling and preventing childhood obesity.

We have used the following approach to identify what areas we need to change to develop a more healthy approach to the issue of food in our school:

- How well are we doing?
- How well should we be doing?
- What more should we aim to achieve?
- What must we do to make it happen?
- What action should we take and how do we review progress?

### Rationale

Anchorsholme is a healthy school. It is important that we consider all elements of our work to ensure that we promote health awareness in all members of the school community. We can provide a valuable role model to pupils and their families with regard to food and healthy eating patterns.

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

### Aim

**To ensure that all aspects of food and nutrition in school promote the health and wellbeing of pupils, staff and visitors to our school.**

### Objectives

**What do we want to achieve?**

- To ensure that we are giving consistent messages about food and health
- To give our pupils the information they need to make healthy choices
- To promote health awareness
- To contribute to the healthy physical development of all members of our school community
- To encourage all children to take part in the '5 a day' campaign

## **School lunches and packed lunches**

School lunches are provided by Blackpool Borough Council's catering staff who are working within the latest DfES guidance on improving school meals. Parents share the menu with children and choices are made for the term. A copy of menu is available in the reception area of school and sent home to families. Children sit in classes in the dinner hall and are served by the welfare staff. Many children bring a packed lunch to school. We regularly include newsletter items about the contents of these and we discourage the inclusion of sweets, chocolate bars or fizzy drinks. Children are encouraged to bring healthy items in their packed lunch boxes.

## **Milk**

**Children throughout school participate in the government's milk in school scheme. Each class has milk/fruit time each day when children can drink and enjoy their milk or water in a relaxed environment.**

## **Snacks**

All FS and KS1 children are provided with free fruit and vegetables as part of the Government initiative to provide all infants with free fruit and vegetables during the day. All children in school are offered breakfast which is a bread product and a piece of fruit every day.

## **Water for all**

Located around Anchorsholme Academy are filtered water fountains; therefore cooled water is freely available throughout the school day to all members of the school community. Children may drink their water at any time, where appropriate. Regular water and brain breaks are built into the school day and curriculum by class teachers. Named plastic beakers are provided by school for this.

## **Student Council**

Anchorsholme's elected student council meet regularly to discuss and resolve school issues. Members of the student council are regularly asked to report their class's opinions on the food choices available in school. As a school we value children's opinions and give the children the chance to suggest changes and improvements.

## Food across the Curriculum

In FS, KS1 and KS2, there are a number of opportunities for pupils to develop their knowledge and understanding of health, including healthy eating patterns and the practical skills that are needed to appreciate where food comes from such as shopping, preparing and cooking food.

**Literacy** provides children with the opportunity to explore poetry, persuasion, argument and narrative work using food and food related issues as a stimulus, e.g. writing to a company to persuade them to use non-GM foods in children's food and drink etc.

**Numeracy** can offer the possibility of understanding nutrition labelling, calculating quantities for recipes, weighing and measuring ingredients.

**Science** provides an opportunity to learn about the types of food available, their nutritional composition, digestion and the function of different nutrients in contributing to health and how the body responds to exercise.

**RE** provides the opportunity to discuss the role of certain foods in the major religions of the world. Children experience different foods associated with religious festivals.

**ICT** can afford pupils the opportunity to research food issues using the internet and other electronic resources. Pupils design packaging and adverts to promote healthy food choices.

**Food Technology** as part of DT provides the opportunity to learn about where food comes from and apply healthy eating messages through practical work with food, including preparation and cooking.

**PSHE** encourages young people to take responsibility for their own health and well-being, teaches them how to develop a healthy lifestyle and addresses issues such as body image. Pupils are able to discuss issues of interest to young people, e.g. advertising and sustainable development.

**Music** can provide pupils with knowledge about different properties of cooked and uncooked foods where pulses and grains are used in un-pitched percussion instruments.

**Geography** provides a focus on the natural world and changing environment, offering the chance to consider the impact our consumer choices have on people across the world who rely on growing food as their source of income.

**History** provides insight into changes in diet and food over time.

**Physical Activity/Education** provides pupils with the opportunity to develop physically and to understand the practical impact of sport, exercise and other physical activity such as dance and walking on a healthy lifestyle.

**School Visits** provide pupils with activities to enhance their physical development e.g. to activity centres.

**Extra Curricular Activities** available to pupils include football, netball, taekwondo, athletics, ball skills and gardening club.

## **Partnership with parents and carers**

The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Each must reinforce the other. This is not always easy but our school is well placed to lead by example.

Parents and carers are regularly updated on our water and packed lunch policies through school newsletters (Anchornews). We ask parents not to send in fizzy drinks and we remind them that only water may be drunk during the school day, except at lunch when children on school meals are provided with a juice/milk/water option and children on packed lunches may drink juice or squash brought in from home.

During out of school events, e.g. school discos etc., the school will encourage parents and carers to consider the Food Policy in the range of refreshments offered for sale to the children.

## **Role of the Governors**

Governors monitor and check that the school policy is upheld and can also offer guidance where a member of the body has particular expertise in this area.

## **Use of Outside Speakers**

Many people may find that visiting speakers such as a local health promotion officer can fulfil a valuable role. Where outside speakers are involved, their contribution should be properly planned and should complement other teaching. The tone and substance of any input should match the age and maturity of the pupils involved. Teaching staff should always be fully aware of the content of any external input.

## **Monitoring and review**

Class teachers and relevant subject leaders are responsible for the curriculum development of the Food Policy. The SMT and Healthy Schools co-ordinator are responsible for supporting colleagues in the delivery of the Food Policy. The CSA is responsible for ensuring the quality of the food offered as part of the contract with the caterer.