

# Whole School Food Policy

Date of adoption: September 2022

Person responsible: Health Leader

## Definition & Aims

Rushcliffe Spencer Academy recognise the importance of ensuring every child has access to a healthy and well-balanced diet, supporting them to lead a healthy lifestyle. We also recognise the link between a healthy diet and children's ability to learn. We are a supporter of the National Change4Life campaign and all our meals meet the school food healthy eating standards.

The aims of our food policy are:

- To ensure food and healthy eating messages are embedded in the school's ethos and consistent across all food provision and classroom activities.
- To provide a whole school approach to food and healthy eating to improve the health and wellbeing of children and their families.

## Food Consumption in School

### Break time

During break time, children have the choice from a selection of food items in our canteen, which reflect the Eatwell Plate. All catering staff complete the required Food Hygiene training. Environmental Health Officers (EHO) make periodic visits to the school club kitchens to ensure hygiene and food safety standards are adhered to. 'Scores on the doors' certificates given after inspections are displayed in the kitchen.

Students can bring in their own snacks, but these must also reflect the Eatwell Plate.

### Drinks and Water

It is widely agreed that children need plenty to drink during the day. All children are encouraged to drink water throughout the day and have access to drinking water from a number of water taps where they can refill their bottles. If children do not bring a water bottle to school, drinking cups are available. If pupils bring drinks from home, healthy drinks such as water is encouraged. No fizzy drinks or energy drinks should be bought into school.

### School Meals

A cooked lunch is available at school for all children and staff. These meals follow the school food healthy eating standards. Menus are available on the school website, and also shared with students during form time on a weekly basis. A selection of hot and cold food is available.

### Packed Lunches

We encourage children and parents to have/provide balanced, healthy packed lunches. We do this by providing relevant information about healthy eating to both children and parents. We encourage all parents to include at least one piece of fruit or vegetable. The below is a list of high sugar snacks that if eaten excessively can become unhealthy, consumption of these foods is to be discouraged. If unnecessary amounts are found and large quantities are consumed these will be confiscated, unless under special circumstances (see Rewards and Special Events) within school hours:

- High Sugar Fizzy Drinks
- Energy Drinks
- Chocolate
- Sweets
- High Sugar Cakes

This is consistent with the School Food Standards.

### **Cultural and special diet**

At Rushcliffe Spencer Academy we are supportive of children with any cultural and special dietary requirements and this is reflected in our food menus. Special diets, in terms of being free from dairy, wheat, gluten, egg and nuts, can be catered for by the school catering team. All pupils' dietary needs are recorded and communicated sensitively with the catering team. All pupils and staff are prohibited from sharing their food or drinks with other pupils in order to minimise the risk of incurring an allergic reaction in a pupil with an allergy.

### **Sustainable food and drink**

As a school we take pride in our food culture and the environment. All products are sourced within a 50 mile radius of school, and we are reducing the number of plastic products we are selling.

### **Rewards and Special Events**

We understand that all children enjoy a treat on special occasions and that sweets and cakes for birthdays or similar celebrations may be brought into school to share with others. As a healthy school we encourage this to be done in moderation.

Our standards of healthy eating are reflected beyond the usual school day and our food policy applies to school trips and other special events. At whole school events such as Esperanza, celebrations & rewards, and school fairs we aim to provide both healthy snacks and limit unhealthy options.

### **Cooking & Food Safety in the Curriculum**

Our Innovations faculty provide regular lessons to KS3 students about food safety, and food hygiene, along with regular practical cooking lessons for students to engage with a selection of quick and easy recipes to use at home. All recipes are based on the School Food Standards.

### **Linked Policies**

This policy should be read in conjunction with other related school policies including:

- Catering Policy