



## **The Hessle Academy Food in School Policy**

### **Effective Date:**

March 2016

### **Date of minuted approval by the Board of Governors:**

17 March 2016

### **Review Date:**

March 2019

This policy applies to school food provision for learners age 3-16 across The Hessle Academy.

### **Rationale**

The Hessle Academy (THA) promotes a healthy lifestyle amongst its learners. Our aim is to ensure that healthy food and drink is provided at all times during the school day. THA are proactive in setting a positive environment in which learners are encouraged to make healthy lifestyle choices.

A balanced diet is essential for the maintenance and protection of health, to ensure that full mental and physical potential is reached each day and to optimise growth and development. We recognise that research suggests that children and young people who choose a healthy food option have improved concentration and energy levels and are therefore more likely to achieve in school.

Developing a healthy eating diet and good eating habits early on will lay the foundations for future health. We accept our responsibility for ensuring our learners have the necessary skills to make the same positive food choices when they leave school.

The Board of Governors is proactive in recognising its responsibility for setting a strategic framework for the schools Food Policy. Supported by our catering team Chartwells, we have a partnership approach to offering every learner, staff member, governor and visitor a healthy meal. This strategy of external partnership ensures a positive 'school food' service whilst focusing energy on the core aims of delivering a successful school outcome.

The food provided reflects nutrition and healthy eating messages in the curriculum. With the support of the whole school community we promote the positive messages of choosing a healthy lifestyle.

School food is a key agenda item at School Council, Parents and Friends Association, Staff and Governor meetings.

### **Provision**

All school meals are provided by Chartwells, our catering agent and the provision of healthy food is part of their tender. Chartwells supports the development and implementation of 'Nutritional Standards' for school food and its guidance on measuring the nutritional content of school meals. They ensure that their menus always meet the required standards for the appropriate age groups and can provide complete nutritional analysis for their recipes. Whilst making sure that their menus are compliant, they offer flexibility to the school to change the menu, whilst ensuring any changes maintain the required nutritional balance.

Chartwells strives to use the highest quality fresh, unprocessed food incorporating seasonal and regional produce where possible. They have a network of national and regional suppliers with whom they

actively work to reduce the fat, salt and sugar levels of their food against target nutrient specifications set by the Food Standards Agency. Whilst monitoring these levels they also work to minimise and eliminate, where possible, the use of additives and are continually working towards the removal of trans-fats from within their range of products.

In practice the school food provision maintains high standards and responds to Government guidelines (2013/14) on food in schools and provides:

- healthy hot meals with freedom of choice but direction in healthy eating
- eggs that are free range
- menus that are nutritionally compliant with all 14 nutrient based standards
- drinks which are low in sweeteners and additives but offer 58% natural fruit
- two fried items, or less, per week within guidelines
- Healthy 'Breakfast Club'
- Meat that, where possible, is sourced locally and to high animal welfare standards.

### **Breakfast**

Breakfast Club operates on a daily basis from 8.00am. At Penshurst Primary School this is run in-house at a daily charge of 30p. Free toast is available at Hessle High School and Sixth Form College along with a variety of healthy foods to purchase. A selection of healthy food is provided with a substantial subsidy at Penshurst Primary School.

### **Morning Break**

A range of hot and cold food choices are available at Hessle High School and Sixth Form College. Free fruit is provided to all learners at Penshurst Primary School. In the nursery we provide free milk to all children.

### **Lunchtime**

Lunchtime provision includes a two course meal (meal deal) available at the value of a free school meal\*. This option consists of a minimum choice of two main meal items, including a Vegetarian option, plus a dessert. In addition, a variety of healthy hot and cold options plus sandwiches are available. Themed Food Days are also provided.

We actively encourage parents to promote healthy eating options when learners opt to have a packed lunch.

\*The free school meal value is £2.40 (2017/18). This is reimbursed to the school on a lag funded basis calculated by the ADACI Deprivation scores as part of the ERYC Schools Funding Formula.

### **Hospitality**

Hospitality provided to learners, staff and visitors also reflects the ethos of nutritionally varied and visually stimulating healthy food.

### **Water**

The National Nutritional Standards for Healthy School Lunches recommend that drinking water should be available to all learners, every day, and free of charge. The school agrees with this recommendation and provides a free supply of drinking water. Learners are able to drink only water during lessons, though for Health and Safety reasons this is not the case in practical lessons. Carbonated drinks are banned on all school sites.

## **Equal Opportunities**

### **Religious and Cultural Requirements**

The school provides food in accordance with learner's religious beliefs and cultural practices but relies on parents to inform us of the specific requirements.

### **Vegetarians and Vegans**

School caterers offer a vegetarian option at lunch every day. When necessary the school also provides a vegan option.

### **Allergies and Intolerances**

Individual care plans are created for learners with food allergies. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details.

School caterers are made aware of any food allergies/food intolerance and requests for special diets are submitted according to an agreed process.

### **Free School Meals**

THA actively encourages all students who are entitled to a FSM to take up the provision. The cashless payment systems in place ensure students can use FSM allocation discretely.

### **Curriculum**

THA and our caterers work cooperatively and proactively to educate learners about food choices as part of the curriculum. As part of the work that learners undertake for Science, Humanities, Physical Education and LIFE at Hessle High School and Sixth Form College, and in Theme at Penshurst Primary School, they will be taught:

- components of a healthy diet
- importance of healthy eating both now and in the future
- cost of food
- food and culture/religion
- food miles, transport and waste
- food production
- measuring and weighing
- food in history
- links between food choice and exercise
- extra curricula activities including:
  - After school cookery clubs
  - Caterer's talks about the changes in school meals and nutritional standards
  - Gardening Clubs
  - Ready, Steady, Cook Challenge annually

Learning will be incorporated as appropriate into each Key Stage.

Theme days will be provided throughout the year to promote cultural awareness and British Values.

### **The Eating Environment**

THA and our caterers will provide a safe and healthy eating environment for learners, staff and visitors eating in the schools.

The schools will provide a clean, sociable environment, for learners to eat their lunch. In doing so, the school requests learners adhere to the following rules:

- all Primary School children are required to sit at a table for at least 20 minutes, in order to eat their lunch
- learners are required to eat all or at least try to eat most of the food provided, either by the school or in their lunch box
- all litter, from lunch boxes brought in from home, must be taken home at the end of the school day
- lunchtime supervisors will help any children who have concerns or cause concern during meal time, e.g. learners who may have problems eating their lunch, spill or drop their lunch, cannot find a place to sit, do not eat their lunch or skip lunch, etc.
- learners are expected to behave respectfully whilst eating their lunches, be polite and helpful
- if a Primary School child has a problem or wishes to leave they should raise their arm and wait until a lunchtime supervisor speaks to them
- if learners are unsure of what the meal, or any meal item, is, they can ask the caterer or supervisory assistant to explain
- caterers and supervisory assistants should thank learners for using the facilities, as learners should thank them for their help and assistance
- learners leave the area where they have eaten their lunch in a reasonable clean and tidy condition
- at HHS SFC all food will be eaten in the Dining Room to promote a mature ethos and approach to food.

### **Parental Choice**

We recognise that parental choice is vital in a child's or young person's diet. The lunchtime menu is available to parents via the Academy website ([www.thehessleacademy.co.uk](http://www.thehessleacademy.co.uk)) and the ParentPay purchasing system. The ParentPay system supports parental and school monitoring of food 'choices'.

We will communicate with parents at every opportunity and ask for their support in:

- purchasing a school drinking bottle for water only
- not allowing learners to bring fizzy drinks on site
- providing a balanced packed lunch with a healthy option focus.

### **Lunch Boxes from Home**

The schools will provide information on healthy foods that should be included in lunch boxes from home

The schools recognise the benefits of a well-balanced hot school meal for children and young people. However, should parents decide to send in a packed lunch from home, please note the following recommended guidelines set out by the British Nutrition Foundation.

A child or young person's lunch should include only the following:

- a portion of starchy food, e.g. wholegrain bap/bread, sesame seed pitta bread, plain crackers, pasta or rice salad
- fresh fruit and vegetables, e.g. apple/orange/banana, cherry tomatoes, carrots sticks, mini fruit chunks, etc
- a portion of milk or dairy food, e.g. cheese, plain/fruit yoghurt, etc.
- small portion of lean meat, fish or alternative, e.g. two slices of ham, chicken, beef, Quorn, cheese, tuna, egg or hummus, etc.
- a drink - fruit juice (not fizzy or diluted squash), water (not flavoured), milk (not flavoured)

Parents are advised to include an ice pack. Food products, prepared and stored in ambient temperatures, can after a period of between two to four hours, have increased levels of bacteria in them, which may be harmful to your child. The schools cannot take legal responsibility for foods prepared at home and then brought into school.

In addition, the schools request that parents do not include the following items in packed lunches:

- sweets (including Winders), chocolate, etc.
- crisps or any packeted savoury snacks high in salt and fat
- fizzy drinks/sugary drinks
- sweet cakes, e.g. sugary cakes, doughnuts
- sweet nut bars
- foods containing salted nuts
- packets of salted nuts

### **Sixth Form College**

The Hessle Academy recognises the students enrolled in the Sixth Form College as young adults may wish to eat separately from the younger students in the school. To ensure that this does not impact negatively on their food choice and purchasing habits we have worked with our caterers to provide a high street style café for Sixth Form students and staff only. This provision includes the supply of healthy snacks and hot and cold sandwiches.

Sixth Form students continue to have access to the full catering provision through the main dining areas throughout the day.