

Kentmere Academy and Nursery

Healthy eating policy



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Introduction

At Kentmere Academy we recognise the importance of healthy eating and its contribution to good health, and physical, mental and social well-being. The school is committed, as part of the wider community, to helping children learn about healthy eating and to promoting family health.

Aims

The school works towards the following aims in partnership with parents, carers and the health service.

We aim to:

- To provide curriculum opportunities for all children to develop knowledge, skills and understanding about a healthy diet so that the children can make informed choices.
- To ensure that food provision in the school reflects the requirements of all children and staff e.g. medical, allergenic, religious, ethnic and vegetarian needs.
- To present consistent, informed messages about healthy eating within school through our practices.
- To ensure that the provision and consumption of food is an enjoyable and social experience, recognising that some foods should be enjoyed in moderation.
- To ensure that children have access to nutritious food and drinking water during the school day.

Curriculum content

At Kentmere Academy, healthy eating is delivered within a whole school approach:

- Celebration of festivals and special events
- Topic work
- Snack times
- Breakfast Club
- Cookery sessions in the Community Room Units of work in science, RE, mathematics and PE.
- Circle times
- Story times
- Personal, social and emotional development in Foundation Stage.
- Special projects e.g. Golden Grin Award, Pancake Day.

Food and Nutrition is also taught in four strands of the national curriculum framework:

- Personal Development (SEALs) – developing confidence and making informed choices.
- Citizenship – pupil voice in preparing for adult life
- Health and Safety- healthy lifestyles, exercise, hygiene, looking after ourselves.
- Relationships- respecting differences between people and their preferences.

School fruit scheme and milk scheme

Every child in foundation stage and key stage 1 is provided with free fruit, vegetables and milk everyday as part of these national schemes.

Breakfast club

Children at school can access breakfast free of charge. Healthy items such as cereal, milk, fruit, water and toast are provided from 8.15 a.m. Children may choose to eat at home and then join the games at breakfast club, where they are supervised until the school day starts.

Lunchtimes

All classes are supervised by an adult during lunchtimes. Children have the option to go home for their lunch in accordance with parents' wishes.

School meals provided at school meet government nutritional standards. The food meets the ethnic, allergenic, vegetarian, religious and medical needs of children and staff. Salads, fruit and vegetables are always part of the menu.

Parents are encouraged to provide healthy choices in packed lunch boxes. Fizzy drinks and sweets are not allowed.

Menus are shared with parents and are displayed on outdoor noticeboards around the school. Parents are invited to sample the food at new pupil induction evenings. Parents are also invited to join their child for lunch during their first week at school.

Celebrations

Children are taught about the importance of a healthy, balanced diet. Sweets and treats are allowed in moderation on special occasions. Advice is sought from parents regarding any allergies or dietary needs.

Ethnic and cultural diversity

The school consults parents, carers and the children's school council about dietary needs and preferences. We take account of their views and promote respect for, and understanding of, the views of different ethnic and cultural groups.

Allergies

Parents and carers are asked to inform the school if their child suffers from an allergy. Information is collected regarding the foods to which the child reacts and the usual symptoms to expect. Our school nurse advises and assists in developing a care plan where required. A list of medical concerns is maintained by the school office and regular updated lists are issued to class teachers.

Hygiene

Children are encouraged to wash their hands after using the toilet and before handling food. The catering service complies with government regulations regarding food hygiene. Regular health and safety checks are carried out, including inspections of the kitchen, cleaning arrangements and the quality of the water supply.

Parental involvement

Parents are actively encouraged to become involved in promoting healthy eating within the community. Pupils' lunch menus are displayed publicly so that parents can monitor what their child is eating at school.

Information from the catering service is shared via newsletters and letters home. Parents can learn about healthy cooking at the courses provided in the schools Community Room.

Parents are invited to join their children for a sample lunch and to pop in during breakfast club. Staff inform parents if their child is not eating at school.

Adults in the wider community regularly join in school celebrations, often bringing in home cooked dishes for special events.

Signed:  Sarah Isberg (headteacher)

Date: January 2018

Agreed by 
Simon Day (Chair of Governors)

Date: January 2018

Review January 2019