



Abbey Hill Academy

Food Guidance

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Ethos

Abbey Hill Academy offers a caring environment and appreciates that a healthy diet is essential for maintaining and protecting children's health, for ensuring they perform to their full potential during the school day (both academically and physically) and for their growth and development.

We will help our students establish a healthy lifestyle that we hope will continue into adulthood. As well as offer parents and carers, ways to maintain practical and healthy eating habits advice.

Our Aims

At Abbey Hill Academy we understand that diet is central to health and that children's diet can be an important influence on their health now and in the future. We know that a good diet in childhood can help protect against chronic diseases in later life. International research shows that diets rich in fruit and vegetables are protective against cardiovascular disease including heart disease and stroke. Poorly nourished children, especially those who are overweight or obese often experience social and psychological problems. This can clearly have a significant impact on behaviour and performance in schools.

(For more information see: www.schoolfoodtrust.org.uk/ www.foodinschools.org)

We aim to ensure that all aspects of food and nutrition promote health and well-being of students, staff and visitors to our school. Abbey Hill Academy staff are encouraged to be role models and model balanced eating as a valuable part of daily life.

Curriculum

PSHE, Geography, Science, Food Technology, RE, PE, TGIW, afterschool clubs and holiday school, all contribute to a well-balanced, curriculum delivery of food education.

We will achieve this by:

- helping students to understand the importance of a well-balanced diet
- explaining why high levels of fat, sugar and salt should be avoided
- students investigating why we need to eat foods from different food groups
- Understanding the Eat Well Plate
- giving students the opportunity to plan, prepare and cook healthy, tasty meals
- giving students the opportunity to learn about the growing and farming of food and its impact on the environment
- encouraging students to eat and cook with vegetables that they have grown at home and/or within school

During lessons it may be appropriate for a variety of foods to be prepared and/or consumed as part of the students learning. At such times food safety and hygiene principles are followed.

Breakfast Club

Breakfast is an important meal that should provide 25% of a child's energy requirement and supports students to be ready to learn at the start of each day. An ideal breakfast should consist of one portion of fruit, some form of complex/wholegrain carbohydrate, some dairy produce and be low in sugar and salt.

Abbey Hill Academy runs a daily breakfast club for students who are eligible, from 8.40am – 9.00am.

The food offered is consistent with the school policy and monitored. Students are offered from the following low sugar cereal (e.g. Weetabix, porridge), toast, crumpets, low sugar yogurts, a range of fresh fruits, tea, milk, low sugar juice and water.

Students will be able to enjoy their breakfast in a pleasant environment seated at a table whilst chatting to their friends.

Break time

At break times students are able to bring one healthy snack and/or drink from home. Tuck shop is available for students who would like to purchase **one** healthy snack and/or drink. Having this provision allows students the opportunity to practice money handling skills with the aim of supporting their independence.

Food or drink sold at Tuck Shop includes, fresh fruit and vegetables (the range varies), cheese, dried fruit, baked crisps, bread products (e.g. scotch pancakes, teacake loaf, malt loaf). Bottled water and milk are also available.

Water is encouraged at breaks as well as in the classroom. This is to ensure that students return to the classroom prepared and refreshed for learning.

Water and Other Drinks

All students and staff have clean, cooled water freely available and are able to refill bottles easily. Certain classrooms/lessons/subjects may wish to manage the intake (drinking) of water for safety issues. This is acceptable as long as the principle above is fundamentally upheld.

Abbey Hill Academy does not allow students to drink energy drinks and fizzy drinks during the school day or on school trips.

Lunchtime

It is recognised that eating together is a fundamental experience for all people; a primary way to nurture and celebrate our cultural diversity; and an excellent bridge for building friendships. Seating arrangements at Abbey Hill Academy are sympathetic to individual student's needs.

Academy lunches meet/exceed the *School Food Trust's* national standards. All pupils have a choice enabling them to eat healthily. Meeting the government's food-based standards, one third of a child's average dietary requirements across a menu cycle. Our school catering manager also holds a recent catering award recognising her high food qualities.

Students are encouraged to taste and eat new foods.

Any alterations to provision are communicated clearly after a full consultation process has taken place with staff, students and parents/careers.

Students leaving the school site at lunchtime will only be permitted on staff and parent/career agreement. This can be reviewed at any time.

School meals are planned on a 4 week cycle and always contain a meat, fish and vegetarian option. The school meals menu can be found on our school website and are displayed within school in picture format.

Packed Lunches

Our school encourages parents to provide nutritious packed lunches based on the 'Balance of Good Health' and the 'Eat Well Plate' by providing foods low in fat, sugar and salt.

Packed lunches should aim to include:

- Some starchy foods such as bread (sliced bread, pitta bread, wraps, bagels), pasta, rice, potatoes, couscous; choose wholegrain where possible.
- 1 portion of fruit and 1 portion of vegetables or salad.
- Dairy food such as cheese or yoghurt.
- Meat, fish, or another source of protein such as eggs, beans and pulses, hummus, falafel. Nuts are a source of protein but we ask parents not to include these as we have students who have very sensitive nut allergies within school.

It is recommended that the following foods are **not** included in a packed lunch. Although the consumption of a healthy and balanced diet would allow the eating of **one** of these foods per day:

- Crisps or crisp type snacks e.g. flavoured rice cakes, cheddars, sweet sugared popcorn.
- Pastry products e.g. sausage roll, Samoa, spring rolls, pasties, jam tart
- Cereal bars
- Sweets

- Any items containing chocolate including bars, biscuits, cakes or yoghurts/desserts

The school provides water for all students at lunchtime; therefore there is no need for packed lunches to include a drink. If a drink is included in a packed lunch it must **not** be an energy drink or fizzy drink.

Parents are reminded that a packed lunch needs to be wrapped and kept cold, as lack of refrigeration until lunchtime could lead to growth of harmful bacteria. Parents are encouraged to use an insulated box or bag. A little tip; freeze a bottle of water or low sugar fruit squash and put in a bag with a student's lunch. It will keep the lunch nice and cool and by lunchtime the drink will have defrosted to drink.

The school's packed lunch policy is developed using guidance from the Children's Food Trust. The guidance aims to support pupils to have a balanced lunch and best prepare them for learning in the afternoon.

Staff and Visitors

Staff are encouraged to model the food policy.

When visitors partake in school refreshments, they will be offered healthy refreshments or at least a choice which contains a healthy option.

School Visits

Food served at events and offered on trips will be consistent with school policy.

A packed lunch will be provided by the school, for all students who usually have a school meal. Children are welcome to bring their own packed lunches on trips, however, these lunches must adhere to the same food and drink guidance described above.

Rewards

Abbey Hill Academy recognises the importance of acknowledging achievements of students. Our school does not allow food to be used as a reward for good behaviour or achievement. Other methods of positive reinforcement are used in school. Teachers have different ways of giving rewards according students individuality including stickers, star of the week, team points, certificates etc.

Birthday Celebrations.

Abbey Hill Academy recognises the importance of acknowledging and celebrating student's birthdays and other special occasions. Students will receive: a birthday badge and best wishes expressed during tutor time and/or assembly. We welcome any parents who would like to send in fruit for their child to share with the class on their birthday. We discourage chocolates and sweets. Tutor groups will select ways of acknowledging these special days in different ways depending upon students

within the group e.g. Birthday student pick a clip to watch as a treat at the end of the day or play a game, have a special chair/cushion for the day.

Events

Fund raising is an important part of school life. All fund raising activities will consider the importance of the whole school food guidance. When possible the school will promote healthier choices, and provide healthier options alongside 'treat' items. However, in some circumstances this may not be possible such as the Christmas.

Special dietary requirements

The school does everything possible to accommodate students' specialist dietary requirements including allergies, intolerances, religious or cultural practices. It is vital that parents/carers keep school informed of any changes to their son/daughters required diet.

Student's food allergies/intolerances are displayed in a sensitive way, in relevant places around the school.

Equal Opportunities

Provision is allowed for special diets e.g. medical, cultural, and vegetarian, and for appropriate serving. It is vital that parents/careers inform school about any food/eating needs which a student may have.

Students obtaining free school lunch provision will be handled sensitively.

Guidance/ Policy Development and Review

This guidance/policy document may be reviewed and amended at any time to reflect; student intake, government, council or Trust changes

This document is freely available via the academy's web-site.