

# Berwick Academy food policy

## Mission statement

### “Friendship, Learning and Respect “

#### Introduction

This policy has been developed in consultation with pupils, parents, teaching staff, governors and LA representatives.

This document is freely available to the entire school community, it is also available in our newsletter, website and prospectus.

#### Rationale

Berwick Academy recognises the importance between healthy eating and a pupil's ability to learn effectively and achieve high standards.

Our healthy eating policy with encourage, reflect and built upon values outlined in the national curriculum. It is based on the advice and guidance from the school based standards from school lunches and supported by the Healthy school programme.

#### Aims

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

#### Objectives

- To ensure the formal curriculum for food is up to date.
- To promote healthier options and choice in the Academy food and drink in line with national nutritional standards.
- To ensure children and families have the opportunity to access specialized advice and support regarding food concerns.
- To ensure that teaching will need to be sensitive to individual circumstances, eating cultures and family backgrounds.
- To continue to offer a healthy breakfast before school, or use the Academy's breakfast club.
- To encourage pupils to make healthy choices.
- Wherever possible, to use local produce.

- To provide special diets, if requested
- To work with the school catering manager to encourage pupils to make healthier choices.
- To ensure teaching staff with responsibilities to food have their Basic Food Hygiene.
- To work with parents and pupils to raise awareness of Healthy Eating.
- Water for all. Water is available throughout the day to all members of the Academy.
- To improve the dining experience, make provision and consumption of food enjoyable and safe. To encourage members of the Academy to use the facilities.
- To reduce the intake of salt, fatty and sugary foods.
- Encourage the consumption of fruit and vegetables. Free taster sessions.
- To ensure that all food provision throughout the day is in line with current legislation, including breakfast, morning break, packed lunches and celebration events.
- To ensure all practical work is carried out hygienically and safely as possible.
- To promote and enjoy the preparation and cooking of food.
- To encourage experimentation with unfamiliar foods.
- To ensure that pupils are well nourished during the academy day and that every pupil has access to safe, tasty and nutritious food.
- Discussion at School Council and School Nutrition Action Groups (SNAGS) to monitor change. SPENCER/HUDSON

### Monitoring and Evaluation

- The academy will monitor and evaluate by:
- The school council and School Nutrition Action Group having valuable input to the reviewing, changing and improvement of the facilities of the Academy, including the food policy.
- A governing body to visit and review this policy at least every two years and assess its implementation and effectiveness.
- Catering manager to provide reports to the governing body on:
  1. Number of students using the service.
  2. Menu planning.
  3. Nutritional standards.
  4. Patterns on buying.
- Survey to find out the views of pupils, parents and teachers, on a regular basis.
- Appendix:  
Packed lunches.

