

Food Policy Reviewed May 2021

At Robsack Wood we believe that teaching pupils about Healthy Eating and Healthy Lifestyles is an integral part of our pupil's education. It is at the early stages of life that pupils begin making choices for themselves over what they eat and drink and we strive to support them in choosing a healthy and balanced diet. We recognise that the right foods and drinks can play a significant part in our pupil's development and attainment endeavouring to promote healthy choices.

Aims and Purpose

Pupils should have access to a healthy diet which is defined as one where there is a balance of food and drink which provides the nutrients required in the right amounts. We aim to:

- To set out a consistent approach from the Nursery right through to Year 6 for food and drink provision throughout the academy day.
- For all pupils to learn about food and drink as part of the curriculum that supports the growth and development of the body, on-going health and well-being.
- To ensure that all members of the academy community are able to make informed food choices and are aware of the importance of healthy food, and able to make healthy food choices including when choosing snacks.
- To ensure all food and drink served is in line with the Government's mandatory standards, is varied, is served in appropriate portion sizes, looks good and tastes good, promoting the health and wellbeing of the community.
- To make every reasonable effort to ensure that food provision in the academy reflects the ethical and medical requirements of staff and pupils e.g. ethnic, vegetarian, medical need, allergy, and that all relevant staff are aware of this.

The Curriculum

Teaching about food at Robsack Wood is approached in a cross curricular way. Wherever possible, practical and active teaching and learning opportunities will be provided for pupils. The curriculum provides a range of opportunities for pupils to develop a good understanding, appropriate to their age, of how to eat healthily and maintain a healthy lifestyle. At Robsack Wood we also provide enrichment activities which enhance the curriculum provision for food and healthy eating such as Health Week, National School Meals Week and Change4Life campaigns.

Food Provision

Academy Lunches

Academy lunches are provided by Chartwells and follow the nutritional guidelines set out by the DfE and the Caroline Walker Trust. The implementation of national nutritional standards and information about the style of service and menu content are identified in the catering contract. Menus are available on our website.

We endeavour to offer our pupils the opportunity to try new foods and recognise this. We are committed to non-discriminatory procedures to ensure all pupils who are eligible for free school meals take up their entitlement.

We recognise the importance of all pupils and staff having the entitlement to adequate time for eating and digesting is taken into account in the organisation for the academy day. All pupils will eat in the dining hall and staff are encouraged to share lunch with the pupils when they can. EYFS and KS1 staff will eat with the pupils to promote good manners and eating habits.

Universal Infant Free School Meals

All pupils in Reception, Year 1 and Year 2 are entitled to free school meals through a scheme called Universal Infant Free School Meals'. The purpose is to encourage pupils to eat school meals while making positive improvements to health, attainment and socialisation and helping families with the cost of living.

Packed Lunches

We are committed to informing pupils and parents/carers about approaches to the preparation of a packed lunch that is balanced and healthy. Packed lunches provided should be prepared in line with the [NHS Eatwell Guide](#).

Special Dietary Needs

Parents and carers are expected to inform us of any allergies or diet related medical needs or conditions. We support pupils with special dietary needs; all staff are aware in case emergency treatment is needed. All pupils at risk of anaphylactic shock are known to all members of staff and medication is stored in line with the First Aid and Medical Policy. We have rules about pupils sharing and swapping their food with one another in order to protect pupils with food allergies

Snacks

We have a policy on only healthy snacks being consumed during morning playtime. These will preferably be fruit/vegetables or fruit/vegetable based snacks which are low in saturated fat, sugar and salt. Pupils in the Early Years Foundation Stage and Key Stage One will be provided with fresh fruit daily through the Government 5 a day scheme.

EYFS Snack Bar

All pupils within the EYFS are encouraged to become independent in their food and drink choices through a rolling snack bar. This is open throughout the day and provides milk (for under 5's) water and fresh fruit and vegetables. In addition a carbohydrate and dairy snack is provided in the nursery. Children are supported to be independent in pouring drinks, peeling and cutting fruit and spreading dairy products.

Celebrations, Treats and Rewards

We appreciate that food is often an important part of celebrations and will ensure that healthy options are available. Parents and carers will be advised of our policy to assist them in making healthy choices for the sharing and celebrating of pupils' birthdays etc. No member of staff will use food based rewards for any pupils unless a healthy whole class treat chosen by the class and agreed to by a Senior Leader.

Water in the Academy

We recognise the contribution that the consumption of sufficient water makes to learning, positive behaviour and health. All pupils will have access to fresh, clean drinking water on a daily basis and all pupils are provided with their own labelled drinking bottle.

Breakfast

The academy provides bagels to all pupils each morning to ensure all pupils will have eaten a healthy breakfast.

Breakfast Buddies, Robsack Rascals and Nursery Provision

Robsack Wood Academy offers term time daily before and after school care for pupils from prior to the beginning of the academy day and after the school day until 6.00pm. Nursery is open 7.45-6pm for 51 weeks of the year.

We meet the full requirements of Ofsted's care standards for Food and Drink and follow the Caroline Walker Trust Food Guidelines for Under 5's as well as Eat Better Start Better guide as follows:

- The Nursery and Extended schools maintain all allergy and dietary procedures as the academy.
- Fresh drinking water and milk (under-fives) are available for pupils.
- Procedures are in place with regards to the preparation and serving of food.
- All surfaces are cleaned using the correct cloths, signs are highly visible to all staff/volunteers to ensure correct cleaning equipment/products are used.

- A probe is used to check the temperature of heated meals in the nursery. Those staff preparing and serving food on a regular basis will hold current Food Hygiene Certificates.
- Each facility has a designated kitchen area solely for the use of food preparation and storage. Risk assessments are displayed.
- The pupils are offered a range of foods. Please refer to the separate menu available on the website.

Tackling Obesity and Promoting Oral Health.

We recognise that childhood obesity, as well as tooth decay and unhealthy lifestyles are a significant concern and that good eating habits established in childhood are more likely to be maintained in adulthood. To counter the risk factors linked to obesity, we will:

- Signpost families to relevant professionals;
- Promote Oral health across the academy through our curriculum, and information to parents;
- Monitor packed lunches and support parents and carers to make changes where required;
- Share physical activity information throughout the academy;
- Ensure pupils have 2 hours of high-quality PE a week;
- Ensure pupils have 30 minutes of physical activity a day;
- Provide Sports Teachers to run clubs and model activities to staff;
- Provide engaging and exciting playtime equipment to meet the needs of all pupils that focuses on engaging pupils in physical activity;
- Be involved in local initiatives to encourage physical activity, e.g. Hastings and Rother Sports, Beat the Street, Walk to School, Scoot to School;
- Use the PE and Sport Premium appropriately and effectively.

Health and Safety

It is not only a legal requirement, but also a firm belief, that risks to health and safety should be controlled wherever possible through risk assessments. These are completed on a regular basis and cover all identified risks to our pupils, staff and other stakeholders. All staff who prepare food have completed the relevant Food Hygiene qualifications.

All food preparation will adhere to the health and safety policy and be carried out according to good food hygiene and preparation standards. Health and safety remains the responsibility of all staff. Wherever possible, food preparation will be carried out in designated areas in the Academy.

Policy Status and Review

Written by:	Executive Principal
Review date:	May 2024

