

**Intent:**

At Pound Hill Infant Academy 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 value all members of the community and seek to promote the health and well-being of all members. 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.

- To set out a consistent approach from the Reception through to Year 2 to 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 provide high quality Academy lunches for all pupils.
- To provide an appealing place for all pupils to eat their meals in order to promote and develop social skills and relationships.
- To form effective partnerships with parents and carers to ensure continuity in standards of food and drink provided by home for consumption in the Academy.

**Implementation**

**The Curriculum**

Teaching about food and balanced diets at Pound Hill Infant Academy is approached in a cross curricular way. Wherever possible, practical and active teaching and learning opportunities will be provided for pupils. In particular;

- To develop skills in the preparation of food.
- In the analysis of food and in maintaining personal health.

Sessions which use the creative learning opportunities of food and drink will also be developed across the curriculum.

**Food and Drink Provision**

PHIA regards healthy snacks and mealtimes as an important part of the day. It is a social time for pupils and staff. We aim to teach about and provide pupils with nutritious, balanced foods which meet pupil's dietary needs.

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 academic day. All pupils will eat in the dining hall on the Academy site (unless specific needs requires alternate provision) and staff support the children in their food selection and pro-social behaviours.

**Academy Lunches**

School lunches are provided by Chartwell and follow the nutritional guidelines set out by the DfE. 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 <https://www.poundhillinfantacademy.org.uk/school-life/catering>

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

### **Universal Infant Free School Meals**

From September 2014, a new Government initiative meant that all children in Reception, Year 1 and Year 2 are entitled to free school meals. This scheme is called the 'Universal Infant Free School Meals'. The purpose is to encourage children to eat school meals while making positive improvements to health, attainment and socialisation and helping families with the cost of living.

### **Packed Lunches**

The Academy is committed to informing pupils and parents/carers about approaches to the preparation of a packed lunch that is balanced and healthy. All pupils are encouraged to have one piece of fruit in their daily packed lunch, no sweets, chocolates or fizzy drinks. As part of our home-school contact newsletters, suggestions are made on alternatives and ideas for healthy packed lunches at home. We are developing further developing this with our Pupil Parliament. Ideas can be found at: <http://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

### **Special Dietary Needs**

We have a duty of care to all pupils' we take the management of severe allergies seriously and have procedures in place to minimise the risk of a reaction occurring in a food-allergic child. The academy are committed to raising awareness about allergies to all our academy community and working in co-operation with parents and carers to ensure we provide a safe learning environment for all.

Parents and Carers are expected to inform the Academy of any allergies or diet related medical needs or condition. The Academy will support pupils with special dietary needs. Our Hot food suppliers Chartwells cater for all special dietary requirements be catered if the request is supported by a medical report such as a letter from a GP or hospital dietician. Requests for special diets should be made direct to Chartwells (<https://westsussex.mealselector.co.uk/CSS/WestSussex/UploadedImages/WSSpecialdietprocess2020.pdf>). A special menu will then be agreed upon between the parent and Chartwells supported by the academy. In addition, Chartwells will cater for allergen ladders and the re-introduction of milk or egg into diets following a ladder, subject to the receipt of medical evidence. Religious diets will be catered for by the vegetarian meal option.

All staff are made of aware of special dietary needs in case emergency treatment is needed. Each pupil will have an individual health care plan for staff and agreed with parents. All pupils at risk of anaphylactic shock are known to all members of staff and any medication is kept in a high cabinet in the medical room or in the teachers cupboards on the top shelf.

### **Nut Allergy awareness**

We are not a nut-free environment but we aim to be as nut-free as we can. It is impossible to provide an absolute guarantee that no nuts will be brought onto the premises but, we will strive to minimise this as much as we can.

We ask that all members of the academy community manage the day to day application of this policy in the following ways:

- Parents and carers are requested NOT to send food into the academy that contains nuts. This includes all types of nuts, peanut butter, nutella, cereal/chocolate bars and any other food containing nuts.
- Staff will be alert to any obvious signs of nuts being brought in, but they will not inspect all food brought into school.
- If any actual nuts are found, they will be bagged up and sent home and this child will be asked to eat lunch away from other children and wash their hands before going out to play.
- Children will be asked NOT to share food.

- Children will be encouraged to wash hands before and after eating.
- Some staff are trained in understanding and dealing with Anaphylaxis (severe allergic reactions) and will use this training as the need arises.
- Chartwells will ensure all cooked food is nut-free.

### **Snacks**

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. Milk is free to children under the age of 5 and then is able to be purchased – children need to be registered at [www.coolmilk.com](http://www.coolmilk.com) by parents / carers to receive their free milk and to order /pay for milk for their child after the age of 5

### **Celebrations, Treats and Rewards**

We appreciate that food is often an important part of celebrations and will work with our Pupil Parliament and parents / carers to look at what 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 throughout the Academy. All pupils within the Academy are requested to bring in their own labelled drinking bottle.

### **Dining Environment**

All pupils eat their food in the Academy main hall (unless specific needs requires alternate provision) it is a welcoming area where children are supported to develop independent selfcare skills. All staff will promote the social interaction between pupils and will encourage the pupils to show good eating manners. There is fresh water and milk available to all pupils and facilities to dispose of waste and recycle rubbish.

### **Health and Safety**

It is not only a legal requirement, but also this Academy's firm belief, that risks to health and safety should be controlled wherever possible through risk assessments. These are, therefore, conducted on a regular basis and cover all identified risks to our pupils, our staff, our buildings, our grounds, in our daily routines and at all Academy events.

All food preparation will adhere to the Academy's 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**

<b>Written by:</b>	Principal
<b>Reviewed:</b>	September 2022
<b>Next review date:</b>	September 2023

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

Pack your child a  
**HEALTHY LUNCH BOX**

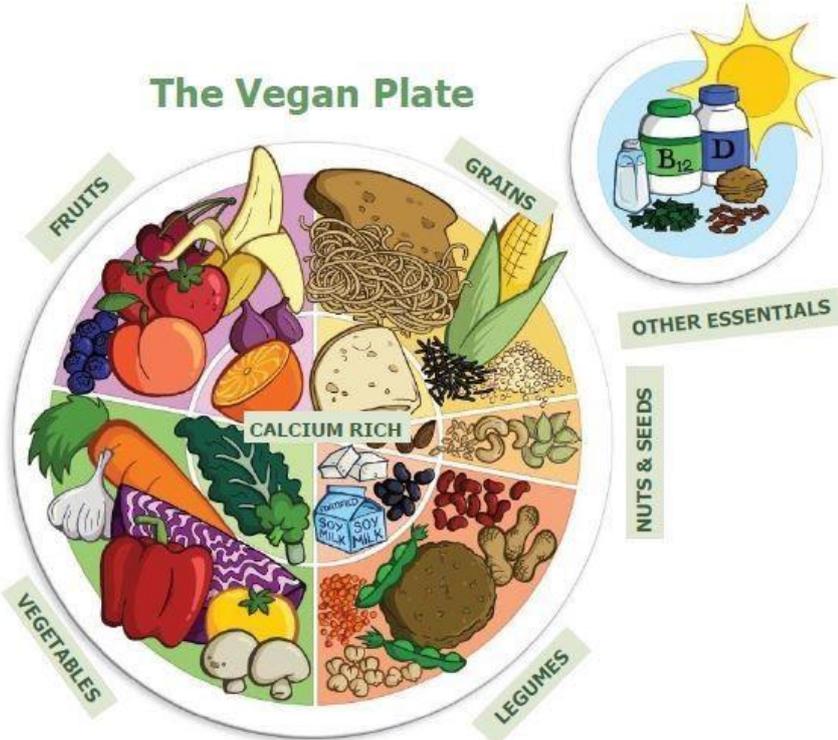
Choose a variety of foods from each food group



Fruit	
+	
Vegetables	
+	
Dairy	
+	
Wholegrains	
+	
Lean meat & alternatives	
=	A Healthy Lunch Box

A well-planned vegan diet can support healthy living in people of all ages..

**The Vegan Plate**



The Vegan Plate diagram includes the following categories:

- FRUITS**: Various fruits like apples, bananas, grapes, and oranges.
- GRAINS**: Bread, pasta, rice, and corn.
- CALCIUM RICH**: Tofu, soy milk, and leafy greens.
- NUTS & SEEDS**: Almonds, walnuts, and various seeds.
- LEGUMES**: Beans, lentils, and chickpeas.
- VEGETABLES**: Carrots, peppers, mushrooms, and leafy greens.
- OTHER ESSENTIALS**: B12 and D supplements, and a sun icon.