



Staffordshire University Academy Trust		St. Edward's Academy Cheddleton Healthy Schools Policy				
Approved by:	SEAC LAC	Issue Date:	18.07.24	Review Date:	18.07.25	
Policy Owner:	Jason Carter					
Audience:	LAC	X	Trustees	X	General Public	X
	Staff	X	Parents	X	Pupils	X

This policy has been drawn up after consultation with staff and governors at SEAC and Pupil voice (Key Stage two and Pupil Council members). It will be reviewed annually. It takes into consideration DfE guidance (Eatwell Guide), British Nutrition Foundation, Strand 4 of the Statutory Inspection for Anglican and Methodist schools (SIAMS) schedules: Community and Living Well Together. and in school support from Accelerated Learning Services.

### **Context of Our Academy**

St Edward's Academy Cheddleton (SEAC) is a Church of England school and has the values promoted by Christ, as shown in the Bible, at its heart. Our Christian Distinctiveness is embodied in what you see, hear and feel through our academy ethos, culture, values and curriculum. We are an inclusive academy where all God's children, and adults, are treated with dignity and respected for difference, diversity and ways of living. We encourage all members of our community to grow and flourish within the context of our Christian belief and practice regardless of challenges, age, ethnicity, gender, identity, learning difficulty, nationality, religion, sexual orientation or disability.

### **Our Vision**

We will teach wisdom, model and expect respect for all. We will nurture compassion, responsibility, courage and perseverance, equipping our children for life in all its fullness as honest adults in our diverse and ever changing world. We aspire to work collaboratively with our academy, Multi-Academy Trust, local, national and global communities as by...

**Learning and Caring Together '...they will flourish in the courts of our God' (Psalm 92:13)**

### **SEAC's Ethos about Health and Wellbeing**

As a school, St Edward's Academy (CE) Cheddleton (SEAC) recognises the importance of a balanced diet and a healthy lifestyle. At SEAC, we ensure that we include regular physical activity, in PE lessons and at other designated times throughout the day so that our children reap the benefits of an active lifestyle. Based on research and evidence, we are conscious of the negative effect sugars, salts and fats have on pupils, in terms of their physical, academic and mental wellbeing. In response to this, all stakeholders at SEAC are encouraged to model balanced eating as a valuable part of daily life.

### **Why do we have a food policy?**

At SEAC we have a food policy:

- To ensure that all aspects of food and nutrition in school promote the health and wellbeing of pupils, staff and visitors.
- To make it clear that this school actively supports healthy eating throughout the school day as there is an important connection between a balanced diet and a student's ability to learn effectively.
- To ensure the school plays its part in the larger community by helping to promote family health, and sustainable food and farming practices.

### **What do we want to achieve?**

At SEAC we want to:

- Ensure that every pupil has access to safe, tasty, and nutritious food, and a safe, easily available water supply during the school day.
- Ensure that the provision and consumption of food is an enjoyable and safe experience.
- Ensure that the whole school community understands that a balanced diet is recommended.
- Increase pupils' knowledge of food production, manufacturing, distribution and marketing practices, and their impact on both health and the environment.
- Increase pupil, parent and staff knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet, and hygienic food preparation and storage methods.
- Ensure that food provision in the school promotes social and cultural development and reflects the ethical and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian, medical, and allergenic needs.
- Introduce and promote practices within the school to reinforce these aims, and to remove or discourage practices that negate them.

### **Curriculum**

It may be appropriate for a variety of foods to be prepared and consumed within the curriculum or at a celebration. At such times, the good practice guidelines below are followed. 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, and inter-generational bonds enabling all to flourish and live well together. The context of a balanced diet (as depicted by The Eatwell Plate) makes this entirely appropriate, provided everyone's dietary needs are met. An attempt will be made to avoid foods containing high levels of fat, sugar and salt. **These types of foods will not be used as rewards.**

PE, PSHE, Geography, Science, Food Technology, RE and Languages may all contribute to the curriculum delivery of food education based on the principles laid out in 'What do we want to achieve?'

The DFE School food in England March 2019, states that "The 'usual' School Food Regulations do not apply to food provided for use in teaching food preparation and cookery skills.' Curriculum delivery can therefore involve practical food experiences delivered by school teaching staff who do not need to receive further training.

However, teaching staff will adhere to the following good practice guidelines (taken from the food standards agency):

- Wash hands thoroughly prior to touching any food or equipment.
- Clean and disinfect food areas and equipment between different tasks, especially after handling raw food.
- Clean as you go. If you spill some food, clear it up straight away and clean the surface thoroughly.

- Use cleaning and disinfection products that are suitable for the job and follow the manufacturer's instructions.
- Disinfection products should meet the BS EN standards. Check product labels for either of these codes: BS EN 1276 or BS EN 13697.
- Do not let food waste build up. Dispose of food waste suitably.
- Use a cleaning schedule to make sure that surfaces and equipment are cleaned when they need to be. It can also help to stop cleaning products being wasted or used incorrectly.
- Keep chilled food out of the fridge for the shortest time possible during preparation.
- Cool cooked food quickly at room temperature and then place in the fridge within one to two hours.

For further advice visit - <https://www.food.gov.uk/food-safety>

### **Water**

All pupils and staff have water available at all times and are able to refill bottles easily. Certain classrooms/teachers may wish to manage the intake of water for safety. This is acceptable as long as the principle above is fundamentally upheld.

Juice or fizzy pop etc. are not to be sent in to school. It is highly important that children are kept suitably hydrated but we do not endorse unwanted sugars in their diet. Where medical evidence suggests a suitable alternative, this will be agreed as a reasonable adjustment on a care plan.

### **Break time**

At break times our pupils are only allowed to consume fruit (dried or fresh) or vegetables. Breakfast bars, sweets, chocolates and biscuits are not allowed. Where medical evidence suggests a suitable alternative, this will be agreed as a reasonable adjustment on a care plan. A healthy and suitable breakfast should be eaten by the children prior to school and there should not be a substitute during their break time. This is in order to stay true to our aim to ensure that the children have a happy and balanced diet of nutritional value. Children up to the age of 5 are offered milk as well as water.

### **School Lunches**

School 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 of one third of a child's average dietary requirements across a menu cycle. We currently use 'Edwards and Ward' catering as our healthy food providers. Please visit their website for further information - <https://edwardsandward.co.uk/>

At all times, pupils are encouraged to taste and eat new foods.

Dinner time arrangements, including staffing, timings and seating promote a positive social eating environment for those eating school prepared lunches and those eating a packed meal from home.

### **What should be included in a healthy lunchbox.**

At SEAC, packed lunches are monitored by the 'PE, Sport and Health' Subject Lead, Lunchtime Supervisors and trained Healthy Eating Ambassadors (pupils). Curriculum coverage during PSHE encourages children to understand the types of foods which should be contained within them. Children are actively encouraged to monitor the contents of their own lunchbox.

Appropriate storage arrangements are made on trolleys around the school. As there is no fridge space, pupils are encouraged to bring insulated/ air tight containers or bags with freezer blocks where possible and at all times packed lunches should be named.

We also recommend the following food products / items in your child's healthy lunchbox:

- Primarily starchy foods, such as rice, pasta, bread, couscous, wraps, pitta, potatoes and chapatti and where possible try to choose wholegrain varieties, e.g. whole meal bread and leave skins on potatoes.
- At least two portions of fruit and vegetables.
- A portion of beans, pulses, fish, eggs, meat.
- A dairy food and/or a non-dairy source of protein.
- A healthy drink. No sugar, diluted fruit juice in a screw top bottle is healthy, cheaper and easier to manage than prepared drinks so we would recommend these. However, water is provided at all tables during lunch.
- A maximum of 1 treat e.g. small biscuit/packet of crisps as any more is providing the child with more sugar/fat than they need. **Any additional bars will be returned home with a note from the school.** If additional food needs to be sourced to replace that which is lost then we will do so.

**No sweets, nuts, additional chocolate bars or fizzy drinks are permitted.**

### **Birthday Treats**

Birthdays only happen once a year and are a special occasion especially for young children, so we will continue the tradition of bringing sweets/treats in for the class if you wish.

### **Additional Information**

- In addition to our suggestions for 'healthy lunchboxes' (above) the 'Eatwell guide' healthy plate model produced by the DfE, has also provided a list of healthy foods which you can include in your child's lunch box. See Appendix A or view the [Eatwell Guide Booklet](#).
- The British Nutrition Foundation have also produced a very useful guide on what to include in your child's healthy lunchbox. <https://www.nutrition.org.uk/putting-it-into-practice/make-healthier-choices/healthy-packedlunches/>

Websites referenced in this document.

DfE - <https://www.gov.uk/school-meals-healthy-eating-standards>

DfE Eat well guide - <https://www.gov.uk/government/publications/the-eatwell-guide>

Caroline Holder – [www.acceleratelearningservices.co.uk](http://www.acceleratelearningservices.co.uk)

Better lunchtimes – [www.schoolhealthuk.co.uk](http://www.schoolhealthuk.co.uk)

# Appendix A

