



# STEP Academy Trust

## Food Policy

**Date of Policy: March 2016**

**Review: March 2019**

### **Introduction**

The STEP Academy Trust Board of Trustees has agreed this Policy and, as such, it applies to all Academies within the Trust. Throughout STEP Academies, we strive to meet the needs of children across the spectrum of abilities; regardless of age, gender, ethnic or social background and taking account of their individual talents and special educational needs.

### **Status**

All STEP Academies adhere to the School Food Standards which were introduced to schools in January 2015. We are aware of government targets to reduce childhood obesity and follow the government Food Standard Guidelines for school lunches, breakfast and after school clubs and actively encourage healthy choices for packed lunches.

### **Ethos**

All STEP Academies aim to provide an environment that promotes the health and well-being of pupils, parents and staff by ensuring that all food provision and food messages are healthy and consistent. We are committed to the fact that healthier children learn more effectively. We follow the criteria to achieve Healthy Schools status which promotes healthy lifestyle choices.

As UNICEF Rights Respecting Schools (or working towards being Rights Respecting Schools), pupils are taught that they have rights and with those rights come responsibilities. We recognise that rights and responsibilities are equally balanced and encourage our children to take responsibility for their actions in order to develop an awareness of how they affect the rights of others. This includes their rights related to food, for example the rights to a healthy diet and the right to clean water.

### **Aims**

- To ensure that we are giving consistent messages about food and health;
- To give children the information they need to make healthy choices;
- To promote health awareness;
- To contribute to the healthy physical development of all members of our Academy communities;
- To encourage all children to take part in the '5-A-DAY' campaign;
- To encourage good table manners;
- To encourage children to enjoy their food and to try new food, where possible.

### **Objectives**

Links to the curriculum:

- The curriculum relates to food and nutrition in different subject area and that it is consistent and up to date;
- Opportunities are provided for pupils to prepare and cook fresh ingredients;
- Pupils are given the opportunity to learn about available food types, their nutritional composition, digestion and the function of different nutrients in contributing to health and how the body responds to exercise;

- Pupils are encouraged to take responsibility for their own health and well-being, to develop a healthy lifestyle and to learn about different types of food in the context of a balanced diet;
- Where possible, pupils are given the opportunity to learn about the growing and farming of food, its impact on the environment and fair trade.

### **Eating Environment**

- All pupils eat their lunch in the dining hall;
- Packed lunch pupils & school lunch pupils are encouraged to sit together;
- A Lunchtime Charter is drawn up by the School Council (or equivalent) and is on display in the dining hall for all to see;
- At STEP we encourage all staff to eat their lunch with the children in the dining hall;
- Dining halls are decorated in an attractive way with information about school lunches and healthy food choices;
- Pupils Advocates include children who have lunchtime responsibilities;
- We reward pupils with sticker for healthy eating and consistent good choices;
- We recycle our food waste.

### **Food Provision**

- Our meals are provided in house by STEP Catering Teams;
- We follow government guidelines for the provision of school meals – including breakfast clubs & after school club;
- All food sources provided are nut free and children who have allergies to certain foods are recorded on the computer system and their photos at the serving hatch, to ensure catering staff are aware of their allergies when providing school lunches;
- STEP Academies promote the uptake of school lunches however packed lunch is an option which some parents and carers choose. An information letter and regular newsletter updates provide packed lunch meal suggestions and remind parents and carers that we do not allow sweets, chocolate bars or fizzy drinks;
- We continue to encourage healthy packed lunches on school trips;
- Teachers are encouraged to eat healthily and act as a good role models to the children by not eating unhealthy food in front of them;
- A Catering Webpage is available for parents on each academies website, with information about the menu, catering staff, recipes sharing and a link to encourage feedback.

### **Rewards and Special Occasions**

- We continue to encourage healthy options during special occasions such as Academy discos, parties and other celebrations;
- Children are not allowed to bring in sweets on their birthdays and we will provide parents with alternative ideas such as stickers or stationery;
- Teachers do not reward children with sweets;
- We encourage children, staff and parents to celebrate our diverse cultures and the food associated with these cultures, such as Diwali, with an on-going dialogue with the children around healthy eating.

### **Quality Assurance**

- All catering staff have basic food hygiene training;
- All staff teaching nutrition can ask the Healthy Schools Co-ordinator for information to ensure a consistent approach and baseline knowledge of healthy eating;

- Outside visitors are made aware of the policy and ethos of STEP towards healthy eating before planning their sessions;
- Catering staff are encouraged to be involved in the life of the academy and are given opportunities for continuous professional development.

### Special Dietary Needs

On enrolling their child at our Academies, and as part of the admission procedure, parents/carers are required to complete a form detailing any special dietary or medical needs their child may have.

All pupils with medical dietary needs and cultural diets are recognised by the catering staff

### People with Key Responsibilities for Food in STEP Academies

Head Teacher and Business Managers	Overall responsibility for food in the Academy and policy development Overall responsibility for ensuring providers of food on the Academy premises are aware of the policy
Members of SMT/SLT	Liaison and support Head Teacher in overseeing all aspects of food provision throughout the Academy day
STEP Catering Manager	Menus Nutritional analysis Catering staff training
Academy Cooks	Managing the kitchen team Preparation, cooking and serving of the school lunches including meeting with the needs of the children with special dietary requirements Ensuring all hygiene standards for food provision are adhered to Encourage pupils to make healthy choices
Governors	Annual review of policy and monitoring of implementation Overseeing and coordinating food issues
Healthy Schools Coordinator	Overseeing and coordinating nutrition education for pupils and identifying and meeting training needs of teachers
Senior Lunchtime Supervisors	Assists with responsibilities for Academy meals and other related issues at lunchtime Encourage packed lunch and school lunch pupils to sit together Ensure pupils follow the Lunchtime Charter Encourage pupils to make healthy choices Reward pupils with sticker for healthy eating and consistent good choices
STEP Zone Manager/ STEP Catering Manager	Ensure that the food offered at breakfast club meets with the government guidelines and balances with the main lunchtime menu
Curriculum Leaders (PSHE, DT & Science)	Ensure the curriculum supports healthy eating and to monitor planning and observe lessons in support of this
All teaching and non-teaching staff	To follow healthy eating guidelines in delivering the curriculum and in the provision of snacks

### Working with Parents and Guardians

Working with parents is a vital part of the whole STEP Academy Trust approach to food education and a necessary pre-requisite to achieving Healthy Schools and RRS awards. The STEP Academies believe that partnership with parents and the community enables us to receive specialist support and information to plan the best possible food education and provision for our children.