Acorn Education

Healthy Eating Policy

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Education

Healthy Eating Policy

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Owner	**Sean Ziehm-Stephen**

Document History

Version	Comments/amendments	Name	Date
1.0	2020 Issue	Laura Horne	June 2020
2.0	2021 Issue	Angela Hallett	May 2021
3.0	2022 Issue	Sam Stevenson	May 2022
4.0	2025 Issue- Policy update, changes to provision of fresh water, and “Healthy Schools Status” added.	Sean Ziehm-Stephen	June 2025

Introduction

Nutrition is a significant factor in the growth, development and overall functioning of a child. Good nutrition provides the energy and nutrients essential to sustain life and promotes physical, emotional and cognitive development. The development of healthy eating practices and physical activity can prevent disease and support a lifetime of good health. Good nutrition is critical to optimizing each child's potential for success. Meeting nutritional requirements throughout childhood is essential to full intellectual development. Research documents tell us that under nutrition impacts on children's behaviour, performance and overall quality of development. Children require sufficient energy and essential nutrients each day to concentrate on accomplished learning tasks. Even mild and under nutrition and short-term hunger are barriers to learning. Meals and snacks served should meet children's nutrition needs, provide models of healthy eating patterns, and help children establish good eating patterns at an early age.

Objectives

- To provide children with positive healthy eating experiences in order to promote their wellbeing.
- To respect the different dietary, cultural, religious and health needs of all our Children.
- To encourage children to develop positive attitudes towards food through the curriculum and all the other learning opportunities that are provided in the school.
- To promote an understanding of a balanced diet in which some foods play a greater role than others.
- To develop children's understanding of the importance of the social context in which eating takes place.
- To raise awareness with children, parents and carers in developing a positive approach to food, nutrition and oral education.
- To encourage responsibility and accountability of all parents and carers in offering healthy choices to children.

The Importance of Nutrition for Children

A nutritionally balanced diet is important in childhood to ensure optimum development at a time of rapid growth. A balanced diet in childhood is not only important for growth but for learning and promoting positive habits towards healthy eating. An inadequate or unbalanced nutritional intake may not only affect growth and development in childhood but may also impact on health problems, such as heart disease and obesity in later in life. It is the types and varieties of food eaten at this time that ensure nutrient requirements are met and that the diet is nutritionally balanced. Children's diet must include an appropriate intake of foods from the four main food groups as Stated by " The School Food Standards" information pack:

- Bread, other cereals and potatoes
- Fruit and vegetables
- Milk and dairy foods

- High quality meat, oily fish and alternatives

Food *and* Drink

Suppliers:
West Country Fruit Sales*:* A local company who supply fresh, fruit vegetable daily to our kitchen making sure that high quality products are not sacrificed in any way.
Bidfood: A nationally recognised company supplying store cupboard ingredients, meats and frozen supplies. Cleaning products and kitchen sundries are also purchased from this supplier.
Brakes: U.K wide food supplier that has local depots

All food is provided by the school and made freshly each day by the school chef.

All day availability:
A large variety of seasonal fresh fruit is freely available all day without reserve, enabling students and staff alike to eat healthy snacks at unregulated times.
Water is freely available via the water fountain in the Art Block
Milks from full fat to skimmed are also freely available throughout the day, non dairy alternatives E.G Oat available.
Water and squashes are available in the food hall at all times of the day.

Breakfast:
An extensive variety of freely available breakfasts are promoted daily to our students as they arrive onto the school grounds. A variety of cereals, fruits, yogurts, and toast are facilitated by our welfare team, with a cooked option on Wednesdays, as well as freshly made porridge every day. These are freely available to all students and staff to help everyone on site have the best start to the day.
Breakfast together, also encourages students that would otherwise skip breakfast or who may not have been provided breakfast at home to sit down and eat in a non-stigmatising manner. Please note that that excesses in consumption by some students is noted and may be kerbed.

Morning break:
Fresh fruit and squash is a continued offering from breakfast.
A mid-morning snack, freshly prepared by our resident chef is also offered to staff and students. A rolling 3-week menu is offered and may consist of homemade bread rolls, crudities and dips, homemade biscuits or other snacks. Sample menus can be seen on request.

Lunch:
Lunch is served to staff and students alike, students are encouraged to sit together as part of our healthy eating strategy. This creates an important social unit with general conversation whilst extolling the general ethos of eating well.
Food is freshly prepared and served from a 3-week rolling menu.
All food has been sourced from local suppliers and is quality checked on delivery.
The menu caters for all diets and adheres to people with specific allergy/dietary requirements. For students and staff who choose not to eat a hot lunch, jacket potatoes with various fillings and salad are offered daily. A sandwich menu is also available for those who prefer this.
Students who are off-site at educational venues are also given a mid-morning snack, a nutritious packed lunch which contains fruit and a drink. Water is also provided on all off-site educational excursions.

All food is nutritious and in line with the national guidelines provided by “The School Food Standards” for all school meals and snacks. All meals avoid large quantities of sugar, salt, saturated fats, additives

preservatives and colourings. Menus are planned in advance and offer food which is fresh, wholesome and balanced.

Availability of water

There is a main water fountain available at all times in our Art block. This is readily available throughout the day for staff and students to use as needed. Jugs of water and juices are available all day in the servery. We regularly encourage the drinking of water throughout the school day and provide all students with a water bottle.

Special dietary needs and food allergies

We are sensitive to the catering needs of children with specific dietary needs, including religious considerations. Parents will be asked about any special requirements their child has before their child starts at Red Moor School. Parents of children who have special diets (for example a gluten-free diet) or who have food intolerances are responsible for providing the school with information about their diet and choices available to the child. We update our records regularly. Menus will be carefully planned and adapted accordingly. Vegetarian, Vegan and Gluten Free options are always available.

Food hygiene

The kitchen facilities at the school are clean and inspected on a daily basis and in relation to the food safety act. The school adheres to the recommended guidelines and good practices for the preparation and storage of food. Staff directly involved in cooking and the preparation of food in the school, have successfully completed a Food Hygiene Course.

The school kitchen is subject to inspection by the Food Standards Agency and most recently received a 5* rating.

Social skills

Meals can be times of pleasant social sharing and provide opportunities for pupils and teachers to eat and drink together. This provides an opportunity for students to learn good social skills and behaviour associated with eating and drinking.

Festivals and celebrations

At Red Moor School we celebrate different festivals and celebrations. We recognise that festivals can provide a valuable opportunity for children to experience diversity from a wide range of cultures and nationalities and the contribution they make to the variety of foods eaten in Britain today. Diversity days are matched with food offerings from the kitchen.

Cultural appreciation

At Red Moor School, once a term we celebrate different cultures. This includes sampling foods and delicacies from other cultures and countries. This allows students to develop a broader knowledge of foreign foods and learn about the food train.

Food KS2,KS3,KS4

Food and nutrition is taught at an appropriate level throughout each key stage in Design and Technology, science and PSHE. The Eatwell Guide is used throughout the school as a model of understanding a balanced diet. All food is ordered through the main Catering Kitchen to ensure food standards required are met.
Food Safety and Hygiene is taught throughout all KS's with teachers having passed their Food Hygiene Certificate through OFG Training.

Healthy School Status

Red Moor School has achieve "Healthy School Stuatus." Teachers from the school attend training workshops and information days and are able to implement current strategies in the school. This also allows staff to keep up to date with regulations and requirements across the schools.

Outcomes First Group.

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