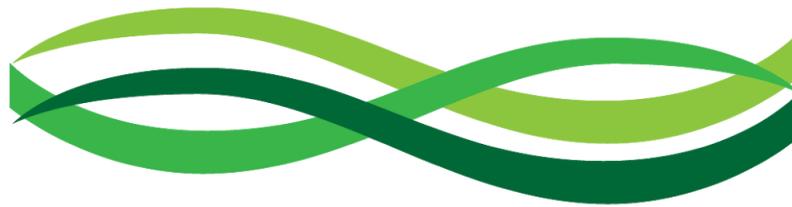


The Kingston Academy



Food and Healthy Eating Policy March 2018

Date approved: 12 March 2018
Approved by: Pupil Welfare and Community Committee
Frequency of review: Every three years
Last review: Not applicable (new policy)
Next review date: March 2021

Aim of the policy

The Kingston Academy recognises the important role that food can play in the development of a child and believes that every young person should have access to healthy, fresh food as well as being educated about the benefits of a balanced diet and a healthy lifestyle.

The main aim of this policy is to:

- take a whole school approach to food to support the messages taught in the curriculum.
- ensure that all aspects of food and drink in school promote a balanced diet and the health and wellbeing of pupils.
- help to empower pupils to make informed decisions about the food and drink that they consume and support them to adopt sustainable, sensible eating habits as part of a healthy lifestyle.
- summarise how The Kingston Academy liaises with key stakeholder groups relating to the provision of food and drink.

This policy covers all aspects of food and drink within The Kingston Academy.

School Food Standards

Statutory school food standards apply to ensure that food provided to pupils in schools is high quality and nutritious and schools are also required to promote healthy eating. The regulations set out very detailed requirements in respect of school lunches and other food and drink provided to pupils including at breakfast clubs, at breaks and from tuck shops or vending machines (they don't apply in certain situations such as fund raising events, or to food provided at celebrations to mark religious or cultural occasions). A summary of the standards is included on pages 3 (lunches) and 11 (all other times) in this [guide](#) on the School Food Plan Website.

To ensure consistency in the food consumed in school and to support the school's approach to healthy eating, we ask parents and carers to provide their children with nutritious, balanced packed lunches and snacks. The following items should not be consumed in school:

- Sweets
- Chewing gum/bubble gum
- Chocolate bars
- Fizzy drinks

Development of the policy

The policy is based on Government guidelines, and has been developed from the following documents and sources of information:

- Children's Food Trust: www.childrensfoodtrust.co.uk
- Healthy School London Award Scheme
- Government guidance: <https://www.gov.uk/school-meals-healthy-eating-standards>
- School Food Standards: <http://www.schoolfoodplan.com/actions/school-food-standards/>

This policy has been developed through consultation with representatives from the Healthy School London Award Scheme, Pupil Voice, staff and parents.

When and who the policy applies to

This policy covers all aspects of food and drink within The Kingston Academy including packed lunches and refreshments taken on school trips and applies to all individuals within the school including staff and school visitors. We believe that staff should lead by example and model good practice around food and drink in line with this policy when in the company of pupils.

Food and drink provision

- Drinking water is provided free of charge. Within the school site there are three outdoor water fountains which pupils can access before school, during break times and between lessons. The water fountains are maintained by the school Facilities Manager. Pupils are expected to have a water bottle as part of their basic equipment and may sip water in lessons (except during lessons taking place in Science laboratories).
- Each day pupils are offered a hot meal provided by an external caterer, which is required to meet the Government food standards in terms of food provision and preparation (the current caterers have also achieved Food for Life accreditation). Meals are purchased via ParentPay and must be ordered at least one week in advance. Seasonal menus are offered and can be viewed on the school website, assisting those pupils who may struggle to find suitable food options. A selection of vegetables, fruit, a carbohydrate and a vegetarian option are always included. Pupils are always offered free cold water with their lunch, which is placed in jugs on individual dining tables. The timings of lunch are 13:05 - 13:55.
- The parent association: Friends of The Kingston Academy (FoTKA) currently run a fresh fruit stall once a week, during the morning break. Profits raised will be reinvested into the school community.
- Pupils who are eligible for the Pupil Premium Grant are offered a free breakfast during term time, consisting of a variety of cereal, toast and fruit.
- As the school grows we aim to offer a more substantial and varied food offer in school and will work with Pupil Voice, staff and parents when developing this.

Communication regarding food with pupils and families

The main channels of communication with parents/carers are the weekly newsletter, the TKA Times and the school website. Menus for school dinners are published on the school website with payments made through ParentPay. Special notices relating to food and drink will be displayed on the school website and also communicated through the TKA Times.

When pupils are taking part in a school visit, parents/carers will receive a letter from the organising member of staff. There will be clear instructions relating to the food and drink arrangements for that day and those pupils who receive free school meals will be provided with a packed lunch before leaving school.

Communication with pupils is face-to-face, for example through whole-school assemblies, Pupil Voice and Aspire SMART sessions.

The eating environment and social aspects

The school has one main dining hall where all pupils eat lunch between 13.05 and 13.55. In order to maintain a calm and socially welcoming environment, pupil entry into the dining hall is staggered by year group and the order changed weekly to ensure fairness. Pupils are able to eat their own food

within the Quad, which is a quiet outdoor area equipped with picnic tables, artificial grass, water fountains and recycle bins. There are also picnic tables, water fountains and recycle bins at the front of the school, where pupils can also play sport.

During all breaks designated members of staff control the flow of and the behaviour of all pupils. The dining hall is light and spacious with attractive displays, which include the school's core values and house badges. Music is occasionally played whilst pupils eat in the school hall and this has been well received by pupils.

All areas of the eating environment are cleaned daily and are inspected in termly health and safety visits undertaken by the Facilities Manager and the link trustee responsible for Health and Safety.

Celebrations and special occasions

The Kingston Academy recognises the important role that food can play during celebrations and special occasions. The school hosts an annual Cultural Week which incorporates pupils selling various foods from around the world. Further opportunities for food being used during celebrations will be discussed and developed with Pupil Voice, staff and parents.

Pupils who observe Ramadan are offered access to quieter areas of the school, so that they are able to avoid those who are eating.

Providing food for all

Pupils are offered a vegetarian school lunch option daily, with menus available in advance on the school website.

All allergen information is provided within the menus published on the school website alongside information on meal options suitable for those with religious and/or other dietary requirements.

Any food items brought in from home to be sold as part of a celebration or general food sale should be clearly labelled if they contain dairy, wheat and/or gluten and should be nut and sesame seed free.

When pupils take part in school trips they are asked not to bring any nut based products due to possible allergies of other pupils. Parents are also asked to declare any dietary requirements that their son or daughter may have when embarking on residential trips, so that appropriate arrangements can be made with food providers.

Food brought in from home

Not all pupils want or may feel comfortable consuming a school lunch and pupils are welcome to bring a lunch and snacks from home (which should be nut and sesame seed free). The Kingston Academy encourages food brought in from home to be nutritious and balanced and parents are asked to support their children to adopt a healthy approach to eating.

Information and ideas for snacks and packed lunches can be found on the [NHS Healthier Lunchboxes page](#).

Learning about food and nutrition

Pupils learn about the importance of healthy eating through the school curriculum, which aims to empower them to make informed choices:

- Tutor group Aspire SMART sessions provide pupils with a basic understanding of the different food groups and nutrition.
- Designated PSHE days are organised for all pupils and cover topics relating to food and nutrition.
- Opportunities to learn more about food and nutrition, including practical cookery skills take place in Year 9 in Going Beyond sessions, Science, Physical Education and Design Technology.
- Pupils also learn about the importance of and contrasts in various diets when studying different groups of people in Geography and Philosophy and Ethics lessons.

Evaluation and further development

This policy will be reviewed by a member of the Senior Leadership Team and the Pupil Welfare and Community committee of Kingston Educational Trust at least every three years or sooner if required to reflect any new or updated Government guidance and legislation and changes in our food provision, as the school grows and the new building is opened.

The school council (Pupil Voice), staff and parents will continue to have an input into the shape of the policy and areas for future development.

Date: 12 March 2018

Signed:

Sue Conder, Chair Pupil Welfare and Community

Sophie Cavanagh, Head teacher