



THE JUBILEE ACADEMY

Aspire and Achieve

Title: Food and Drinks Policy

Date Approved: March 2020

Date Last Reviewed: July 2022

Status: Non-Statutory`

Delegation: Head of School

Responsibility: SBM H&S

Review Frequency: Annually

Policy Locations: Website/Staff Shared Drive/Hard Copy

Next Review Date: July 2023

Food and Drinks Policy

1. Introduction

The Jubilee Academy has an understanding of the importance of healthy eating and the students' education.

2. Key contacts

TJA Healthy School Working Party (HSWP)

3. Dissemination

Key information from this policy will be incorporated into the school prospectus and on the website

4. Aim

- To ensure that all aspects of food and nutrition in school promote the health and wellbeing of students and staff.
- To make students aware of the consequences of food choices made now on later life; this includes nutritional awareness, influences on food choice such as food productions, marketing and impact on environment.
- To ensure provision and consumption of food is an enjoyable experience
- To encourage a greater uptake of school meals provision.

5. Rationale

The Jubilee Academy is committed to helping students become healthier and learn to make healthy choices. This will enhance their learning in school and improve their life chances.

6. Purpose or objectives

- To include the whole school community in the promotion of healthier lifestyles.
- To regularly review food and drink served during the school day.
- To create a pleasant eating environment that encourages social interaction.
- Ensure catering staff are well trained and understand why they are serving healthy food.
- Ensure that teaching staff are trained to deliver the healthy eating message. Involve the wider community including parents in activities which promote
- To contribute to improved and sustained pupil behaviour and health, helping them to achieve their learning potential.
- To provide easy access to free, fresh drinking water across the whole school day.

7. Food throughout the day

- **Breakfast**

Breakfast is an important meal and should make up a 1/4 of energy requirements and also provides essential vitamins and minerals

The school provides all students breakfast in the morning before registration between 9am and 9.10am

Healthy breakfast options on offer:

- offer a variety of different fruits every day, e.g. fresh fruit and low sugar content juices.
- wholegrain bagels
- offer porridge
- provide different toppings for toast and bread, e.g. low-fat spread, reduced sugar jam, low flow-fat spread.

- **Lunches**

Cooked lunches are a significant contribution to their total food intake and nutrition of our school community.

Working closely with the catering provider, the school ensures, the best food possible is available to enhance their ability to learn and take in the information presented to them in class.

Lunches are transported safely from the Whitmore School hub kitchen via minibus on a daily basis

Every day, the school makes provision to serve both a vegetarian and non-vegetarian hot option items with a dessert as part of a rolling 3-week menu plan.

The menus are regularly monitored to meet as the “Food Standards”.

<http://www.schoolfoodplan.com/actions/school-food-standards/>

All school meals are Halal.

Staff eat alongside students promoting the educational and modelling role for healthy eating habits.

- **Packed Lunches**

Parents & young people are encouraged to provide healthy well-balanced packed lunches.

Parents are signposted to the school website and parental workshops to explore healthy eating guidance and tips on making healthy pack lunches.

<https://www.thejubileeacademy.org.uk/page/?title=Healthy+Schools&pid=82>

Students are taught about making healthy food choices as part of the PSHRE curriculum.

All sweets and sugary/fizzy drinks are confiscated at the beginning of the day to be later collected by a responsible adult of the child. It is made clear to students that these items are prohibited.

- **Drinks and Water**

Students understand the importance of staying well hydrated, through specific teaching input and reminders from teaching and support staff. Staff and pupils have access to fresh, free drinking water throughout the day.

All sugary/fizzy drinks are confiscated at the beginning of the day to be later collected by a responsible adult of the child. It is made clear to students that these items are prohibited.

- **Paying for Meals**

As part of the admissions induction process parents are explained how they can pay for meals up front on a half termly basis by bank transfer for their child. Staff monitor FSM take up and sensitively ensure that all pupils access their entitlement.

- **Allergens**

The Houseparent and lunchtime supervision receive allergen information in advance of all meals as per the three weekly menu plans. This allergen information manual is located in the kitchen and holds all information relating to the allergens of individual menu items.

The School is aware of students and staff with allergies. Specific provision is made for people with allergies and food intolerance, and a summary of our approach is published on the school website.

Nuts are not served in school, and pupils are not permitted to bring nuts into school.

The school is sensitive to dietary requirements due to religious aspects or similar and will make provision accordingly

- **School Events**

The school ensures food provided at events, school trips and celebrations e.g. staff birthdays are healthy and well balanced. Most school events are held in the dining hall.

The dining hall plays an important role within the broader school environment – that of reinforcing knowledge, skills and behaviours about healthy eating and lifestyle which are taught in the classroom.

8. School Food Ethos

The pupils have sufficient time to eat and socialise.

The school's behaviour policy applies to behaviour in queues and the dining room as well as the classroom and school staff aid the management of queuing.

9. Curriculum Provision

The importance of healthy eating and making the right choices is currently taught to all year groups as part of the PSHRE curriculum

10. Health and Safety

Appointed Staff have received training in food preparation and hygiene and Child Protection; supervisory staff have had training in Child Protection and positive approaches to managing behaviour.

11. Implementation & Monitoring

A named member of Senior Leadership Team (SLT) will be responsible for developing and monitoring the Food and Drinks policy – at present this is the SBM (H&s) in partnership with the Healthy School working Party

Annual self-evaluation is monitored by the paired member of SLT

12. Conclusion

A copy of this policy will be supplied to all staff and governors and available on the website. A full copy will be made freely available to parents on request and if appropriate a summary will be published in the school prospectus and on the school website. Copies will also be supplied to other professionals whose work relates to physical activity or who may be involved in its delivery.