



# New Horizons Children's Academy

PART OF THE THINKING SCHOOLS ACADEMY TRUST



Child first – Challenge – Aspire - Achieve

## FOOD POLICY

**Inception date: June 2024**

**Review Date: July 2025**

## Vision

At New Horizons Children's Academy, we recognise the important part that a healthy diet plays in a child's wellbeing and their ability to learn and achieve. We believe that in partnership with Parents and Carers we can make a difference to improving children's health by increasing their knowledge and understanding of food and helping them to make healthy food choices.

This policy covers the areas of:

- Breakfast club
- Breaktime snacks
- Water
- School lunches
- Special dietary requirements
- Packed lunches
- Events and celebrations
- Monitoring and evaluation

### 1. **Breakfast Club**

The school runs a daily breakfast club from 7.30-8.20am

The breakfast menu includes: cereal, toast, fresh fruit or yoghurt alongside water, juice or milk. Children also have a choice from 'The Daily Special' which includes: crumpets, pancakes, cheese toasties or beans on toast, (this will vary from day to day).

### 2. **Breaktime Snacks**

The school understands that healthy snacks are an important part of the diet for young people.

In EYFS (Reception) and KS1 (Year 1 & 2) fresh fruit is provided through the government fresh fruit scheme. Children in KS1 may also bring their own snack, which should be a healthy choice, such as fruit, vegetables or yoghurt.

Children who are in KS2 (Year 3, 4, 5 & 6) are permitted to bring in a snack to eat at breaktime. This should be a healthy snack consisting of either fruit, vegetables or yoghurts.

Snacks should not include:

- Any items containing chocolate including bars, cakes & biscuits
- Crisps
- Sweets
- Fizzy drinks

### 3. **Water**

Research indicates that if children do not drink enough water during the school day, their concentration and behaviour can be affected.

New Horizon's Children's Academy is a water only school, with the exception of the free milk entitlement for children in the EYFS.

Exceptions include drinks outlined within the 'Packed Lunch' section for consumption during lunchtime only. Water is also provided in the dining hall at lunchtimes.

Medical exceptions can be discussed, please speak to the class teacher.

All children are encouraged to bring a bottle of water into school each day, as water bottles can be re-filled if required.

#### 4. **School Lunches**

All school meals will be prepared following the government nutritional guidelines. School lunches are provided by Chartwells and are planned on a 3-week seasonal cycle. They always contain a meat, fish and vegetarian option. The menu can be found on our school website.

Our school meals meet the mandatory requirements of the School Food Standards 2015. The school caterer also holds a 5\* Food & Hygiene rating.

Our Midday Meal Supervisors will work with children to provide a clean, safe and appropriate dining environment and support children with the cutting of food and opening of packets.

#### 5. **Special Dietary Requirements**

The school does everything possible to accommodate children's specialist dietary requirements including allergies, intolerances, religious or cultural practices and sensory eating issues.

It is the parent's responsibility to inform the school of any special dietary needs.

Children's food allergies are displayed around the school in a sensitive way in relevant places, including the school kitchen.

We are a no-nuts school. Due to children and adults in the school having severe allergies, we will not allow children to eat any product brought into school containing nuts. We would also ask that should your child consume a nut-based product at home, they please wash their hands before coming onto the school site.

#### 6. **Packed Lunches**

This guidance aims to support children to have a balanced lunch and to best prepare them for learning in the afternoon.

##### **Packed lunches should include:**

- Some starchy foods such as bread (pitta, wraps, bagel), pasta or potatoes.
- Fruit and vegetables: at least 1 portion
- Meat, fish, egg or another source of protein
- Dairy foods such as cheese or yoghurt
- Crisps or savoury snacks (rice cakes, crackers) are permitted (1 small individual pack)
- Biscuits or cereal bars are permitted (1 serving portion)
- Drinks: Water, fruit juice or smoothies are permitted at lunchtime only. No fizzy drinks should be consumed.

Packed lunches should not contain:

- Nut and peanut products
- Chocolate bars & sweets
- No drinks other than those indicated above
- Energy drinks of any kind are not permitted
- Chewing gum

Any such items can be removed and given to the collecting adult at the end of the school day. If necessary, an alternative will be provided from the school meals at the cost of the Parent/Carer.

### **Staff**

To support a whole school approach, staff are encouraged to comply with this policy when bringing in lunches and eating with the children.

### **Parents and Carers**

As a member of this school community, it is expected that all families support this food policy. We are happy to offer advice and guidance to parents and carers if required.

### **7. Events and Celebrations**

Our school recognises the importance of children celebrating birthdays. We ask that any parents/carers who choose to send in items for their child to share with the class on birthdays provide individually wrapped confectionary/healthy alternative. These are not to be eaten in school these will handed out and sent home with the children.

### **8. Monitoring and Evaluation**

We respect individual parent's food choices for their children and understand that there are many different needs. However, if breaktime snacks or packed lunch contents regularly fall short of the expectation in this policy we will send a reminder home to parents.

## **Monitoring and Review**

The day-to-day monitoring of this policy is the responsibility of all staff, including Midday Meal Supervisors. By inaugurating this policy, and informing parents of it, it is understood that all members of our school community will follow the expectations outlined. It is understood that food, snacks and drinks that fall outside of the outlined healthy eating within this policy will be challenged in order to ensure children who attend New Horizons Children's Academy have the best offer, and can therefore thrive and transform life chances.