



# **University Academy Keighley**

## **Healthy Food Policy**

**'Inspiring Education in the Bradford District'**

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## **1.0 Roles and Responsibilities**

- 1.0 The responsibility for the implementation of this policy and provision rests with the Principal. On an operational basis, the management, responsibility and evaluation of this policy is undertaken by the Assistant Principal - Care Guidance and Support

## **2.0 Suggested Audience:**

- 2.1 All learning and teaching staff, parents/carers and students

## **3.0 Related policies**

- 3.1 This policy is part of a suite of policies which should also be referred to:

PSHCE Programme of Study  
Student Behaviour Policy  
Anti-bullying Policy  
Sex and Relationships policy

## **4.0 University Academy Keighley Mission Statement**

**'Inspiring Education in the Bradford District'**

## **5.0 Introduction**

- 5.1 In our Academy we are committed to giving all our students consistent messages about all aspects of health to help them understand the impact of particular behaviours, and encourage them to take responsibility for the choices they make.
- 5.2 The school supports the '5-A-DAY' campaign to encourage students to eat five portions of fruit and vegetables a day, which has been shown to reduce the onset of certain life-threatening conditions, as well as being helpful in tackling and preventing childhood obesity.

## **6.0 Rationale**

- 6.1 University Academy Keighley is a healthy Academy. It is important that we consider all elements of our work to ensure that we promote health awareness in all members of the Academy community. We can provide a valuable role model to students and their families with regard to food and healthy-eating patterns.
- 6.2 Through effective leadership, the Academy ethos and the curriculum, all Academy staff can bring together all elements of the Academy day to create an environment which supports a healthy lifestyle.
- 6.3 The Academy will work towards achieving healthy school status.

## **7.0 Aims and Objectives:**

- to ensure that we are giving consistent messages about good choices in food and to maintain good health;
- to give our students 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 community; and
- to encourage all children to take part in the '5-A-DAY' campaign.

## **8.0 Settings for food policy**

We do use vending machines in our school, but they only contain what is considered healthy options. No chocolate or soft drinks are sold.

## **9.0 Breakfast club**

9.1 The breakfast club operates on a daily basis in the Academy for all students and staff. We target some students who we know have little or no time for breakfast in the mornings at home.

9.2 The food offered is healthy and is consistent with a healthy diet. We provide toast, bread (range of options including white, brown, granary, buns, baps and rolls), low-fat spread, fruit jam, yoghurt, slices of fresh fruit and cheese. Children choose from water, orange juice and apple juice to drink.

## **10.0 Break time**

The kitchens provide a full range of healthy foods in accordance with the Government standards.

## **11.0 School lunches and packed lunches**

11.1 All our school meals are provided by a contracted caterer who follows the government healthy food guidelines e.g. fried food is only served once a week. Where possible, this includes the use of fresh fruit and vegetables each day as a choice for the students. They provide a hot and cold option, both of which pay regard to nutritional balance and healthy options.

11.2 Some students bring packed lunch to the Academy. We encourage parents/carers to provide healthy foods.

## **12.0 Water for all**

12.1 Water is freely available throughout the Academy day to all members of the Academy community. No water fountains are located inside toilet blocks. Students may drink their water at any time except during the 15-minute assembly. The value of drinking water on a regular basis is publicised on the 'Academy Eye', a message board in the main hall/dining room.

## **13.0 Food across the Curriculum**

- 13.1 In all years, there are a number of opportunities for students to develop knowledge and understanding of health, including healthy-eating patterns and practical skills that are needed to understand where food comes from such as shopping, growing, preparing and cooking food. The Food Hygiene certificate is taught with the Technology dept.
- 13.2 Literacy provides students with the opportunity to explore poetry, persuasion, argument and narrative work using food and food-related issues as a stimulus, e.g. writing to a company to persuade them to use non-GM foods in children's food and drink etc.
- 13.3 Food Technology covers the understanding of nutrition labelling, calculating quantities for recipes, weighing and measuring ingredients. It also provides the opportunity to learn about where food comes from and apply healthy-eating messages through practical work with food, including preparation and cooking.
- 13.4 Science provides an opportunity to learn about the types of food available, their nutritional composition, digestion and the function of different nutrients in contributing to health, and how the body responds to exercise.
- 13.5 RE provides the opportunity to discuss the role of certain foods in the major religions of the world. Students experience different foods associated with religious festivals.
- 13.6 ICT can afford students the opportunity to research food issues using the internet and other electronic resources. Students design packaging and adverts to promote healthy food choices.
- 13.7 PSHCE encourages students to take responsibility for their own health and well-being, teaches them how to develop a healthy lifestyle and addresses issues such as body image. Students are able to discuss issues of interest to young people, e.g. advertising and sustainable development.
- 13.8 Geography provides a focus on the natural world and changing environment, offering the chance to consider the impact our consumer choices have on people across the world who rely on growing food as their source of income.
- 13.9 History provides insight into changes in diet and food over time.
- 13.10 Physical Education provides students with the opportunity to develop physically and to understand the practical impact of sport, exercise and other physical activity such as dance and walking.
- 13.11 Academy visits provide students with activities to enhance their physical development, e.g. to activity centres.
- 13.12 Out-of-hours learning includes cookery and gardening clubs regularly. All Years 7 to 9 students work alongside the Kitchen staff to prepare and serve lunch for the whole Academy.

## **14.0 Partnership with parents and carers**

- 14.1 The partnership of home and Academy is critical in shaping how students and young people behave, particularly where health is concerned. Each must reinforce the other. This is not always easy but our Academy is well placed to lead by example.
- 14.2 We ask parents/carers not to send in fizzy drinks and we remind them that only water may be drunk during the school day, except at lunch when students may drink juice or squash.

## **15.0 Role of the Governors**

- 15.1 We have a named governor who is in contact with the Head of Kitchens. She has received a copy of the Government's Guidance and Nutritional Values.

## **16.0 Monitoring and review**

- 16.1 Key Stage managers and subject managers are responsible for the curriculum development of the food policy. The Principal and PSHCE manager are responsible for supporting colleagues in the delivery of the Healthy Food policy. The LA is responsible for ensuring the quality of the food offered as part of the contract with the caterer.  
This policy will be reviewed annually to take account of new developments.

## **17.0 Approval by Governing Body and Review Date**

- 17.1 This policy and plan has been formally approved and adopted by the Governing Body at a formally convened meeting.

Signed: \_\_\_\_\_  
(Chair of Governing Body)

Date: \_\_\_\_\_

Review date: \_\_\_\_\_