

# N L L A C A D E M Y

## F O O D P O L I C Y

### C o n t e x t

---

**NLL Academy has adopted a whole school food policy to ensure that staff and pupils can make informed lifestyle choices relating to diet, nutrition, food safety and hygiene.**

This document explains the policy and the systems that have been set up, within the school, to make sure that the policy is working.

NLL Academy is committed to fulfilling Healthy Schools criteria allowing all pupils to have the confidence, skills and understanding to make healthy food choices and making healthy and nutritious food and drink available across the school day.

The school values the importance of healthy eating and healthy lifestyle choices and is committed to encouraging pupils to make appropriate choices through direct teaching, impact days, the general ethos of the school and by providing a welcoming eating environment that promotes positive social interaction of pupils.

Families have an important role to play in supporting the provision of healthy eating education, especially in helping a young person examine their attitude to food and nutrition.

The LEA and Healthy School Programme can provide strategies to support the involvement of parents/ carers. For more information parents can visit [www.dfes.gov.uk/parents](http://www.dfes.gov.uk/parents).

### O r g a n i s a t i o n a n d R e s p o n s i b i l i t i e s

---

– Healthy Schools Co-ordinator responsible for production, implementation and monitoring of Food Policy. Also seeking and collating relevant information from pupil, parent and staff opinion to inform policy development.

Advisory co-ordinator responsible for producing resources/SoW, relevant staff training and implementation of food and nutrition advice within the PSHE/Advisory curriculum.

Catering manager responsible for providing and promoting healthy food and drink options, monitoring pupils' menus and food choices to inform policy development and providing a welcoming eating environment.

Student council, responsible for consulting pupils about food choices throughout the school day and reporting appropriately.

## F o o d P o l i c y O b j e c t i v e s

---

- To promote healthy eating as an essential lifestyle choice.
- To ensure pupils have opportunities to learn about different types of food in the context of a balanced diet, and how to plan, budget, prepare and cook meals, understanding the need to avoid the consumption of foods high in salt, sugar and fat and increase the consumption of fruit and vegetables.
- To provide education and training for pupils on diet, nutrition, food safety and hygiene through the PSHE/Advisory curriculum, Science and Physical Education schemes of work, impact days and food technology lessons.
- To build students' decision-making skills and increased self esteem in the context of healthy eating.
- To support and engage parents/carers and students in their own personal learning and responsibilities.
- To involve pupils and parents in guiding food policy and practice within the school.
- To provide a welcoming eating environment that encourages positive social interaction of pupils as highlighted in the 'Food in Schools guidance.
- To ensure healthy food and drink options are promoted and available within the school at breakfast clubs, break and lunchtime.
- To provide meals, vending machines and tuck shop facilities that are nutritious and healthy and meet or exceed national standards.
- To continue to work towards and or exceed latest DfES guidance on improving school meals services.
- To monitor pupils' menu and food choices to inform policy development.
- To provide easy access to free, clean and palatable drinking water.
- To consult pupils about food choices and use feedback to inform policy development.
- To enable students and staff to access support if they have concerns about their own or others' food choices including support for eating disorders.

## C r o s s C u r r i c u l a r L i n k s

---

In addition to Science, Personal, Social and Health Education (PSHE), Citizenship, Physical Education and Food Technology provide opportunities for healthy eating education. Visits from the outside agencies and impact days occur frequently.

Students are taught within the guidance of the National Curriculum (Science, PE and Food Technology programmes of study, and the guidance for PSHE and Citizenship).

Healthy Eating has many cross-curricular links, with Science and Food Technology making a particular contribution. However, the development of life skills is a theme throughout the curriculum, within the programme for Personal, Social, Health/Advisory and Citizenship Education (PSHE), and enshrined in the values, which are embodied in the schools' ethos. There are links to other subjects, such as physical education.

---

## D i f f e r e n t i a t i o n   a n d   A E N

---

Whilst some students may have a fairly broad knowledge and insight into Healthy Eating, there are those who have little or no knowledge at all. Self image and peer pressure can provide a negative attitude towards nutrition and food choices. Teachers need to be sensitive to these issues and that lessons are planned to take account of students' age, culture, experience and maturity. Healthy Eating in the context of providing the human body with essential food stuffs and in balance with a healthy attitude towards physical activity must be made clear. The teacher will take the needs of students with AEN into account. Where students' Individual Education Plans (IEP) identify targets relating to their personal development, the teacher will ensure that opportunities are planned to support students in achieving these.

---

## S t a f f   D e v e l o p m e n t

---

The Oldborough Manor Community School has an ongoing programme for professional development. Additional support and Continuing Professional Development (CPD) opportunities for teachers involved in Healthy Eating will be made available through existing CPD and training strategies provided by Kent School Effectiveness, 'Healthy Schools' and other agencies.

---

## M o n i t o r i n g   a n d   R e v i e w i n g

---

- There is a named co-ordinator and a linked SMT member for Healthy Eating and policy development.
- Senior managers are involved in monitoring and evaluation.
- Students, staff, parents/carers and governors are consulted and the programme and policy are modified where appropriate.
- There is ongoing monitoring and evaluation of the programme, teaching methodologies and learning outcomes to ensure that needs are met.
- Healthy Eating is reviewed in line with current Healthy Schools, Food in Schools LEA and Government guidelines.