

# **Our Lady of Mercy Catholic Education Trust**



## **St Anthony's Girls' Catholic Academy**

<b>Policy type:</b>	School
<b>Policy: 43</b>	<b>Food Policy 2019-2020</b>
Ratified by MAT Directors:	December 2019
Head Teacher signature:	M. Shepherd.
Chair of Directors signature:	D. Hearn.
Review Date:	December 2020
Ownership:	M.Lanaghan (Deputy Head) and K.Hearn (Food Team)

## **Food Policy**

This policy has been developed to reflect our Mercy ethos as well as local and national policy and guidance.

St. Anthony's aims to deliver a broad and balanced curriculum as required by current legislation and taking into account our historic specialist academy status (Technology and Languages). We wish to enhance and develop the lives of all our pupils in a truly Christian atmosphere, in full co-operation with parents, to help to build character, a healthy sense of moral values and an abiding awareness both of personal worth and the needs of others in line with our Mercy ethos.

We wish to improve the health of the entire community by encouraging students and the wider community to establish and maintain life-long healthy and sustainable eating habits taking into account moral, social and economic issues. This will be achieved through food education, the development of skills related to food and ensuring the quality of food served in the academy.

### **1. Introduction**

**Consultation Group:** this policy has been developed in consultation with the whole academy community.

- Board
- Head Teacher
- Staff
- Pupils
- Parents
- The Catering Supervisor
- Academy Nutritionist

**Date Policy formally approved by Board: September 2006**

**Review Date (s): annually – autumn term**

**Person (s) responsible for implementation and Monitoring:**

- Head Teacher - Mrs M. Shepherd
- Catering Supervisor- Ms F. Forster
- Academy Nutritionist – Ms K Hearn
- Board of Directors

### **2. Aims**

- To ensure that all aspects of food and nutrition in academy promote the health and well-being of pupils, staff and visitors to the academy.
- To improve the health of pupils, staff and their families through increasing their knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet.

- To ensure that children are well nourished during the academy day and that every pupil has access to safe, tasty and nutritious food and a safe, easily available water supply.
- To make the provision and consumption of food a healthy, enjoyable and safe experience.
- To ensure that the whole community is aware of Fair Trade issues and, following the lead of our diocese and local authority, actively promote Fair Trade healthy food within the academy where possible.

### **3. Rationale**

St Anthony's academy recognises the important connection between healthy eating and a pupil's ability to learn effectively and achieve high standards in academy. It also recognises the role the academy can play, as part of the larger community, to promote family health and well-being.

As part of the Roman Catholic Dioceses of Hexham and Newcastle we undertake to follow the guidance given in the promotion and use of fairly traded food and products, wherever possible.

St Anthony's will follow closely the Food in Academy's national standards, and the Academy Food Trust Food based Standards and Nutritional Standards (September 2009).

### **4. Objectives**

- To improve the health of pupils, staff and their families through increasing their knowledge and awareness of food issues, including what constitutes **sensible and balanced**, healthy eating.
- To ensure pupils are well nourished at academy, and that every pupil has access to safe, tasty, and nutritious food and a safe, easily available water supply.
- To ensure that food provision in St Anthony's reflects the ethical, cultural and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian, medical and allergenic needs.
- To provide an opportunity for pupils to plan recipes, budget, prepare and cook food.
- To monitor menus and food choices to inform policy development and provision.
- To make the provision and consumption of food an enjoyable and safe experience (within the constraints of the existing buildings) in a pleasurable and dedicated environment.

### **5. Guidelines**

- From September 2009 additional nutritional standards came into force. The Nutritionist has undertaken the necessary analysis to meet the new standards (working with national advice and guidance Trust and our Academy Nutritionist).

- Food is served in the dining rooms at breakfast time, break time and lunch time.
  - no confectionary will be sold in academy
  - no bagged or savoury snacks (other than nuts and seeds without added salt or sugar) will be sold in academy
  - a variety of fruit and vegetables will be available in all academy food outlets (these can include fresh, dried, frozen, canned and juices varieties).
  - there should be access during breaks and lunchtimes, fresh, chilled drinking water in academy.
  - the only other drinks available should be bottled water (still or sparkling), milk (skimmed or semi-skimmed), pure fruit juices, yogurt and milk drinks (with less than 5% added sugar), drinks made from a combination of these (eg. smoothies, low calorie hot chocolate, tea and coffee). Artificial sweeteners can be used in yogurt and milk drinks.
  - cakes and biscuits should be allowed at lunch and after academy meals only and not a mid-morning break.  
N.B. the occasional fund raising sale of these products will continue as these occasional events will not impact on the overall delivery of the national standards. Pastoral and Progression Leaders must be informed of any such event prior to the sale so they can monitor the type and number of such events.
  - all drinks and refreshments which are served to visitors and guests at lunchtime will comply with the above standards and be supplied by the academy kitchen
  - where possible we will promote fair trade produce and locally sourced produce.
  - the gift of a fair trade chocolate bar to celebrate the annual academy feast day will continue as this is an occasional event and will not impact upon the overall delivery of the national standards.
  - quality ice cream will be served annually at the annual Academy Sports Day – one item per student may be purchased.
- The Academy Food Council will continue to support and monitor food provision in the academy. The group will have representatives from all year groups, Management team, teaching staff, parents, Board, academy caterers and other interested persons.

- St Anthony's has worked with partners including Sunderland Teaching Primary Care Trust, Healthy Schools and Food in Schools Coordinators. Regular workshops are delivered through PSHE for pupils and training sessions for food workers in the community are delivered by St Anthony's staff.
- The Academy Food Council group linked to the School Council will feed back to year groups and any concerns about food in St Anthony's can be brought by the pupils/staff/parents to the meeting.
- Information regarding school food will be reported to parents via the school website.
- The Summer School Cookery Club will be delivered by suitably qualified, confident and competent staff and will be available to Monkwearmouth Catholic Partnership pupils.
- St Anthony's actively promotes healthier food choices during the day using the Food in Schools toolkit and nutritional standards (September 2009).  
They include:
  - **Breakfast Clubs** - healthier choices are always available and actively promoted. Food is served in the dining rooms at breakfast time, as the Board and Senior Management team appreciate that a good breakfast is essential to aid achievement. Pupils at St Anthony's travel from all parts of Sunderland and beyond and may not have time for breakfast or have difficult circumstances at home. Through the curriculum pupils are taught the importance of breakfast.

**Break times** –Food and drinks are served in the academy dining rooms at break time that are in compliance with nutritional standards and food based standards.

**Lunch times** – Academy meals are healthy, in compliance with the food based standards and nutrition standards and are actively promoted via the academy web site. Students are encouraged to bring healthy lunch boxes via the curriculum.

### **Water provision**

Water is provided freely and hygienically throughout the academy day from water machines in each area of the academy. Pupils are allowed water bottles (which must be kept in academy bags as most classrooms now have computer access with laptops available as and when required).

**High energy drinks** must not be brought on the academy premises, consumed on the site or during educational visits or activities organised by the academy. Any girls/parents requiring advice for their daughter regarding nutrition and associated concerns regarding weight and health can contact our School Nurse who has a drop in session on alternate Tuesday from 12:20pm – 1:20pm.

The cookery summer academy “Cooking for Kids” is popular and practical food skills are taught to year 6 pupils.

**Dining Room Environment** – Academy dining rooms are friendly, attractive and welcoming to pupils and staff.

**6. Monitoring and Evaluation**

- Extra-curricular club: cookery club reports/photographs etc. displayed, where possible, via twitter and the school website.
- Academy School Council – report on progress to Academy Council and review policy annually in light of improvements and changes
- Stakeholder surveys
- Evaluation by all those who externally monitor the work of the academy eg. OfSTED, Academy Improvement Partner, etc.

**7. Conclusion**

Through the taught curriculum, the work of pastoral and progression teams and the specialist status of the academy a whole academy approach to food is encouraged. We intend to provide our students with a life skill which will enable them to take responsibility for the quality of what they eat and thus contribute to their current and longer term health.

The Academy continues to improve its offer and has been successful in winning a number of awards including School Food Trust School of the Month 2010 and Highly Commended in N.A.S.B.M. National final (2014).