

POLICY DOCUMENTATION

2017 – 18



POLICY

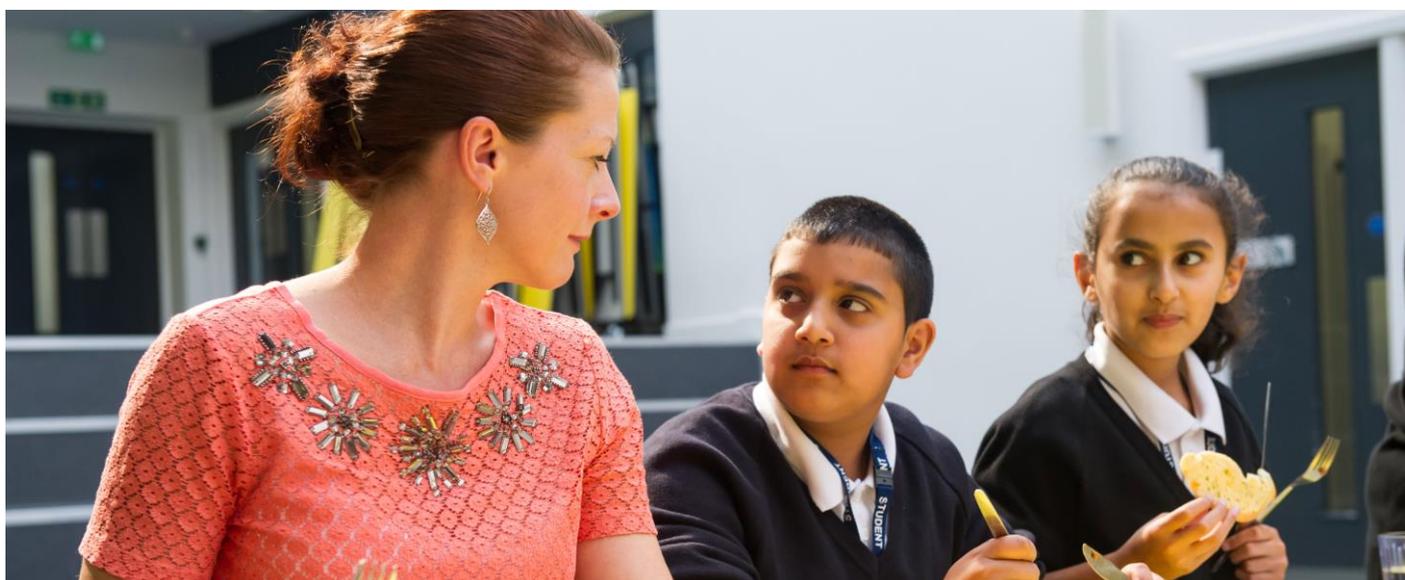
**Healthy Academy
(including Healthy Food & Drink)**

RESPONSIBILITY

Vice Principal

LAST REVIEWED

May 2018



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Healthy Academy

(Also see: *Anti-Bullying Policy & Behaviour for Learning Policy*)

PRINCIPLES

The Academy is committed to creating an enjoyable, safe and productive learning environment through its ethos, physical environment and curriculum.

Ethos

Our shared aim is to create an Academy in which the ethos is humane and people-centred, with an emphasis on self-discipline, commitment, motivation and success. This should apply to all who operate in it, whether they are staff or scholars. Mutual respect must operate at all levels. Achievement should be recognised and rewarded whenever possible. This reward could be informal – appropriate praise should be used frequently, on a personal basis.

Physical environment

The Senior Leadership team are committed to providing a safe and secure environment, where all can enjoy and achieve. Teachers have a duty to safeguard and promote the well-being of all scholars at all times. Senior Leadership are focussed on providing and retaining a positive environment for the learning community. (See Safeguarding and Child Protection Policy and Health and Safety Policy).

Curriculum

The Academy is committed to providing a curriculum that will prepare scholars for the opportunities, responsibilities and experiences of adult life and meet the aims of the Academy Mission Statement and Goals. (See Curriculum Policy)

AIMS

- To equip scholars with the skills and information to make important health and life choices.
- To equip scholars with the skills and information in order to promote emotional well-being.
- To ensure that all members of the Academy community have a recognised voice and a forum to be heard.
- To provide a physical environment compatible with enjoyment and achievement.
- To offer maximum access and opportunity for enjoyment of physical activity for all.
- To achieve recognition under the National Healthy Schools standards.

PRACTICE

- To ensure the aims of Healthy Schools is reflected in the Academy Development Plan.
- To continue to raise awareness of issues amongst the whole Academy community.
- To follow statutory QCA guidance on PSHE in assemblies.
- To use Healthy Schools work to inform curriculum planning.

Healthy Food and Drink in the Academy

The aim of this document is to set out the Academy's policy on food and drink sold and consumed on Academy premises.

PRINCIPLES

The Academy is committed to ensuring that all aspects of food and nutrition in school promote the health and wellbeing of scholars, staff and visitors to the school.

AIMS

- To equip scholars with the skills and information to make important health and life choices.
- To enable scholars to gain access to a wide choice of food, suited to most dietary and cultural requirements.

PRACTICE

Canteen

To work closely with our Catering Manager to ensure:

- A wide range of hot and cold meals and snacks are available at morning break and lunchtimes
- A range of food is provided which would form part of a balanced diet
- Reduce, or where possible prohibit, foods perceived as containing excessive amounts of salt, saturated fats, highly processed carbohydrates, artificial sweeteners and flavourings
- Healthy cooking processes used e.g. baking, grilling, boiling and the minimal use of frying
- A daily menus are varied and updated regularly
- The removal of chips from all menus other than on Friday's
- A suitable environment is available for food consumption

The sale and consumption of food from other sources

The Academy cannot guarantee the safety of food sold other than from the canteen or vending machines. As such, the sale of homemade food or food not retailed from the canteen or vending machines is prohibited. Likewise, the sale of food made in Design Technology Department kitchens, is not permitted.

Scholars bringing in food and drink purchases elsewhere will be encouraged to consider healthy options, through Science, Design Technology and PSHE lessons.

Water

Many studies have highlighted the benefits of readily accessible water available to scholars. The Academy recognises these benefits and as such will provide water points at various locations in the building. Scholars may access these points during all normal breaks. In addition:

- Scholars may consume water in class from sports style water bottles
- Water bottles must be transparent and contain only water
- Scholars in classes involved in practical work such as Science and DT may not consume water

- Staff may suspend this entitlement in specific cases

Rewards

The regular use of sweets as rewards for scholars in class is discouraged.

Education

The Academy will ensure scholars are well informed about the short and long-term benefits of healthy eating, through Science, Design Technology and PSHE lessons.