

St Cyprian's Greek Orthodox Primary Academy



Whole Academy Food Policy

Revised: July 2016

Reviewed and ratified by Full Academy Trust:

Date: 1/7/16

Signed: *A. X. TALLIS*

Name: A. X. TALLIS

Position: Chair of Education Committee

Mission Statement

The aim of St Cyprian's Greek Orthodox Primary Academy is to provide its children with primary education of the highest quality in a supportive learning environment through the national curriculum in the core subjects, enriched by the progressive teaching of the Greek language and Christian Orthodox religion.

The children will be equipped with the knowledge, skills and spirituality to enable them to achieve their full potential and prepare them for transition to secondary education and to contribute positively to the challenges of a diverse multicultural society.

Why have a whole Academy food policy?

In the last 30 years we have seen dramatic increases in diseases in adults such as obesity, diabetes and heart disease, especially type 2 diabetes, which is seen in late adulthood. These have been linked to a poor diet as a result of dietary imbalance and lack of physical activity. We are now beginning to see children developing symptoms of these diseases whilst still in childhood.

We also know that if children's diets are inadequate or provide insufficient fluid their performance at the Academy could be affected by poor attendance due to ill health and poor concentration.

As a result of these increasing concerns healthy eating has become a core part of the National Healthy Academies Scheme. In order to fulfil this, healthy Academies will be required to have a whole Academy food policy that fulfils the Government's Academy Food Trust Policy. This will ensure that the Academy meets the standards and offers consistent messages relating to nutrition that are appropriate to the Academy and is able to communicate these to the whole community.

What is a whole Academy food policy?

A whole Academy food policy provides a framework to enable our Academy to:

- Set out a coordinated approach to food and drink
- Ensure equality of access for all
- Reinforce appropriate messages relating to food and nutrition, ensuring consistency between the curriculum and food provision
- Provide parents/carers with information on aspects of food in the Academy
- Establish effective working partnerships with the local community, for example local procurement
- Make provision for staff training and resources
- Undertake work to contribute towards healthy Academies action plans

Description of the Academy At St Cyprian's Greek Orthodox Primary Academy, the Greek Orthodox ethos underpins the whole curriculum. The Academy was established in 2000. The teaching of the Foundation Stage Curriculum and the National Curriculum is enriched daily by the teaching of the Greek language, Greek culture and the Greek Orthodox religion.

There are 460 pupils on roll. There are 18 classes from Nursery to Year 6. Our Academy facilities for food comprise of meals cooked by staff at St Cyprian's and are prepared in our kitchen and served in our hall, which is used as dining room.

Mission/Rationale We aim to enhance the quality of life for all pupils by providing experiences that will provide knowledge and develop skills to promote life long learning about being healthy. This is linked to Every Child Matters – Be Healthy, Enjoy & Achieve and Stay Safe; QCA Science – Life Processes & Living Things & Nutrition in the Curriculum.

Name of member responsible for Academy food Vasoula Baron Headteacher
PSHE/Healthy Academies Coordinator

People with key responsibilities for food in Academy's Vasoula Baron, as Head Teacher, is responsible for overseeing the food provision in the Academy.
Giovanna Georgiou, Catering Manager, as well as the administration team, oversee the food management in the Academy. Link Governors for Healthy Academies to report back to the Governing Body.
The Head Teacher will oversee the planning and co-ordination of nutrition education (for both staff and pupils), provision of food throughout the Academy day, meeting the needs of children with special dietary needs, physical resources such as equipment, the dining room, utensils and the organisation of break times and the food available.

Aim of the Whole Academy Food Policy 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.

Whole Academy Food Audit
(Initial Findings)

- Academy

Objectives of the Whole Academy food policy Nutrition in the curriculum

- Food and nutrition is taught through the Science scheme of work, through PSHE (Making the right choices) and through Design and

(including responsibilities)

Technology.

- Information relating to food and nutrition in the curriculum is consistent and up to date
- Promotes a healthy lifestyle
- Promotes the importance of physical, social, emotional and mental well-being
- Links to Science QCA Units: Ourselves; Health & Growth; Teeth & Eating; Moving & Growing; Keeping Healthy and Micro-organisms

The Eating Environment

- We provide a welcoming environment for the children to eat in. The hall is utilised as a dining room. Permanent food pictures are placed in the hall that enhance the dining area and educate and encourage healthy eating.
- Staff frequently eat in the dining hall with children and conversation is encouraged
- The order of classes going to lunch is organised so that the children have sufficient time to eat and enjoy their meal.
- The hall is supervised each day by Midday Supervisors and a senior member of staff.

Academy food and drink provision

- Lunchtime is an enjoyable, social time of the day for all pupils
- Meals provided should meet standards set out by the SFT (School Food Trust)
- Menus are available to pupils and parents and displayed around Academy. Children often comment on their favourite days
- Children have the option of choosing individual cartons of freshly prepared salad/fruit
- Guidelines and regular ideas are sent in news letters to parents to assist them in making packed lunches healthier
- Food provision outside of lunchtimes e.g. trips, events/celebrations is guided by the Academy Food Toolkit resource
- We are part of the Academies Fruit Programme
- St Cyprians is a **nut free Academy**
- Tap water is available to children throughout the Academy day, including break times and lunchtimes.

Packed Lunches Should Include:

- At least one portion of fruit and one portion of vegetables every day
- Meat, fish or other source of non-dairy protein every day, e.g. lentils, kidney beans, and other legumes and pulses
- Oily fish, such as salmon, at least once every three weeks
- A starchy food such as bread, pasta, rice, couscous, noodles, potatoes cereal every day
- Dairy food such as milk, cheese, yoghurt, fromage frais or custard everyday
- In order to be consistent with Academy meal provision and the Academy Food Trust, we encourage children to drink tap water provided by the Academy.

Packed Lunches Should Not Include

- Snacks such as crisps. Instead, fruit and vegetables, with no extra sugar or salt, savoury crackers or breadsticks served with fruit; vegetables or dairy food are also a good choice
- Confectionery such as chocolate bars, chocolate-coated biscuits and sweets. Cakes and biscuits are allowed, but these should only be included as part of a balanced meal
- Meat products such as sausage rolls, individual pies, corned meat and sausages/chipolatas should only be included occasionally
- Nuts

Rewards and Special occasions

- Children are encouraged and praised for making good choices and being willing to try new foods
- During seasonal celebrations the Academy dinner menu may reflect this to allow children further experience of food from the Greek and Cypriot cultures
- Food provision outside of the Academy day shall always include a range of healthy options for children

Communication

- Parents have opportunities to discuss any food issues or concerns with the headteacher or deputy headteacher daily in the playground
- Examples of packed lunch menus/suggestions have been sent home
- Parents are aware that Academy is nut free
- Menus are on display in the dining area for pupils to see
- The Academy council also offers children a voice
- Children are encouraged to demonstrate good table manners whilst in the dining hall

Quality assurance

- Teaching staff will receive training, through the Healthy Academies Network meetings, to ensure a consistent approach and to keep up to date with current recommendations on healthy eating.
- Outside visitors will be made aware of the policy and ethos of the Academy towards healthy eating before planning their sessions
- Expert advice will be sought for matters outside of basic healthy eating advice to ensure an evidence-based approach to nutrition within the Academy.

Monitoring and evaluation

Link to working with partner agencies policy

- Monitoring of Academy food choices and incorporating this into menu planning
- Observation of food choices available and modification as necessary
- Data: The Academy works with Croydon PCT to measure children's weight and height in Reception and Year 6 and will use feedback obtained from this to inform future policies.

Meeting the needs of pupils with special dietary needs

- Information relating to children with special dietary needs (medical, cultural, religious) is kept on record and disseminated to staff. This information is displayed in the kitchens, staffroom and classroom/s. Staff are aware of pupils with nut allergies. Staff received EpiPen training in January 2016.
- The needs of children with other issues relating to eating will be identified and supported by all staff.

Involvement of parents and carers

- Parents' views on food issues will be considered.
- Dissemination of policy to the whole Academy community will be through inclusion within Academy
- Parents receive a Prospectus on Academy entry
- Parents will be informed of the whole Academy food policy via newsletter and invited to view it if they desire

Links to other policies

- Behaviour policy
- Physical Education policy
- Health and Safety Policy
- Equal opportunities and Inclusion
- PSHE Policy
- Safeguarding Children Policy

Date of next Review: July 2017