

<b>Policy Title:</b>	<b>Healthy Food</b>
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## THE OXFORD ACADEMY

The Oxford Academy is a learning environment at the heart of its community. We promote care and respect and expect high standards in all aspects of Academy life.

We aim to build a community clearly based on a Christian ethos, recognising the integrity and the unique value of each individual. We aim to build self-esteem, model conflict resolution and protect the vulnerable. We are committed to justice and compassion. Mutual respect and trust are central within the Academy.

Our vision for The Oxford Academy is based on the following beliefs:

- Education matters in society: the provision of a well ordered, stimulating learning environment is a common right for all our children
- The Academy should articulate social and moral values and respect for others, irrespective of their class, gender, race or religion
- The Academy will promote the highest achievement in youngsters, irrespective of their abilities or self-expectations. Competition and collaboration are both equally important to learning. The aspirations of all our students will be nurtured
- The Academy will celebrate students' achievements and challenge fixed notions of ability. We will value and reward young people's verbal, practical, academic, sporting, artistic and leadership skills
- An effective and flourishing Academy should be "public" rather than "private", explaining to parents what is being taught and how the curriculum is being interpreted. It should be open to praise and constructive feedback in a genuine spirit of partnership
- An effective Academy should work closely with neighbouring schools to improve opportunities for children and young people
- The work of the Academy will be underpinned at all times by its ultimate aim – to improve standards, achievement and the life chances of young people. The Oxford Academy is, first and foremost, a place of high quality learning and teaching for young people aged 11-19

This policy, and its associated procedures and protocols, is based on these key principles.

# Healthy Food

## 1. Introduction

At The Oxford 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.

The Academy supports the Government's "5 a day" campaign and other initiatives designed to encourage children to eat healthily, which has been shown to reduce the onset of certain life-threatening conditions as well as being helpful in tackling and preventing childhood obesity.

The Oxford Academy aims to be a very healthy school as judged against Ofsted and the National Healthy School Award validation criteria. 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.

Through effective leadership, the Academy ethos and the curriculum, all Academy staff can create an environment and culture which supports a healthy lifestyle.

The policy is in two main sections, firstly meals arrangements and then secondly the provision of Healthy Food.

## 2. Meal Arrangements

### 2.1 Introduction

The duty to provide free meals to eligible students, paid lunches where parents request them and to comply with national nutritional standards rests with the Academy. Where an Academy's budget share includes an amount in respect of meals and other refreshments this duty rests with the Academy's Governing Board.

The Academy Governing Board may provide meals or other refreshments to students, either on the Academy premises or elsewhere where education is provided.

The Academy Governing Board must provide facilities for students not taking Academy meals so they can eat meals which they've brought to the Academy. These facilities include accommodation, furniture and supervision which allow students to eat their meals in suitable conditions. The Academy cannot charge students for using these facilities.

## **2.2 Free Academy Meals**

Students whose parents receive any of the following are entitled to free Academy meals:

- Income Support (IS)
- Income-based Job Seekers Allowance (IBJSA)
- support under Part VI of the Immigration and Asylum Act 1999
- Child Tax Credit, provided they are not entitled to Working Tax Credit and have an annual taxable income (as assessed by HMRC) which, from 6 April 2010, does not exceed £16,190
- Guaranteed Element of State Pension Credit

Students who receive IS and IBJSA in their own right are also entitled to free Academy meals.

All other students must be charged the same amount for the same quantity of the same food, although the meals may be subsidised.

## **2.3 Paid Meals Service**

A duty requiring governing bodies to offer paid meals, where parents request them, was introduced from 1 April 2001.

## **2.4 Nutritional Standards**

The Academy Standards and Framework Act 1998 (section 114) gives the Secretary of State the power to regulate for compulsory minimum nutritional standards for Academy lunches.

See The Education (Nutritional Standards for Academy Lunches) (England) Regulations 2000 (SI 2000 No. 1777) for further information.

These regulations came into effect on 1 April 2001. The nutritional standards are food based rather than nutrient based to make them easier for caterers to understand and interpret when planning meals. More importantly, they are easier for students to identify with and will foster a wider understanding of food. Guidance on these standards is available on the DfE's Academy meals website.

### **3. Healthy Food at The Oxford Academy**

#### **3.1 Aims and Objectives**

- To ensure that we are giving consistent messages about food and health
- To give our students the information they need to make healthy choices
- To promote health awareness
- To work with the catering team to ensure healthy balanced meals are provided
- To work with the School Nutrition Action Group to identify nutritional initiatives and monitor change
- To involve students and parents in decision making about nutritional initiatives which enable them to contribute to healthy eating

#### **3.2 Drinks**

Cooled water is freely available throughout the school day to all members of the Academy community, either through designated taps or water coolers. In addition, bottled water is available from the canteen.

Bottles of water are sold by the canteen and all students are encouraged to have one, or an appropriate alternative.

Water is available at lunchtime to all students in plastic beakers provided by the canteen.

Fizzy canned drinks are prohibited at the Academy.

Drinks are available for purchase by all students at any break time and include only waters, juices, milk and smoothies.

#### **3.3 School Lunches and Packed Lunches**

All school lunches are provided by the Academy's in-house catering team who work within clear national guidelines with regard to nutritional balance and healthy options (see DfE School Food Standards website). Vegetables and fruit are available each day.

The Academy meals aim to provide an additive-free, natural back-to-basics style of food provision, actively encouraging healthy eating habits which are not only seen as part of the learning process but also develop social eating skills and improve concentration levels.

The Oxford Academy works hard to encourage and promote balanced packed lunches. We conduct annual student and parental surveys and feed back findings. We use our Newsletters and Parent Evenings presentation as opportunities to inform, educate and support parents and students in the provision of healthy food alternatives in the lunchbox.

### **3.4 The Oxford Academy Food Provision Service**

The Oxford Academy food provision service includes:

- Diversity of carbohydrates, including pasta, rice, noodles, baked potatoes and high fibre choices which provide GI slow-burning carbohydrates; particularly important in providing balanced energy levels
- Limited use of fried foods and not served more than once a week
- Monitored sodium levels; salt is not used in the cooking process and not available at the counter service
- Monitored saturated fat levels from animal sources; low fat products are used wherever possible and unsaturated oils are used in cooking and dressing
- Use of fresh fruit and vegetables including salad items. Fruit-based sweets, fruit salads and smoothies are provided and not less than two portions are available for main course and sweet
- Fresh bread available daily, including wraps, rolls, baguettes, pitta and paninis
- Oily fish on the menu daily
- No retail lines of confectionery available
- Increased levels of calcium using milk-based sauces and puddings
- Actively looking to source foodstuffs with minimal and/or biodegradable packaging. Recycling is also prioritised
- Ensuring, where possible, that all food is nut free
- Regular menu changes to reflect current trends and maintain the interest of the customers
- Involving students in the decision making process through feedback from student questionnaires and input from Student Council to help to influence and expand the service

## **4. Food Across the Curriculum**

Food issues are addressed throughout the curriculum at the Academy in the following ways:

- Science Topics provide opportunities for students to learn about balanced diets, food types and the function of food and its contribution to healthy bodies
- The Academy is planning for the use of the productive gardens in the new build which are expected to be available from September 2011
- Literacy provides students with opportunities to explore persuasion, argument and narrative work using food as a stimulus
- Weights and Measurement teaching is included within the Maths curriculum
- The Academy is planning to provide Food Technology facilities in the new build post January 2011
- RE provides opportunities for students to understand the role and importance of foods in major religions as well as experiencing food associated with religious festivals
- PSHCE and Health and Social Care courses encourage students to take responsibility for their own health and wellbeing, developing healthy lifestyles and addressing such issues as body image
- Geography and History provides a focus on the natural world and changing environments, offering the chance to consider the impact of consumer choice. History provides an insight into changes in farming methods, cultivation and diet over time
- PE and sport provide students with the opportunity to develop awareness of the impact of activity on their physical development and wellbeing
- Extra-curricular activities such as sport clubs and organised matches with other schools extend the opportunities for physical activity, promoting healthy lifestyles

## **5. Parental Involvement**

The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Each must reinforce the other. This is not always easy but the Academy is well placed to lead by example.

The Parent Forum is used to develop parental awareness of healthy eating issues and as a consultation forum.

Newsletters and parent/teacher evenings actively promote Healthy School issues, including promoting Academy lunches and healthy lunch boxes.

## **6. Role of the Governors**

Governors monitor and check that the Academy policy is upheld through the designated PSHCE Governor.

## **7. Monitoring Evaluation and Review**

The Principal, PSHCE Subject Leader and all Academy staff are responsible for delivering a curriculum which adheres to this policy and creating a “healthy” environment to maximise pupil development.

The Academy is responsible for ensuring the quality of food offered by its canteen.

The Senior Leadership Team will review this policy at least every two years and assess its implementation and effectiveness. The policy will be promoted and implemented throughout the Academy.