

MEALS ARRANGEMENTS AUTUMN 2016

Introduction

- 1 The Academy is committed to providing healthy meals which students will choose to eat. It wants all students to have the confidence, skills and understanding to make appropriate food choices.
- 2 The Academy takes account of the Food in Schools Guidance and the '5 a day' message encouraging students to eat at least five portions of fruit and vegetables. It ensures that nutritious food is available across the Academy day.
- 3 The Academy ensures that no fizzy drinks are provided within the Academy. Students have access to drinking water throughout the day. Students may take and drink bottled water during lessons. No other drinks are allowed.
- 4 The Academy meals are provided by an External Caterer, Wolsey Junior Academy, who provides meals which comply with the nutritional guidance from the DfE.
- 5 No student is allowed off the premises at lunch time and all students will eat a hot lunch provided by the Academy.

Objectives

- 6 The objectives of the Academy are in line with Healthy Schools and the Academy is committed to:
 - Promoting an ethos and environment which encourages a healthy lifestyle
 - Using the full capacity and flexibility of the curriculum to achieve a healthy lifestyle
 - Ensuring the food and drink available across the Academy day reinforces the healthy lifestyle message
 - Ensuring the food provided for students and staff is enjoyable and popular

Arrangements

- 7 A breakfast club is available which provides a healthy options.
- 8 The Academy operates a staggered lunchtime to avoid long queues and create an ambient atmosphere for diners to eat and chat.
- 9 We see lunchtime as another way to support children's learning. As part of our commitment to fostering a family atmosphere in the school, lunch will be served in "family service", where pupils sit and share food at a table with an adult and other children.

- 10 Pupils learn to try new foods, socialise, serve each other and clear the table. Our food will be excellent, with a menu that changes every fortnight and uses delicious, fresh ingredients.
- 11 While in temporary accommodation, we will aim to bring in hot food from another school (Wolsey Junior Academy).
- 12 Staff will eat their own meals alongside the students.
- 13 We propose to have only one option of food for all children (except for those children where dietary requirements such as gluten-free dishes, vegetarian options, etc. need to be considered) to encourage them to try new foods and become healthy and enthusiastic eaters.

Monitoring, evaluation and review

- 14 These arrangements will be reviewed every two years by the relevant Governors' Committee in order to make additions, deletions and amendments in the light of both national and local developments. These arrangements will be promoted and implemented throughout the Academy.