

## **The Marsh Academy - Food Policy**

### **Responsibilities**

The Marsh Academy recognises the relationship between a healthy diet and a student's ability to learn effectively and achieve high standards at the academy. There is recognition that the whole academy community, from the Governing Body to the students, can play an important role in promoting family health. In addition, sharing and appreciating food from different cultures is important in nurturing and celebrating our cultural diversity and can be used as a bridge to build friendship and Community Cohesion.

### **Mission**

To improve the eating habits and health of the academy community by teaching students ways to establish and maintain lifelong healthy and environmentally sustainable eating habits. This mission will be accomplished through a "whole academy approach" to food education and skills. The academy will work with the catering staff to forge a link between food provision in the academy, (and where practicable) the curriculum and pastoral and social activities.

### **Aims**

- To influence and thereby improve the eating habits of students, staff and their families through increased knowledge and awareness of food issues, including what constitutes a healthy diet, hygienic food preparation and storage methods.
- To develop an understanding of food production, manufacturing, distribution and marketing practices along with their impact on health and the environment.
- To ensure that students have access to nutritious food and an easily available water supply during the academy day.
- To ensure that food provision in the academy reflects the ethical and medical requirements of staff and students e.g. religious, ethnic, vegetarian, medical and allergenic needs.
- To ensure safety and hygiene are prime factors in the provision and consumption of food.

### **Objectives**

- To ensure that all the stakeholders of the academy accept and embrace this policy.
- To integrate the aims of the policy into all aspects of academy life.

### **Methods**

1. Establish an effective structure to oversee the development, implementation and monitoring of this policy, and to encourage a participatory approach to meeting the objectives:-
  - Identify a member of staff to take responsibility for making the policy work.

- Take a whole academy approach - ensure that healthy eating is considered in the teaching of the curriculum, food service offered and pastoral and social care, where practicable.
  - Include the following in annual communications:-
    - Description and level of food service
    - Meal uptake
    - Academy meal promotion marketing plan
    - Progress in meeting food policy goals
    - Quality of food being served (hygiene, nutrition etc)
  - Consult the Student Council and students in general about planning menus, preferences and food choices. This can be achieved through focus groups, surveys, taste tests, etc.
  - Decide and agree how to involve parents and the wider community, perhaps through newsletters, use of the academy website, any parent forum, practical food demonstrations and workshops, etc.
  - Develop information for the parents of incoming Year 7 students on healthier packed lunch options.
2. Develop an understanding and ethos within the academy of safe, tasty, nutritious food through both education and example:-
- Ensure that a consistent message is given to students throughout the teaching of food topics covered within the curriculum.
  - Introduce a range of activities that could help to promote and raise awareness of environmentally sustainable food production methods and socially responsible food marketing practices.
  - Develop pages on the academy website focusing on food issues and National Healthy Schools Status.
3. Create an environment, both physical and social, conducive to the enjoyment of safe, tasty, nutritious food:
- Ensure that the dining area is a safe, pleasant, comfortable, attractive and clean place to eat and socialise.
  - Ensure that healthy-eating messages are consistent and promoted in the dining area, particularly based around the Balanced Plate.
  - Ensure that there are sufficient litter bins and facilities for waste food around the academy and that they are emptied regularly.
  - Establish a Breakfast Club to encourage students to start their day in a healthy way. Breakfast Club food should include: cereal; fruit (fresh, canned and dried); yogurt with fruit and/or cereal; bread or toast (preferably wholemeal); muffins; crumpets; butter or spread, marmalade, marmite; fruit juice; milk or water.
  - Ensure that any charity efforts reflect the healthy-eating message, eg: toasted sandwiches, smoothies, fruit kebabs, etc. Not sweets, crisps, lollies, etc.
4. Responsibilities for implementing, monitoring and review:

- Directors of Learning, Teachers and the Healthy Schools Coordinator will be responsible for cross-curricular development.
- Caterers / Academy will be responsible for ensuring the quality of food offered is in line with the latest National and Local Nutritional Standards.