

# **Dixons Music Primary**

## **Policy Documentation**

### **Policy: Healthy Academy (Including Healthy Food & Drink)**

**Responsibility for Review: Vice Principal**

**Date of Last Review: June 2015**

# 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 students. 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 students 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 students for the opportunities, responsibilities and experiences of adult life and meet the aims of the Academy Mission, Values and Drivers. (See Curriculum Policy)

## Aims

- To equip students with the skills and information to make important health and life choices.
- To equip students 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 pupils, staff and visitors to the school.

## Aims

- To equip students with the skills and information to make important health and life choices.
- To enable students 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
- daily menus are varied and updated regularly
- the removal of chips from all menus other than on Fridays
- a suitable environment is available for food consumption

### *Vending machines*

Vending machines play an important role in allowing access to drinks and snacks outside of canteen opening hours. The Academy will endeavour to provide vending machines which:

- offer a range of healthy snacks
- provide access to fruit drinks, flavoured water and milk and exclude carbonated drinks

### *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.

Students 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 students. The Academy recognises these benefits and as such will provide water points at various locations in the building. Students may access these points during all normal breaks. In addition:

- students may consume water in class from sports-style water bottles
- water bottles must be transparent and contain only water
- students 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 students in class is discouraged.

## ***Education***

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