

Great Academy Ashton
WHOLE SCHOOL HEALTHY EATING POLICY

Aim

To ensure that all aspects of food and nutrition in school promote the health and well-being of students, staff and visitors on the premises.

1. Formal Curriculum

GAA provide educational opportunities to address healthy eating issues within the formal curriculum. This requires an audit of what is being taught at all key stages through various subject areas such as: PSHE, science, humanities, PE, etc. Curriculum work will reinforce the importance of a balanced diet and healthy lifestyle to students and give them the skills and knowledge to select a healthy balanced diet.

2. After School Provision

GAA is keen to ensure that out of school provision also encourages students to eat a healthy balanced diet and endorses the aims of the policy. Any snacks or drinks provided should meet or exceed current national standards and guidelines.

3. Extra-curricular Activities

By offering extra-curricular activities such as: cookery clubs, etc. GAA shows its commitment to healthy eating through the development of practical skills and knowledge. These activities demonstrate links to the wider curriculum and enhance the teaching of healthy eating messages.

4. Breakfast / Breakfast Clubs

Children at GAA are encouraged to have a healthy nutritious breakfast every day.

GAA offer a breakfast club and we hope to ensure children obtain a healthy breakfast. This encourages a high rate of punctuality and attendance, promotes consistent messages around healthy eating and to provide opportunities for children to develop social skills.

5. Breaktime Snacks

Students should bring/buy healthier foods that are sugar free and lower in fat and salt. GAA do not provide sugary based drinks to purchase. Curriculum work supports students to understand the need for a balanced diet.

6. Dining Area

Students and staff are encouraged to eat at school and interact with one another GAA ensures that: only high quality food and drink are available and that the dining room is inviting and fun to be in.

7. School Meals

School meals will offer a nutritionally balanced healthy lunch to students, served by professional trained staff. All school food meets government school food standards. The school actively promotes the take up of school meals to all students.

8. Lunch Boxes

The school knows it is very important that students eat a healthy packed lunch with a good balance of foods. The school will encourage children to bring a healthy lunchbox from home.

9. Water Provision

The school realises that a constant supply of water can have a positive effect upon health and well-being. It reduces tiredness, irritability and distraction and can help concentration. Students are encouraged to drink water throughout the day and fresh drinking water is provided.

10. Events and Lettings

Events and lettings are an important aspect of school life and must fit in line with the School's Healthy Eating Policy. This is to encourage clear and consistent healthy eating messages on the school premises.

School Food Trust standards apply up to 6pm, thereafter, GAA make it clear what their expectations are and how they are covered by the policy.

11. Sweets, Rewards, Treats and Celebrations

The school does not encourage sweets to be used as rewards or treats. Students and parents are also encouraged not to send sweets into school for snacks. Special celebrations (birthdays, Easter, etc.) and events during the school year will be celebrated with non-edible alternatives. Students, parents and the wider school community will be consulted on this issue.