



SUNNYSIDE PRIMARY ACADEMY

Principal: Mrs C Ley

Reynard Way, Northampton NN2 8QS

Telephone: 01604 842958

Email: admin@sunnysideprimaryacademy.org

Website: www.sunnysideprimaryacademy.org



@SunnysideGDFT

Sunnyside Primary Academy Food Policy

Introduction

As a Health Promoting School, Sunnyside is committed to encouraging and developing positive attitudes towards food and a healthy diet. In accordance with the Every Child Matters agenda 2004, and to support the 5 outcomes for children, promoting a healthy life style is integral to our curriculum and we recognise the importance of offering children the opportunity to make informed choices about what, when, where and why they eat.

As a school we know that food is fundamental to the quality of a child's life, not just in providing essential nutrition but in communicating and sharing positive values, attitudes and experiences with each other.

We believe that adults (staff, parents and carers) should be good role models and should support the children in understanding how balanced nutrition contributes to a person's health, happiness and general well-being.

We are a NUT FREE School due to children and staff with Allergens.

Aims

- Improve the health of pupils, staff and their families by increasing their knowledge and awareness of food issues, including what constitutes a healthy diet and hygienic food preparation;
- provide a consistent programme of cross-curricular nutrition education that enables pupils to make informed choices without guilt or anxiety;
- work in partnership to achieve a pleasant and sociable dining experience which enhances the social development of each pupil;
- ensure good liaison with parents/carers to ascertain any specific dietary needs.

We aim to promote healthy & balanced eating by:

- encouraging pupils to choose a variety of foods to ensure a balanced intake in line with the national nutrition guide
- encouraging starchy foods as a source of energy (such as bread, pasta, rice and potatoes) rather than fatty foods;
- encouraging fruit juices, milk and sugar-free drinks; discouraging sugary drinks and less healthy snacks between meals;
- providing good role models.

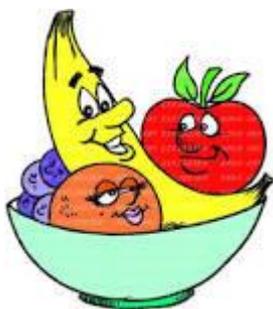
Mid-morning Snack –

Part of the Greenwood Dale Foundation Trust Group of Academies



We're working
towards Artsmark
Awarded by Arts
Council England

The Greenwood Academies Trust is a company limited by guarantee, registered in England and Wales, registered number 06864339.
A list of Directors is available for inspection at the registered office, Greenwood House, Private Road No 2, Colwick Quays Business Park,
Nottingham NG4 2JY. Further information about us is available at <http://www.greenwoodacademies.org>



Fresh fruit or an alternative healthy snack is encouraged. We are involved in the School Fruit and Vegetable Scheme. Every child in Foundation and Key Stage 1 is encouraged to have an extra piece of fruit or vegetables each day.

Drinks –



Cool Milk
www.coolmilk.com

Children are provided with named bottles where they can access and are encouraged to drink regularly particularly after PE, active play and in hot weather. All children also have access to a water fountain. As a school we recognise that milk makes a vital contribution to a child's dietary needs. The EU continues to subsidise milk for children up to their 5th birthday.

Packed Lunches –

Guidance is available for parents on the NHS website
<https://www.nhs.uk/Livewell/childhealth6-15/Pages/Lighterlunchboxes.aspx>

We promote healthy packed lunches for children and asked that chocolate, sweets are not included in their lunch.



School Meals –

School recognises the value of providing the option of a healthy balanced school meal at lunchtime. Free school meals provided by our catering company meet the recommended nutritional standards and cultural needs. For those pupils who take a hot or free school meal through Kingswood catering, they have provided the following statement:

Kingswood Catering Kitchens have a NUT FREE status. No nuts of any kind are included in any of our products and all staff and visitors are strictly advised that it is not permitted to bring nuts or products containing nuts onto any of our premises. We do have a small number of individually wrapped items which are brought in from our suppliers, which although do not have Nuts as an ingredient are produced in a factory where nuts may be handled, and therefore are labelled as "May Contain Nuts", these are the chocolate sponge on Thursday week one, and the shortbread biscuits occasionally used in our packed lunches



Link to Kingswood Catering - <https://www.kingswoodcatering.co.uk/>

The Friends of Sunnyside supports the school's stance in encouraging a healthy and active lifestyle including the promotion of a balanced diet. From time to time the PTA provides activities for pupils and parents at which prizes may be awarded or a snack bar provides refreshments. The Food Standards agency states that the current food standards do not apply to foods provided at occasional fund raising events or provided as rewards for achievement, good behaviour or effort. The PTA events fall into this category and although wherever possible prizes will be non-consumable, as this is only an irregular occurrence and classed as a "treat", confectionary may be appropriate. Snack bars will aim to include a range of healthy options (for example water) but again, where appropriate and as a treat, confectionary may be available.

Curriculum teaching and learning

Key healthy eating messages are covered in lessons across the curriculum e.g. Science, DT and PSHE. They are also delivered through assemblies and themed weeks.

Parental involvement

All new parents are made aware of where they can access our policies on the website and this includes our healthy eating message. Parents are always informed of any food related activities such as tasting sessions in Units of Work or Food technology units such as making toast.

Nut awareness and other food intolerances / allergies – WE ARE A NUT FREE SCHOOL

Parents are asked to make us aware of any food allergies or intolerances that their children have. In cases where exposure to a food or food traces might trigger anaphylaxis, then the parent should provide two epi pens for school and members of staff will be trained in their use. As a "nut aware" school we would make every member of staff aware of those pupils who at risk and aim to reduce the risk of a reaction by the following methods:

- making sure that epi pens are taken on trips or visits out of school and that a trained member of staff accompanies that trip
- asking parents to provide the class teacher with a selection of appropriate treats for their child so they can be given to their child when other pupils bring in sweets etc as birthday gifts
- asking all pupils to take home such gifts for their parents to check before eating them
- In the event of a severe reaction to a particular substance (for example to nuts) request that the children in that year group refrain from having that food in their packed lunch.



We cannot guarantee that there will never be exposure to traces of the food stuffs but will aim to minimise the risk.

Food Hygiene

Children are reminded on a regular basis about the importance of hand washing before and after eating and using the toilet. When preparing or working with food, pupils will be asked to tie long hair back.

