



# THE KING FAHAD ACADEMY

## School Food Policy



## Introduction

The King Fahad Academy is dedicated to providing an environment that promotes healthy eating and enables pupils to make healthier food choices. This will be achieved by the whole school approach to food provision and food education documented in this policy.

This policy is based on the National School Food Standards in The UK. The content of this policy has been discussed with students, staff, and parents in various forms eg. Presentations, lectures and letters to parents. This school food policy is co-ordinated by Dr Samia Morsy the School Health Coordinator.

## Aims

The main aims of our school food policy are:-

1. To provide a range of healthy food choices throughout the school day and in line with the mandatory School Food Standards.
2. To support pupils to make healthy food choices and to be better prepared to learn and achieve.
3. To ensure a consistent approach to healthy eating across the school community including pupils, staff and parents.

## Food and Drinks throughout the school day

### **1. Breakfast**

Breakfast is the most important meal of the day. It provides 25% of a child energy requirement that support pupils to be ready to learn at the start of the day.

The King Fahad Academy is currently discussing the possibility of running a breakfast Club in conjunction with the Parents teachers Association. The breakfast menu will comply with the food standard agency guidelines.

The staff, students and parents will be notified as soon as the breakfast club is established.

### **2. School Lunches**

School meals are provided by new caterers, Ayam Zaman. They started on 25<sup>th</sup> September 2017. The school meals are served between 12:15 pm to 1:45 pm in the dining hall. The School Health coordinator liaises with catering staff on daily basis to make sure that the school meals are tasty, suitable for all age groups and meet the mandatory requirements of the School Food Standards.

The school meals are planned on a 3 week cycle and always contain a meat, fish and vegetarian option. The school meals menu is going to be on our school website as soon as the first 3 week cycle is reviewed and finalised with the caterers.

### **3. Packed Lunches**

The school's packed lunch policy is developed using guidance from The Children Food Trust. The guidance aims to support pupils to have a balanced healthy lunch.

Packed lunches should aim to include:-

- Some starchy food such as bread, pasta, potatoes, couscous ( wholegrain if possible)
- 1 portion of fruit and 1 portion of vegetables or salad.
- Dairy food such as milk or yoghurt.
- Source of protein such as meat, fish, eggs beans, hummus, falafel

Packed lunches should **NOT** include:-

- Crisps or crispy type snacks.
- Sweets
- Any items containing chocolate e.g. biscuits, cakes or yoghurt/desserts.

### **4. Snacks**

Pupils are able to bring healthy snacks to eat at break-times e.g. Fresh fruits and vegetables and low-sugar whole-grain breakfast cereal with low-fat milk.

### **5. Drinks**

Since the beginning of this academic year 2017/2018, we are becoming a **WATER ONLY SCHOOL**. Only water and milk is allowed throughout the school day. This includes drinks in packed lunches. Water is provided by the catering company and fountains throughout the school.

### **6. School trips**

The parents provide packed lunches for their children on days of school trips. These packed lunches must adhere to the same food and drink guidance described above.

## **Rewards and special occasions**

### **1. Rewards**

The school does not allow food to be used as a reward for good behaviour or achievement. Other methods of positive reinforcement are used in school including:- Stickers, certificates and merits ect.

### **2. Celebrations**

The King Fahad Academy recognises the importance of celebrating birthdays and special occasions. However we have a policy, which prohibits cakes and sweets to be brought to school. The birthday boy/girl can be recognised and cheers with a song in class, birthday badge ect.

Occasional fund raising events may include the sale of treat food such as cakes, but the inclusion of other food will also be encouraged.

### **Curricular and extra-curricular activity**

Food and nutrition is taught at an appropriate level throughout the year programmes. Healthy eating and Global food issues are regularly addressed in classes and assemblies.

Presentations to students and their parents about healthy eating are annually held before the month of Ramadan to educate on how to fast and stay healthy.

### **Special dietary requirements**

The King Fahad Academy does everything possible to accommodate pupils with special dietary requirements including allergy, intolerances and vegetarians.

Individual care plan are created for pupils with severe food allergies. A copy of this plan will be handed to the class teacher and the original is kept at the nurse's office.

### **Expectations of staff and visitors**

The school expects staff to contribute to and support this food policy across the school day. Staff and visitors will be expected to model good practice behaviour around food and drink and in line with this policy, when in the company of pupils.

Teaching staff are also encouraged to eat a school lunch and sit with pupils in the dining hall.

### **Parents and family members**

Our relationship with parents is very important and we aim to support them with information and advice around food and well-being so that they are well prepared to make healthy choices for their families.

The school held coffee mornings whenever convenient and also healthy food related events are delivered in occasions ( eg. sample healthy food for the dawn meal during Ramadan to help making fasting for long hours easier the following day)

## Monitoring and review

Content of this policy has been discussed with staff, pupils and parents through presentations and bilingual letters given to students to pass them to their parents.

This policy was issued in 12/10/2017 and will be reviewed every 2 years.

	Name	Post	signature
Issued by	Dr Samia Morsy	Health Coordinator	Hard copy signed
Authorised by	Dr Abdulghani Alharbi	Director General	Hard copy signed