

Lockerbie Academy



**Healthy Eating at
Lockerbie Academy**

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Rational

It is recommended by Education Scotland's Health and Nutrition Inspectors that schools have a School Food Policy within the context of education that links with their catering department in order to provide a shared, consistent and effective approach to encouraging healthy eating.

It is relevant to everyone involved with food and drink on our school premises. Everyone has a role to play in supporting our policy and ensuring compliance with the required Nutritional Regulations. <https://bit.ly/4i4GWfC>

This policy is underpinned by our Vision, Values and Aims which are firmly embedded across the school.

Values

Compassion
Achieve
Respect
Equity

Vision

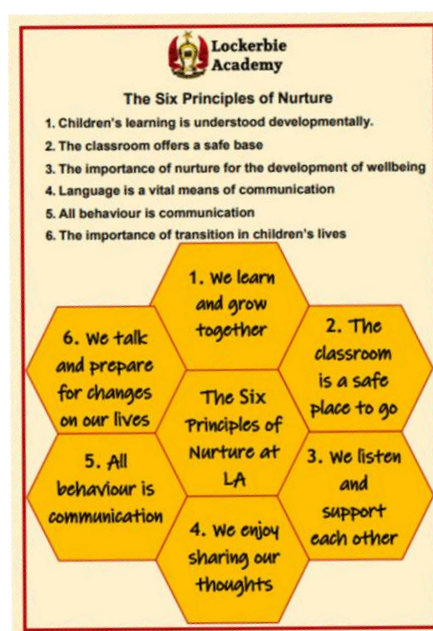


Forward Lockerbie
A caring, learning community

Aims

Together we are;
Ready
Respectful
& Safe

This policy is linked within our [Learning and Teaching Policy](#) , [Relationships Policy](#) and our whole school Nurture approach



Introduction

We have a whole school approach to helping everyone make healthy life choices. This approach is informed by national policy and statutory guidance (see Appendix). We are a UNCRC Bronze Accredited Rights Respecting School and working towards our Silver award so this policy also actions Article 24: Children have the right to the best healthcare, clean water to drink, healthy food and a clean and safe environment to live in. All adults and children should have information about how to stay safe and healthy. Other aspects of learning about a healthy lifestyle are taught throughout our curriculum.

A good diet is essential for good health. It is important that children and young people are provided with a solid foundation for establishing healthy, life-long eating habits. Schools alone cannot be expected to address poor eating habits. However, we can make a valuable contribution to improving the nutritional quality of diets and promoting consistent messages about healthy eating within a health-promoting school environment. By working together, our school partnership will support our children to develop the skills, knowledge and experience they need to make positive dietary choices.

Food Policy Aims:

- We provide our children/young people with nutritious food options.
- We build knowledge and skills enabling our children/young people to make well informed food choices in school and beyond.
- We promote good food choices in an environment that supports all children and young people's health, wellbeing and participation in decision making.
- We will achieve this by taking a whole school approach to food provision, food education and the food experience of children attending Lockerbie Academy by:
 - Providing food choices throughout the school day that meet the requirements of the Nutritional Regulations (2020) in The Schools (Health Promotion and Nutrition Scotland) Act 2007 and Natasha's Law 2021
 - Ensuring that everyone involved in the provision of food at school, or educating children/young people about food, is presenting a consistent whole school, health promoting approach, treating children and their families with dignity.
 - Working together with school food providers, pupils, families and partners.
 - Ensuring that our approach is based on current dietary advice to support children/young people to have the knowledge and skills required to make well informed dietary choices.

Our Consistent Approach- Treating Everyone with Dignity

Food and Drink Provision

We are a nut aware school. This means we

We put an emphasis on preventing cross contamination through proper handling of food and proper hygiene, i.e. washing hands before school, washing hands during lunch, and not sharing food.

Our school canteen and food are nut free and we source alternative ingredients in our Home Economics recipes when at all possible.

The Hive, Wellbeing Hub and Learning Zone offer additional food and nutrition throughout the day.

Drinking

- Energy drinks and fizzy juice are not permitted in class unless there is a specific arrangement
- Water fountains are available in school and children are encouraged to fill their water bottle during social times and before PE
- Water and juices are part of the Meal Deal offered in our school dining hall.
- Reusable water bottles from home are encouraged

Breakfast

- We have a daily breakfast club open to all students sponsored by MacRebur Ltd. This supports our aim in addressing research which shows that a hungry child struggles to concentrate/learn effectively
- All children have free access to water, hot drinks, cereal and milk
- All pupils are offered a range of breakfast items such as toast, fruit, yoghurt, cereal and cereal bars

Interval

- No pupils are allowed to leave the school campus over interval. They are encouraged to use the school canteen for a healthy snack.

Lunch Time

- S1-S3 pupils are not allowed to leave the school campus at lunch time.
- We will provide a balanced, nutritious school lunch every day with duties under the Health Promotion and Nutrition Act being met
- We will provide meals to meet any special dietary requirements eg food allergy or intolerance, medically prescribed diet, or diet for religious or cultural reasons
- There is free school meal provision, mitigating poverty

- We will manage food waste with careful food ordering and portion control. Food waste bins are used in the canteen kitchen. Home Economic recipes contain 50g or less of proteins. Pupils are encouraged to eat what they have made or take home for parents / carers.
- We encourage children to make or bring healthy choices during H.E lessons
- We will arrange senior buddies during Primary 7 Induction Days in June to help with dining hall arrangements
- We will deal with any behaviour issues sensitively, avoiding raising the voice
- We will be pro-active with home-school communication if issues arise
- We will sensitively support children with fears or medical conditions in relation to food
- We will help parents and children with the management of the lunch ordering system
- We will work closely with the Regional Nutrition Officer to ensure all dietary needs are met.

School Trips

- Packed lunches from school will be offered for Free School Meal entitled children
- Learning and Teaching- Home Economics, Science and PSE will provide a progressive, coherent Health and Wellbeing Curriculum
- Through assemblies and in class, building knowledge and skills to make healthy food choices and establish lifelong healthy eating habits
- We will give a consistent message that healthy nutrition and current dietary advice contributes to positive wellbeing
- We will limit sugar consumption
- We will promote dental hygiene
- We will learn about the importance of managing food waste
- We will prepare food with our teacher-and sometimes with partners
- We will learn about the importance of food hygiene
- We will recycle food and drink packaging whenever possible (plastic recycle bins in social area)
- We will teach children about food miles and local food production
- We will grow and eat food at school (provided by rural skills group)
- We will teach children about food allergies
- We will teach children about diet related diseases
- We will provide all food and equipment required to produce dishes in Home Economics taking account of personal dietary needs.

Rewards and celebrations

- Where possible, we encourage a health promoting school ethos.
- We will create opportunities to socialise and participate in celebrations eg Burns Day, St Andrew's Day and Christmas Lunch

Working together, we will ensure that this policy is consistently implemented.

Appendix

Links to national policies and statutory guidance.

<https://www.unicef.org.uk/what-we-do/un-convention-child-rights/>

[Health and wellbeing: Experiences and outcomes \(education.gov.scot\)](#)

[Schools \(Health Promotion and Nutrition\) Scotland Act: Health promotion guidance for local authorities and schools - gov.scot \(www.gov.scot\)](#)

[Section 2 Ensuring appropriate food and drink choices for all children and young people - Healthy eating in schools: supplementary guidance - gov.scot \(www.gov.scot\)](#)

[Section 3 Nutrition Guidance - Health Promotion Guidance: Nutritional Guidance for Children and Young People in Residential Care Settings - gov.scot \(www.gov.scot\)](#)

[Dietary Goals for Scotland \(foodstandards.gov.scot\)](#)

<https://blogs.glowscotland.org.uk/glowblogs/foodforschools/tools-and-resources/publications/>