

PARKVIEW ACADEMY

FOOD POLICY

Date Reviewed: March 2026



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1. Introduction

Parkview Academy is committed to promoting healthy eating and a positive food culture across the school community. Our aim is to equip learners and their families with knowledge and skills to establish healthy, sustainable eating habits.

This policy applies to all staff, learners, and visitors during school hours, covering food provision, teaching, and consumption on site. Nutritional guidance follows the Eatwell Plate model, based on current evidence and NHS guidance:

- Eatwell Plate – NHS
- Gov.uk – Eatwell Plate Promotional Materials

2. Food Policy Leadership

The school Food Policy Coordinator is the school cook, Pamela MacKinnon, supported by the Senior Management Team (SMT). They oversee:

- Menu planning and nutritional standards
- Staff training and compliance
- Consultation and feedback from learners and parents

3. Aims

- Enable learners to make healthy food choices
- Provide healthy, balanced meals and snacks throughout the school day
- Ensure all food and drink promotes health and wellbeing
- Keep staff and families informed of policy changes
- Ensure staff have the skills and knowledge to educate learners on nutrition

4. Teaching and Learning

Parkview Academy provides hands-on food and cookery education, enabling learners to:

- Work toward NCFE Level 1 Certificate in Food and Cookery Skills
- Complete NCFE Occupational Studies Units 34 & 35
- Learn about healthy eating, hygiene, and food preparation as part of life skills

We promote diet and exercise via Physical Education, including activities such as Wake and Shake sessions and school sports days, delivered by our PE tutor, Bill Demetriou.

We also use enrichment days to introduce learners to cultural and international cuisines, connecting this to Healthy Schools Week and broader curriculum enrichment.

5. Food Provision

5.1 Breakfast

- Available on arrival; includes cereals, toast, fresh fruit, and yogurt.
- Encouraged as the first meal of the day, contributing ~25% of daily energy intake.

5.2 Snacks

- Healthy snacks provided: **wholemeal toast, fresh fruit, yogurt.**
- High-fat or high-sugar snacks are discouraged but acknowledged as sometimes necessary due to learners' individual needs and behaviour triggers.
- Staff implement **gradual strategies** to support healthier snack choices.

5.3 Lunch

- Prepared on-site by the school cook.
- Two options per meal:
 - Main: Healthy balanced option (standard)
 - Alternative: Simple but healthy alternative for dietary restrictions/preferences
- Options include meat or vegetarian dishes.
- Menus operate on a 3-week cycle, visually and textually displayed.
- Packed lunches are supported and monitored for balanced nutrition.
- Sweets and fizzy drinks are discouraged.

5.4 Drinks

Free drinking water is available at all times; individual water bottles are provided, cleaned daily.
Weekly drink rotation: Fresh orange juice (Monday), squash (Tuesday), water (other days)

6. Special Dietary Requirements

6.1 Religious or Cultural Needs

- Meals are provided to reflect religious and cultural dietary requirements.

6.2 Vegetarian/Vegan Options

- Vegetarian and vegan meals are available daily.

6.3 Medical Diets

- Parents provide details on medical or allergy-related dietary needs via a Medical Diet School Meal Request Form (Appendix A).
- Individual care plans include:
 - Symptoms and emergency procedures
 - Emergency contacts
 - Food-specific requirements (e.g., high-energy diets)
- Staff are trained and informed about dietary restrictions and risk assessments are conducted.
- School cook and key staff are made aware of all special diets.

7. Food Safety

- Follows Safer Food Better Business guidance.
- Staff undergo Level 2 Food Safety training, refreshed every two years or as needed.
- Storage, washing facilities, protective clothing, and equipment are maintained to prevent hazards.
- Nut and other allergy protocols:
 - Recorded on admission
 - Risk assessments completed and updated
 - Whole-school bans implemented if necessary for safety

8. Eating Environment

- Lunch served at 12:30 pm, with high staff presence to ensure safety and promote social interaction.
- Learners are encouraged to sit together and interact with staff during meals.

9. Food as a Reward

- Sweets or high-fat/high-sugar foods are not used as regular rewards.
- Alternative positive reinforcement strategies are implemented.

10. Staff Role and Training

- Staff model healthy eating behaviours.
- Key staff receive ongoing CPD and updates from:
 - Food for Life
 - Change4Life
 - Food a Fact of Life
 - British Nutrition Foundation

11. Consultation, Monitoring, and Evaluation

- Policy reviewed regularly and updated as needed.
- Learner surveys and pupil voice sessions are used to inform menu planning.
- Policy communicated to all staff, learners, and new families

Appendix A - Medical Diet School Meal Request Form

Medical Diet School Meal Request Form

CHILDS DETAILS

Child's Name..... Date of Birth Male/Female

Address.....

..... Post Code.....

PARENT / GUARDIAN DETAILS

Contact Name.....

Contact Address.....

Contact Number.....

In making this request for a medical diet, I acknowledge that whilst employees of ALP will make every reasonable effort to comply with my child's dietary requirements, this is not always possible because of manufacturers' variations to food items, which are outside our control.

Signed.....

SCHOOL DETAILS

Name of School.....

School Address.....

School Contact..... School Year.....

DIETARY DETAILS

Details of Special Dietary

Requirements.....

.....

.....

As well as requiring a special menu is your child following a (Please tick all that apply)

Vegetarian Diet

Vegan Diet

Halal Diet

Pork Free

Lamb Free

Beef Free

Fish Free

HEALTH PROFESSIONAL DETAILS PLEASE NOTE - THIS REFERRAL MUST BE SIGNED BY A HEALTH PROFESSIONAL (E.g. doctor, consultant, dietitian, school nurse, practice nurse, speech & language therapist)

Name of Doctor, Dietitian or Contact Health Professional.....

Signature of Doctor, Dietitian or Contact Health

Professional.....

Address.....

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