



### **Our Vision for Dining at Isaac Newton Academy (Primary)**

At Isaac Newton Academy we believe we have a role to play in educating students in healthy eating to support learning and ensuring a balanced diet. We are aware that for many students their lunchtime meal is their main daily meal and therefore it is important that this is a nutritious one. We aim to support students in making sensible food choices from within a range of healthy options. We aim to introduce students to fresh and sometimes new ingredients and recipes. We respect students' cultural, religious and moral dietary requirements.

We also know that many families do not sit down to eat together in a formal and structured way and we aim to ensure that all students get regular opportunities to experience the routines, responsibilities and social etiquette of "family" or formal dining. Mealtimes are an opportunity for the member of the Academy's community to get together in a social setting. They should be pleasant and civilised occasions where students and staff can relax, unwind and enjoy each other's company over food and drink. To ensure this ethos and atmosphere, certain expectations are clearly communicated to all and mealtime behaviours are taught to students.

Every child is expected to have a plastic water bottle from which they will be encouraged to drink water throughout the day.

#### **Break time provision**

We believe in encouraging the children to eat healthily. The children in Reception classes will be provided with a fruit snack as part of their daily 'Fruit & Talk Time' routine. Additionally free milk is available to all pupils under the age of 5. Fruit is also available for all the Year 1 & 2 pupils, to be eaten in class at the appropriate time, directed by the class teacher.

#### **Lunch time meal provision**

Lunch is freshly cooked onsite every day to provide every child a healthy, balanced meal. Lunchtime is a really important part of the school day which gives our staff and children an invaluable opportunity to share, talk and listen to each other's experiences. For this reason, every child is expected to eat in school each day; pupils will not be allowed to go home at lunchtime. Every child in Reception, Year 1 and Year 2 is entitled to a free meal every day.

Lunch is served in a formal family dining manner with children sitting in groups. The children will not queue for food, but instead communal dishes are placed on their table. It is expected that the pupils will become increasingly independent and serve themselves and others as they progress through the primary Academy, as well as help to tidy up afterwards.

- Reception: Adults serving, children help to pass bread, salad items etc. around
- Years 1-4: Children will be encouraged to hand out bread, pour water and serve dessert
- Year 5: Children to hand out bread, pour water, serve salads and desserts
- Year 6: Children to take turns to serve out the entire meal

Pupils are sat in groups according to their dietary requirements and choices. A vegetarian, halal and non-halal option is always available. Parents must inform the Academy of any particular dietary needs or food allergies that their child has. To help ensure the child is sat at the correct table each day, a coloured wrist band is given to the children by their class teacher before lining up to enter the dining hall. Each colour is matched to a particular dietary requirement.

### **Dining Expectations**

We only eat and drink sitting at a table

We talk in quiet voices to ensure a noise level in the dining hall conducive to relaxed chat

We help to serve others on our table with water (provided on tables in glass water jugs) before helping ourselves

We include everyone on our dining table in conversation while we are dining

We leave our dining table when everyone has finished their meal

Everyone is responsible for clearing away rubbish, cutlery, crockery and trays, wiping up spillages and tucking in chairs (we help each other with these tasks).

Reviewed June 2017