

WATER

All children should bring a named water bottle to school which can be refilled during the day from our outside water fountains. Children are encouraged to keep these on their desks and drink from them regularly. Drinking water at regular intervals is essential for energy, digestion and blood circulation.

OUR KITCHEN GARDEN

We are extremely fortunate to have our own kitchen called Harrow Hall. Food is prepared from fresh ingredients every day. In the grounds we have set up our own kitchen garden and we grow a wide range of fruit and vegetables throughout the year that is served as part of the school meals and the surplus sold off for school funds.



COOKING

We run after school cookery clubs at both school sites and this supplements the opportunities children have during their humanities programme to taste foods, explore their origins and bake.

FARMING

At appropriate times during the school year children will visit a farm so that they can experience first-hand how food is grown and where many foods find their origins. With more and more of us living in cities and towns and purchasing produce from supermarkets this is an important aspect of a child's education.



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Food for Life

It's proven that eating well improves children's behavior and increases energy and concentration in the classroom. We actively promote healthy living, which includes making good food choices.

At Langley Hall Primary Academy we promote and encourage healthy living which includes making good food choices. We cannot teach this effectively unless we are delivering it, so at Langley Hall it is our policy that EVERY child will receive a hot, cooked meal in the middle of the day.

We give careful consideration to the food choices we provide for children throughout the day to ensure that they are nutritious, balanced and healthy.

We know that eating well improves children's behaviour and attainment in the classroom and increases children's energy and concentration.

We ask parents who send their children to Langley Hall to work with us to provide our food programme consistently to all pupils and to support our healthy eating policy.



OUR FOOD PLAN

Breakfast

If children arrive at school before 8am and attend the Early Bird Club, they can opt for a nutritious cereal breakfast for a small charge. This is served with milk but no sugar. All other children are encouraged to eat a healthy breakfast before they come to school.



Mid-Morning Break

We serve fruit and milk at break times and all children are encouraged to have some. There is a small charge for this if your child is over 5 and children usually bring a small amount of money to school each day to make their purchase. There is always a choice of fruit or vegetables on offer including apples, bananas and carrots.

Lunchtime Meal

We have employed the services of Accent Catering to help us to provide every child with a hot cooked meal at lunchtime. These meals are nutritionally balanced and the nutrients for each meal can be viewed via the Laser under the Accent button.

You can choose the meal your child will have each day from a wide range of options. There will always be a meat dish with vegetables and potatoes, a vegetarian option, jacket potatoes and lots of healthy salads and bread.

You will select your child's meal choices in advance via your Laser. Each day the catering team will give your child the meal you have chosen and will use the unique Ziggi band system to enable them to see what you have selected. It is essential therefore that children wear their Ziggi band every day.



Teatime

By the time children go home they will be hungry again. Their day is packed with activities and children will need to refuel at this point. If children are staying to attend an after school club we encourage parents to send in a healthy snack for them to eat, for example some fruit or a sandwich. If children are in our after school care club, Superstars, they will be served a healthy tea and a drink during the session.

