



## WHOLE SCHOOL FOOD POLICY

### INTRODUCTION

The school is dedicated to providing an environment that promotes healthy eating and enabling students to make informed choices about the food they eat. This will be achieved by the whole school approach to food and nutrition documented in this whole school food policy.

The policy was formulated through consultation between members of staff, governors, parents, students, and our school nurse.

The nutritional principles of this policy are based on the findings of the National Diet and Nutrition Survey of 4 to 18 year olds; the 1991 Dietary Reference Values for Food Energy and Nutrients for the UK; and the 'eatwell plate' (formally the Balance of Good Health (BOGH))

### FOOD POLICY CO-ORDINATOR

This school food policy and healthy eating strategy is co-ordinated by Mrs E Stephen.

### FOOD POLICY AIMS

The main aims of our school food policy are:

1. To enable students to make healthy food choices through the provision of information and development of appropriate skills and attitudes
2. To provide healthy food choices throughout the school day

These aims will be addressed through the following areas:

#### 1. EQUAL OPPORTUNITIES

In healthy eating, as in all other areas of the curriculum we recognise the value of the individual and strive to provide equal access of opportunity for all.

#### 2. CURRICULUM

Food and nutrition is taught at an appropriate level throughout each key stage.

This is addressed through:

##### Teaching methods

Effective teaching requires students to develop their understanding of healthy eating issues and appropriate skills and attitudes to assist them in making informed decisions. Teaching methods adopted in the classroom offer a rich variety of opportunities for participatory learning and include debating issues, group discussions and role-play. These decisions are made at teachers planning meetings.



## **Leading by example and staff training**

Teachers, caterers and school nurses have a key role in influencing students' knowledge, skills and attitudes about food, so it is important that they are familiar with healthy eating guidelines. To facilitate this staff attend courses for GCSE & A level food, which ensures that staff are kept up to date with food trends and healthy eating ideas. The faculty is part of the LA food achievement network group (FAN).

## **Visitors in the classroom**

This school values the contribution made by the school nurse in supporting class teachers and appreciates the valuable contribution of outside agencies. We believe it is the responsibility of the school to ensure that the contributions made by visitors to the classroom reflect our own philosophy and approach to the subject. The status of visitors to the school is always checked ensuring that the content of the visitor's talk is suitable for the ages of the students. The school's code of practice for visiting speakers is adopted.

## **Resources**

Resources used to deliver healthy eating are current and up to date and all staff are consistent in the resources used throughout the curriculum. These reflect the 'eatwell plate' where appropriate.

Resources for the teaching of healthy eating in PSHE have been selected to complement the delivery of the curriculum in other subject areas. These are stored in the room H1. Samples from some of these resources are displayed in the PSHE folder and are clearly linked to the term's programme of work. The range of materials used is available for review on request to the head teacher. Books are available for students in the library.

## **Evaluation of students learning**

Teachers are encouraged to use a range of strategies to evaluate the teaching and learning in healthy eating.

These include:

- ◆ Discussion of the suitability of resources and methodology at team meetings
- ◆ Simple tick sheets for completion by the teacher at the end of a session – on the 'How did that feel for you?' model
- ◆ Consultation with students through the School Council about existing programmes of study and special events
- ◆ Questionnaires for students at the end of a unit of work or at the end of a special event about the suitability of the programme and resources
- ◆ The formation of task groups or focus groups of students to look at existing provision and to make recommendations for the future.



### **3. FOOD AND DRINK PROVISION THROUGHOUT THE SCHOOL DAY**

Food-based Standards exist covering all aspects of school food. (Full details and the document relating to this are available from the School Food Trust)

[www.schoolfoodtrust.org.uk](http://www.schoolfoodtrust.org.uk)

#### **Breakfast**

Breakfast is an important meal that should provide 25% of a child's energy requirement and contribute significantly to their vitamin and mineral requirements.

The school operates a breakfast club that provides a nutritious meal for students before the school day and complies with the food-based standards.

The breakfast menu includes: Bacon cobs, sausage cobs, toast with butter & jam, crumpets, hot drinks and fruit juice.

#### **National Nutritional Standards for School Lunches**

National Nutritional Standards for school Lunches became compulsory in April 2001. The Government has announced new standards for school food. There are three parts, to be phased in by September 2009. Together they cover all food sold or served in schools: breakfast, lunch and after-school meals; and tuck, vending, mid-morning break and after-school clubs.

Food prepared by the school catering team meets the National Nutritional Standards for School Lunches.

Sample menus are herewith as appendices to this policy.

#### **TUCK SHOP**

The school does not operate a tuck shop.

#### **VENDING MACHINES**

The school does not operate vending machines.

#### **SNACKING**

The school understands that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet.

The school discourages the consumption of snacks high in fat and sugar at break-time.

In March 2010 a member of the D&T faculty will attend a project of 6 weeks duration which encourages healthy eating for obese adults and their children. This will subsequently be disseminated in school.

As part of the Healthy Eating project already in place in Yr 8, the D&T faculty is aiming to develop this in 2010/11 to include designing advice booklets about healthy snacks/lunches for parents and their children.



## **USE OF FOOD AS A REWARD**

The school does not encourage the regular eating of sweets or other foods high in sugar or fat, especially as a reward for good behaviour or academic or other achievements. Other methods of positive reinforcement are used in school.

## **DRINKING WATER**

The National Nutritional Standards for Healthy School Lunches recommend that drinking water should be available to all students, everyday, and free of charge.

The school agrees with this recommendation and provides a free supply of drinking water. And continues to work with the student council to improve and increase this provision.

## **4. FOOD AND DRINK BROUGHT INTO SCHOOL**

### **MOBILE CATERERS SERVING FOOD ON SCHOOL PREMISES**

Mobile catering service are not operated on school premises.

### **PACKED LUNCHES**

Packed lunches prepared by the school caterers adhere to the National Nutritional Standards for Healthy School Lunches

The school encourages parents and carers to provide children with packed lunches that complement these standards. This is achieved by promoting healthy packed lunch options using the principles of the 'eatwell plate'.

## **5. SPECIAL DIETARY REQUIREMENTS**

### **SPECIAL DIETS - RELIGIOUS AND ETHNIC GROUPS**

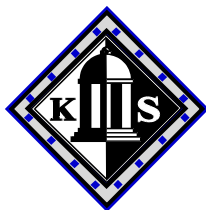
The school provides food in accordance with students' religious beliefs and cultural practices

### **VEGETARIANS AND VEGANS**

School caterers offer a vegetarian option at lunch everyday. When necessary the school also provides a vegan option.

### **SPECIAL DIETS - MEDICAL**

Individual care plans are created for students with special dietary needs/requirements. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details, along with any particular food requirements e.g. for high-energy diets. School caterers are made aware of any food allergies/food intolerance/medical diets and requests for these diets are submitted according to an agreed process.



## **6. FOOD SAFETY**

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include: ensuring that adequate storage and washing facilities are available; that food handlers undergo appropriate food hygiene training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. We consult our local Environmental Health Department about legal requirements.

## **7. THE FOOD AND EATING ENVIRONMENT**

A significant amount of work has been carried out in recent years to improve the catering facilities with firstly increasing the size of the dedicated dining space and introducing a 'cashless' payment system. The kitchens have benefited from considerable investment over recent years. Last year new ovens and cookers were installed. Recently the installation of a dishwasher to better accommodate 'plated' meals and development of facilities in the sixth form common room has had a significant impact on the provision.

### **FOOD RELATED ACTION PLANS**

We continue to develop the facilities. Next year will see the replacement of the card system with a biometric equivalent. Also, we intend to take advantage of electronic payments through 'ParentPay'.

### **MONITORING AND EVALUATION**

Parents are invited to an annual review of the healthy eating policy and to contribute to a healthy eating approach where appropriate. This is achieved through the school's 'Parents' Forum' meetings.

### **REVIEW**

Date policy approved by Governors: 26 November 2009

Date: .....

Signed: Mr C Teal ..... Headteacher

Mr J Wilson ..... Chair of Governors

Review Date: 26 November 2010