

INTRODUCTION

The school is dedicated to providing an environment that promotes healthy eating and enabling pupils 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 and pupils.

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 Lynne Broadbent.

FOOD POLICY AIMS

The main aims of our school food policy are:

1. To enable pupils 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:

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.

1. CURRICULUM

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

This is addressed through:

Teaching methods

Effective teaching requires pupils 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, support staff, and the school cook have a key role in influencing pupils' knowledge, skills and attitudes about food, so it is important that they are familiar with healthy eating guidelines. To facilitate this regular training is put in place for all staff to ensure their knowledge is up to date and relevant.

Visitors in the classroom

This school 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 pupils.

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. Samples from some of these resources are available and are linked to the term's programme of work. Books are also available for pupils in the library.

2. 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

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 pupils before the school day and complies with the food-based standards.

The breakfast menu includes:

Assorted low sugar cereals, porridge, low fat yogurt, selection of fruit, bagels and jams and a range of spreads

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, that were phased in, in by September 2009. Together they cover all food sold or served in schools: breakfast, lunch, mid-morning break and school trips/visits.

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

Every day at lunchtime we offer prepared salads, at least three cooked vegetables; home made bread or fruit bread; a vegan and a vegetarian option; home made sauces, soups and desserts,

All food is prepared from scratch and is prepared in the school kitchen by one school chef. Meat is supplied from a local family butcher with an very good reputation. The desserts are usually 50% fruit but there is always a fruit option if the dessert is cake or 'pudding'.

Food allergies /intolerances are catered for and individual meals are provided so that they are safe for individuals to eat.

Chips are provided only once per week. No more than two pastry items per week are offered.

Twice weekly staff are invited, after school, to join a Wellbeing group in the kitchen where hot/cold drinks are offered and a small homemade snack is provided. This is 'Wellbeing Wednesday/Thursday'. It is much appreciated by staff and often needed after a hard day. Amounts of food are carefully calculated and extremely rarely is there waste. Pupils are encouraged to suggest healthy meals for lunches. Staff always encourage pupils to include salad, fruit, and vegetables in their lunch.

3.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.

Prepared fresh fruit and vegetable sticks are available every breaktime.

4.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.

5.DRINKING WATER

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

The school agrees with this recommendation and provides a free supply of drinking water. Fresh water is available at all times during the school day.

5. GROWING OUR OWN FOOD

Pupils are engaged in growing their own fruit and vegetables which are then used as part of the cookery club and the school meals daily. Here pupils learn all about food cycles, the importance of eating healthily and sustaining their own gardens. Gardening has become part of the timetable during enrichment sessions as we understand that time outdoors can improve both pupil and staff wellbeing.

6. PACKED LUNCHES

Packed lunches prepared by the school cook 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'.

7. EXTRA CURRICULAR COOKERY CLUB

All pupils are invited to stay for after school cookery club Monday-Thursday afternoon where pupils are encouraged to learn how to prepare and plan healthy meals. Here pupils cook and bake meals for their families and then take them home to eat all together.

8. SPECIAL DIETS – RELIGIOUS AND ETHNIC GROUPS

The school provides food in accordance with pupils' religious beliefs and cultural practices. School caterers offer a vegetarian option at lunch everyday. When necessary the school also provides a vegan option.

9. SPECIAL DIETS - MEDICAL

Individual care plans are created for pupils 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. The school cook is made aware of any food allergies/food intolerance/medical diets and requests for these diets are submitted according to an agreed process.

10. 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.

12.THE FOOD AND EATING ENVIRONMENT

All pupils and staff eat together in either one of our two school dining areas. This is determined by their school tutor groups and year groups. The environment has been designed to be a warm, welcoming, safe space where pupils and staff are able to enjoy their social times.

13.MONITORING AND EVALUATION

Parents are invited to contribute to a healthy eating approach where appropriate.

Parents are invited to attend Sports Day and join the children and staff for a healthy meal afterwards. They are also invited to join us for Christmas dinner.