

Whole School Food Policy

1. Introduction

1.1 The Academy 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 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 Balance of Good Health (BOGH).

1.2 It is the intention of the Governing Body of the Academy that all appropriate steps will be taken to meet statutory requirements, recognised codes of practice and Government healthy eating guidelines in establishing and maintaining this Policy. The Academy recognises the important connection between healthy eating and a pupil's ability to learn effectively and achieve high standards in school. It also recognises the role that the Academy can play as part of the wider community in promoting family health and a sustainable health eating programme. The Academy recognises that sharing food is a fundamental experience for all people; a primary way to nurture and celebrate our cultural diversity, and an excellent bridge for building friendships and inter-generational bonds.

2. Policy Aims

2.1 The main aims of our Whole School Food Policy are:

- To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes.
- To improve the health of pupils and staff by helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes healthy eating.
- To provide an opportunity for pupils to plan recipes, prepare and cook food.
- To ensure that pupils are well nourished at school, and that every pupil has access to safe, well-balanced and nutritious food, and a safe, easily available supply of water throughout the school day.
- To make the provision and consumption of food an enjoyable and safe experience in a pleasurable and dedicated environment.
- To monitor menus and food choices to inform policy development and provision.

These aims will be addressed through the following areas:

2.2 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.

2.3 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

All staff, although particularly teaching and catering staff, 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, all staff are given the opportunity to participate in a one-day healthy eating training session.)*

Resources

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 on the staff shared drive. Samples from some of these resources are displayed in the PSHE teacher's 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 pupils in the library.

Evaluation of pupils learning

- **Primary**
 - The healthy eating aspect of the National Curriculum are assessed through SATS.
 - Other aspects of healthy eating work are evaluated through activities, which have been built into the programme, as part of the planning process. In addition to this year 1-6 have dedicated food lessons each year.
- **Secondary**
 - 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 pupils through the School Council about existing programmes of study and special events.
 - Questionnaires for pupils 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 pupils to look at existing provision and to make recommendations for the future.

3. Food and Drink Provision Throughout the School Day

3.1 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 Academy operates a breakfast club that provides a nutritious meal for pupils before the school day.

3.2 Lunch

National Nutritional Standards for school Lunches became compulsory in April 2001. The new Government standards for school food will be fully implemented by September 2009, and the Academy will fully comply with these. Together they cover all food sold or served in schools: breakfast, lunch and after-school meals; vending, mid-morning break and after-school clubs.

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

3.3 Break Times

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

3.4 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 Academy agrees with this recommendation and provides a free supply of drinking water.

3.5 Food as a Reward

The Academy 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.

3.6 Packed Lunches

Packed lunches prepared by the Academy's caterers adhere to the National Nutritional Standards for Healthy School Lunches

The Academy 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 BOGH.

3.7 Fundraising/ Business Projects

Although we recognise the value of supporting pupils in developing profit making business ideas and carrying out activities in order to support fundraising we need to ensure that this supports healthy eating. We therefore should discourage pupils from using these opportunities to encourage and promote the eating of high sugar/ calorific foods.

4. Special Dietary Requirements

4.1 Special Diets for Religious and Ethnic Groups

The Academy provides food in accordance with pupils' religious beliefs and cultural practices

4.2 Vegetarians and Vegans

The Academy offers a vegetarian option at lunch every day. When necessary the school also provides a vegan option.

4.3 Food Allergy and Intolerance

Individual care plans are created for pupils with food allergies. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details. The Academy's caterers are made aware of any food allergies/food intolerance and requests for special diets are submitted according to an agreed process.

5. Food Safety

5.1 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.

6. Monitoring, Evaluation and Review

6.1 The Governing Body will review this Policy at least every two years and assess its implementation and effectiveness.

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