

WHOLE SCHOOL FOOD AND DRINK POLICY

We believe that education about health issues is very important for the development of our students both now and for the future. We acknowledge the important link between a healthy diet and the ability to learn effectively. We also recognise that school can play a significant role, as part of the larger community, to promote healthy issues. This is fully embraced in our school aims and ethos which express that we are a learning community and that we all learn together. As a result we aspire to improve the health of the school community by teaching ways to establish and maintain life long healthy eating habits.

AIMS

Proper nutrition is essential for good health and effective learning.

We aim to:

- provide a consistent programme of cross-curricular nutrition education that enables students to make informed choices without guilt or anxiety;
- provide a 'whole school, whole day' approach to nutrition that makes the 'healthier choices, easier choices';
- work in partnership to ensure that nutritional standards are implemented by providing attractive, value for money meals that are appropriate to our student's and staff's needs;
- work in partnership to achieve a pleasant and sociable dining experience which enhances the social development of each student;

NUTRITIONAL AIMS

- To encourage students to choose a variety of foods to ensure a balanced intake in line with national nutritional guidelines.
- Encourage foods that are rich in vitamins, iron, and calcium, in particular fruit, vegetables, meat, bread and low fat dairy products.
- Encourage starchy foods as a source of energy (such as bread, pasta, rice and potatoes) rather than fatty foods.
- Encourage fruit juices, lower fat milk and sugar-free drinks. In particular to encourage the consumption of water as a normal means of rehydration.

OBJECTIVES

- To work towards ensuring that this policy is both accepted and embraced by governors, school management, teachers and support staff, students, parents, food providers and the wider school community.
- To integrate these aims into all aspects of school life, in particular: food provision within the school's curriculum, pastoral and social activities.

LINKS TO OTHER POLICIES

Many policies link to this Whole School Food and Drink Policy, including:

- Curriculum policies such as Science, DT and PSHE through which healthy eating messages are taught.
- Teaching and Learning Policy, particularly the fact that well nourished and hydrated pupils learn better.
- Behaviour Management Policy which identifies the link between behaviour and food, setting out the reward system within the school. This does not use food as a reward.
- Health and Safety Policy which sets out how food should be stored, prepared and cooked on the premises, including cooking by the students.

PROVISION OF FOOD AND DRINK WITHIN THE SCHOOL

BREAKFAST/SNACKS

Recognising that many students do not eat breakfast with its negative effect on concentration and behaviour the school provides a breakfast and mid-morning snack service. This is extended for all students taking external examinations. A set range of food, drinks and pricing structure is agreed between the catering services and the school to encourage healthier choices with student appeal.

DRINKS POLICY

Water coolers are available in school. Students are allowed to carry bottles of water in school bags – glass bottles and cans are not allowed for safety reasons. Students are allowed to drink water only during lessons, without asking for permission. Some rooms such as science labs and computer rooms are designated no drink areas for Health and Safety reasons.

FOOD VENDING MACHINES

There are no food vending machines in the school.

LUNCHTIME PROVISION

The School Meals Users Group, School Council, kitchen supervisors and designated members of the SMT will regularly meet and review lunchtime provision.

To encourage students to try a variety of foods and thus make healthier choices:

- the school will implement the latest national guidelines on healthy eating;
- sampling dishes will be encouraged;
- milk and water will be prominently displayed;
- free fresh, chilled water will be prominently displayed and promoted;
- provide 'sandwich bags' that are made to order and comply with the latest national guidelines;
- provide a range of sandwiches, filled rolls etc. that include salad and vegetables;
- provide bread rolls as an accompaniment;
- menus and prices are clearly presented;
- menus are reviewed at least once each term;
- a range/variety of vegetarian options are available;
- two vegetables are offered each day;
- salads are always available;
- a choice of meals still available for students at the end of the queue;

FREE SCHOOL MEALS

The school recognises the value of school meals to children from low income families and actively promotes their take up by students. The cashless/card payment system currently used is non-discriminatory allowing children to select and pay for food in the same way as all other students.

Balanced meals to the value of the free school meal are actively promoted.

DINING ROOM ENVIRONMENT

The school recognises the importance of lunchtime organisation on the behaviour of students and the values of promoting social skills. The school works in partnership with students and caterers to create a good dining room ambience.

The Head with a Deputy Head and an Assistant Head are responsible for liaising with the catering staff regarding lunchtime organisation including queuing, supervision, exam arrangements and school trips.

QUEUING

- In normal situations students should not be expected to queue for more than 10 minutes.
- Students are able to select the dining room they eat in.
- Flexible lunch arrangements are available for students attending lunchtime activities or being educated off site.
- Queues will be supervised to prevent poor behaviour and queue jumping.

YEAR 7 INDUCTION

The pastoral team will be responsible for the induction of new students into school meal's system. Year 7 students taking school meals, initially, are allowed to go to lunch before the rest of the school.

SPONSORSHIP/INCENTIVE SCHEMES

The school does not operate any promotional scheme regarding food/meals provision.

CURRICULUM, TEACHING AND LEARNING

The importance of a consistent approach to nutrition education that enables students to make identify balanced meal choices is recognised by the school and in particular the PSHE, Food Technology and Science staff.

PSHE includes the development of a positive body image, influences on food choice and social skills in the dining environment. Cooking skills are promoted in Food Technology lessons.

CHILDREN WITH SPECIAL NEEDS

Inclusion is fundamental to both the planning and delivery of work relating to healthy eating, with work matching the age and maturity of the child. The school also recognises that some children will have special dietary needs, some of which could be life threatening, and that staff will be made aware of said students. Schemes of work will also be sensitive to the needs of these students.

STUDENT INVOLVEMENT

Students are encouraged to make constructive comments about the school catering in the School Council, tutor periods, the School Meals Users Group, via surveys and informal contact.

The school's cashless payment system records the choice of food each student makes and awards points for selecting healthy options.

PARENTAL INVOLVEMENT

All parents are given information about school meals options and lunchtime arrangements in the new pupils pack. Catering staff also attend the Meeting for New Parents (in July) passing on information on the school's meals service.

Surveys are used to gain regular feedback from parents but this is welcome at any time and parents can ask for a printout of how and on what their children are spending their lunch money.

MONITORING AND ASSESSING THE POLICY

- The Food and Drink Policy is monitored by the Head and an Assistant Head. It will be reviewed on a two yearly cycle, with views from the whole school community taken into consideration.
- The uptake of healthier options will be monitored.
- Student's written work will be monitored, in line with the school's Teaching and Learning Policy, to ensure that correct knowledge, understanding and skills are being developed and positive attitudes and values are being inculcated. This feedback will be shape the future of the school's healthy eating programme.

Review Date: 2018

Adapted from "Food and Health – A Whole School Approach", Cumbria Healthy Schools Programme.