

Whole School Food Policy

Committee	Student and Community
Approved by Governors	March 2011
Review Date	March 2012

INTRODUCTION

Westbourne Sports College 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 college approach to food and nutrition documented in this whole school food policy.

The policy was formulated through and in conjunction with the schools Working Party for Health and Environment, Health & Sustainability Group, and through consultation with members of staff (teaching and support), pupils, governors, and parents.

The principles of this policy are based on the guidance from various sources including the Health Education Trust, the British Nutrition Foundation, Wired for Health, the Food Standards Agency, and the DfES.

This document is freely available to all via the college's shared drive. It has also been made available through the school newsletter, on the college web-site and is referred to in our prospectus.

FOOD POLICY CO-ORDINATOR

This school food policy is co-ordinated by:

Mr I Lipman - Infrastructure Manager in conjunction with
Ms Hoar - PSHE Coordinator
Mrs Rosie Gentile – SCC Head Cook
Mrs Sue Irons – Food Technology Teacher

FOOD POLICY AIMS

The aims of our Whole School Food Policy are to:

- To ensure that all aspects of food and nutrition in school, promote the health and wellbeing of pupils, staff and visitors to our school.
- To give our students the right information they need to make healthy choices
- To ensure we give consistent messages about food and health across the school day
- To ensure the food and drink available across the school day reinforces the healthy lifestyle message

These aims will be addressed through the following areas:

1. EQUAL OPPORTUNITIES and INCLUSION

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. This includes religious and cultural food requirements, and consideration for those with disability.

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.

Leading by example and staff training

Teachers, support staff and caterers have a key role in influencing student's knowledge, skills and attitudes about food, so it is important that they are familiar with healthy eating guidelines. Leading by example is an essential aspect for staff to be aware of, whilst it is always sensitive to challenge individual staff's dietary habits, it is reasonable for staff to not openly consume food which might be considered to be unhealthy, in front of students.

Resources

Resources for the teaching of healthy eating in PSHE have been selected to complement the delivery of the curriculum in other subject areas. Science, Technology and PE are key subjects to support the importance of nutrition and healthy eating. Resources can be found within schemes of work and are available for review on request to the headteacher. Books, leaflets and other forms of information are available for pupils in the Learning Resource Centre, Youth Club and the canteen areas.

Evaluation of pupils 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 pupils through the Student 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 pupils to look at existing provision and to make recommendations for the future.

3. FOOD AND DRINK PROVISION THROUGHOUT THE SCHOOL DAY

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, which complies with the Government's new school food standards for school food other than lunch. The breakfast menu includes a wide range of cereals, toast and hot drinks. There is no charge for any food or drink at breakfast club. Numbers vary considerably, on average twenty students attend breakfast club per day.

National Nutritional Standards for School Lunches

National Nutritional Standards for school Lunches became compulsory in April 2001. There are three parts, the final part of which is 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 contractors meets the National Nutritional Standards for School Lunches. A new menu, which meets the fullest requirements was introduced from January 2009, and are being monitored and modified to provide the most readily acceptable selection for students, whilst providing a nutritionally balanced meal. As a further contribution towards the aims of encouraging and facilitating healthier eating for staff and students, a new menu structure was introduced as from November 2009. This introduced a £2.10 full balanced meal, and a 'sandwich-style' Sub Service also at £2.10, which were introduced to parents and students via letter and displays in the canteen (see appendix). Our partners, Suffolk County Catering, are part of the Government's Change 4 Life campaign (Eat we, Move more, Live longer), and all materials have been branded utilising this concept.

Students entitled to Free School Meals (FSM) are encouraged to take these, and the school is investigating the possibility of introducing cashless payment system (including an on-line/retail top-up payments), one of the benefits of which is to increase this take up.

Packed Lunch

Although no rules are issued in relation to the contents of packed lunches, students are encouraged to ensure these include a healthy balanced selection (through the curriculum) and parents are guided in healthy packed lunch options through newsletters.

Packed lunches provided by the school for school trips contain a balanced mix of items and conform to the DfES standards.

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, such as:

- Regularly congratulating and praising,
- Giving merits and commendations,
- Certificates/awards given out in assemblies,
- Writing positive referrals,
- Notes in planners,
- Sending letters home,
- Nominations for Annual Awards Evening

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 understands that the most effective form of consumption is regular sips of fresh water through-out the day. The school has installed mains-fed water coolers in seven strategic locations around the site, which enables all students to have easy access to chilled, filtered fresh water. There are also three further mains-fed water coolers in staff areas.

All staff and students are guided in the benefits of ready access to fresh drinking water, and the guidance that students are permitted to use clear water bottles during lessons, provided they do not contain squash, juice or other drinks.

A clear drinking code of conduct is displayed in every form room, and displayed adjacent to each water cooler.

4. FOOD AND DRINK BROUGHT INTO SCHOOL

Mobile/Outside Caterers Serving Food on School Premises

To operate on school premises, mobile caterers must demonstrate that staff have undergone appropriate food hygiene training; that their facilities meet appropriate food safety requirements; and that they provide food in line with the current guidelines.

Packed Lunches

Packed lunches prepared by the school contract 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, at open evenings and through the school newsletter.

5. SPECIAL DIETARY REQUIREMENTS

Special Diets for Religious and Ethnic Groups

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

Vegetarians and Vegans

School caterers offer a vegetarian option at lunch everyday. If required the school will also provide a vegan option.

Food Allergy and Intolerance

Individual care plans are created for students with food allergies. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency

contact details. School contract caterers are made aware of any food allergies/food intolerance and requests for special 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

The canteen facilities are dated and are not ideal in their location or construction. However, the school and contract caterers invested a great deal of time and money during 2008 in remodelling and refitting these facilities, after consultation with the student council and other groups. A new entrance was created, the whole building was redecorated, new hard-wood flooring was installed, two new toilet areas were created (including an accessible toilet), new service counters were installed, all tables and chairs were replaced, new crockery and cutlery were purchased and large LCD TVs and home cinema systems have been installed.

As part of wider accessibility improvements works, ramps with handrails were also fitted to entrances and exits to the canteen, and the route towards it.

We have also increased the levels of supervision in the canteen at lunch and break times, and have allocated further resources to the cleaning of these areas.

We have two large nominated outdoor eating areas, which include numerous and varied seating, numerous waste bins, covered areas and are clearly signposted.

FUTURE PLANS

Future plans include further promotion of the new menus and the further communication of this policy and connected guidance to all parts of the school, to include curriculum and non-curriculum areas.

CONSULTATION, MONITORING AND EVALUATION

Various student groups, parents, staff and governors have been consulted during the development of this policy (through open/parents evenings, the staff room, and the website).

Parents, staff and students are invited to an annual review of the healthy eating policy and to contribute to a healthy eating approach where appropriate.

This is to be carried out through open evenings, parents evening, the school website and in conjunction with the student council and the Working Party for Health and the Environment.

REVIEW

This policy will be reviewed annually, in the light of any related developments/changes to the school, or new guidance/priorities.

References:

Health Education Trust - www.healthedtrust.com

British Nutrition Foundation - www.nutrition.org.uk/healthyschools.htm

Wired for Health - www.wiredforhealth.gov.uk

Food Standards Agency - www.food.gov.uk

School lunches - www.dfes.gov.uk/schoollunches

Department for Education and Skills - www.dfes.gov.uk