

# Brine Leas School

## An Academy

### WHOLE SCHOOL FOOD POLICY

#### 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. We believe that healthy children are best able to take full advantage of the educational opportunities that the school provides. The governing body will ensure that food provided in the school and advice given to pupils both promote a healthy lifestyle.

The policy was formulated through consultation between members of staff and students our school nurse. The School Catering Contractors were also consulted.

The policy is communicated via PHSCE, Food Technology, Science and Physical Education and the School Parliament.

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) and the School Food Plan <http://www.schoolfoodplan.com/>

#### 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
3. is to ensure that pupils are being guided to lead active and healthy lives.

This school food policy and healthy eating strategy is co-ordinated by the Business Manager and the B.M will ensure that:

- The external caterers conform to the Regulation (See Appendix 1 – Aspens Healthy eating Policy)
- The agreed standards for free school meals are implemented
- Content, cost, and provision are monitored
- Special dietary needs of children and staff are catered for (*vegetarian, Halal, Kosher, etc*)
- Allergy guidance regulations are communicated and in operation (see <https://www.food.gov.uk/science/allergy-intolerance/label>)
- Liaison occurs between the catering contractors and the school.

All staff are expected to promote healthy eating in accordance with school guidance.

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 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.

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

Teachers, caterers and school nurses 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 guidance will be distributed regularly via whole staff emails and meetings.

### **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 pupils. The school's code of practice for visiting speakers is adopted.

### **Resources**

Resources for the teaching of healthy eating in PHSCE have been selected to complement the delivery of the curriculum in other subject areas. Books are available for pupils in the library.

### **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 School Parliament 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**

#### **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. The breakfast menu is promoted via screens around the school, the canteen and coffee shop.

#### **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. Together they cover all food sold or served in schools: breakfast, lunch and after-school meals; mid-morning break and after-school clubs.

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

#### **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.

#### **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 lunch vouchers to be spent in the canteen and prizes in the form of shopping vouchers.

#### **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 in jugs in the canteen at break and lunchtime. There are two water fountains in the corridors of the main school and seven within BL6. Water is available in the staffroom and the Boardroom of BL6.

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

##### **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 BOGH.

#### **5. SPECIAL DIETARY REQUIREMENTS**

##### **Special diets for religious and ethnic groups**

The school provides food in accordance with pupils' 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.

##### **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. School 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 and buy back an annual inspection and post inspection service from the Local Authority.

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

The Dining room and eating environments throughout the site will be reviewed as part of the feasibility study and any subsequent building programme.

#### **8. ACTION PLANS**

An action plan will be created in consultation with the Head of Food and Head of PHSCE and communicated through the School parliament.

## 9. MONITORING AND EVALUATION

Parents can review the healthy eating policy via the schools website and contribute to a healthy eating approach where appropriate. They are able to monitor their child's eating via the cashless catering software.

The governing body will receive annual reports from the head on the extent to which external providers conform to the Regulations in terms of contents, cost, and provision, and the number of pupils receiving free school meals. Surveys of pupils will be undertaken at regular intervals and reported to the governing body, to establish whether pupils are satisfied with the quality of meals offered. The Business Manager will work with members of the School Parliament to discuss issues raised by the pupils as well as ideas for improvement.

## 10. REVIEW

Date policy implemented: 1<sup>st</sup> March 2016 or on conversion to MAT status

Review Date: 12 months from implementation date.

Prepared/Updated by: K Bradshaw	Date: February 2016
Approved by Governors: February 2016 FGB	Review Date: February 2018