

# FULLBROOK WHOLE SCHOOL FOOD POLICY

## INTRODUCTION

The school is dedicated to providing an environment that promotes healthy eating and enabling students 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, students, governors, and parents.

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) ([www.eatwell.gov.uk](http://www.eatwell.gov.uk)).

## FOOD POLICY CO-ORDINATOR

This school food policy and healthy eating strategy is co-ordinated by **K Moore, Vice Principal and A Jeram, Finance Manager in partnership with P Walker, Caterlink Manager (School catering contractor)**

## FOOD POLICY AIMS

The main aims of our school food policy are:

1. To enable students 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:

### 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 in Food Technology lessons, in Key stage 3 and 4 in Science and through the Citizenship Programme.

This is addressed as follows:

In Food Technology, effective teaching requires students to develop their understanding of healthy eating issues and to learn 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, product analysis and adapting existing recipes.

All students at KS3 are taught the practical skills required to prepare a wide range of healthy dishes through focussed practical tasks.

All students complete the Licence to Cook scheme which also embraces healthy eating and planning a balanced diet. The content of Food Technology lessons and the relevant schemes of work are decided at department planning meetings.

In Science the students study a unit in Year8 (8A Food, glorious food) in which they learn to describe what constitutes a balanced diet and how they can achieve a balanced diet. They also consider the effect of poor diets.

In Year 9 (9D Plants for food) students describe how plants provide a wide range of food for humans.

In Year11 (B2.3 Energy flow) students discuss the social and ethical considerations of the unequal distribution of food globally and explain how conditions can be altered to maximise food production.

In Citizenship in Year 8 students study components of healthy diet and how this impacts on the body as well as looking at the social and motional aspects of body image.

### **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 students.

### **Resources**

Resources for the teaching of healthy eating in the Citizenship Programme have been selected to complement the delivery of the curriculum in other subject areas. These are stored in the VLE with hard copy available in the staffroom. The range of materials used is available for review on request to the head teacher. Books are available for students in the library.

Resources for Food Technology are stored within the well equipped specialist teaching rooms. At Key Stage 3 students complete their own project folders and are required to bring in ingredients from home for practical work. Recipes and homework resources are available on the VLE. At Key Stage 4 and 5 students use a variety of specialist textbooks and have access to the Internet for additional independent research as well as the completion of coursework which is presented in A3 project folders.

### **Evaluation of students' 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 students through the School 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 students to look at existing provision and to make recommendations for the future.
- ◆ Peer marking, AFL and teacher comments are incorporated into KS3 Food Technology schemes of work and end of module marks as well as National Curriculum level are awarded.

### **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 students before the school day. The breakfast menu is available in the restaurant.

#### **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 which, together, 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 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. The restaurant provision of break time snacks follows the DfE guidelines.

There are no vending machines available to student sin Years 7 to 11. There are two vending machines on site, one in the 6<sup>th</sup> form building and on in the sports centre which is open to the public. These are not accessible to students in years 7 to 11, it is expected that students in the 6<sup>th</sup> form are old enough to make appropriate healthy eating choices. Healthy options are available in the machine. (There is commitment from the Caterlink Manager, the Director of 6<sup>th</sup>, and the 6<sup>th</sup> form student leadership team to convert the whole machine to healthy eating snacks)

Students with medical issues requiring them to eat at specific times carry appropriate snacks with them and, on request, are allowed to consume these in a location specified by the teacher.

### **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.

## **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 provides a free supply of drinking water. There is a Water policy in place in the school.

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

### **CATERLINK SERVING FOOD ON SCHOOL PREMISES**

To operate on school premises, Caterlink demonstrate that staff have undergone appropriate food hygiene training; that their facilities meet appropriate food safety requirements; and that they provide lower fat alternatives to foods and dishes with ingredients in the proportions depicted in the BOGH.

### **PACKED LUNCHES**

The school encourages parents and carers to provide children with packed lunches that complement national standards. This is achieved by promoting healthy packed lunch options using the principles of the BOGH through Food Technology lessons at KS3

## **5. SPECIAL DIETARY REQUIREMENTS**

### **SPECIAL DIETS FOR RELIGIOUS AND ETHNIC GROUPS**

The school provides food in accordance with students' 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 students 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.

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

The restaurant was built and kitchens renovated in 2007. The new facilities provide a pleasant atmosphere in which to eat.

The lunchbox was installed in 2008 to give provision for the eating of packed lunches.

The outdoor covered area has been provided with picnic tables to cater for students wishing to eat outdoors, especially in the summer.

The school has implemented a staggered lunchtime to enable sufficient space for all students to be able to eat calmly at lunchtime.

## **MONITORING AND EVALUATION**

The policy will be reviewed by Senior Leadership Team following recommendations from the healthy schools steering group and ratified by governors annually.

## **REVIEW**

Date policy implemented: 20/7/10

Review Date: 26/7/11

Next review : 23/7/11