

FOOD POLICY

Date of Policy: NOVEMBER 2009

Review Date: 2010

This policy is a shared document that expresses a common vision of the ethos, status and role of all aspects of food within this learning environment.

The policy document will be available in school and will be made public through the school web site.

Rationale

Our Whole School Food Policy will encourage all aspects of food to be considered holistically, to ensure all elements of it are promoted clearly, coherently and consistently.

The content of the policy will reflect the entitlements of every individual to healthy and nutritious food as set out by the National Curriculum and the government nutritional standards.

The policy is an evolving document that has been shaped by the advice and guidance from the Department of Health "Food and Health Action Plan", Healthy Schools' Agenda, teachernet – "Healthy Living", School Food Trust and Food in Schools.

The Every Child Matters agenda "Change for Children" emphasised that being healthy is essential if children and young people are to get the best out of life and fulfil their potential. It recognised that to achieve this, health provision for children and young people needed to improve. The whole school food policy document recognises that by improving the provision of healthy food within the school environment, the above aim can be achieved.

Aims

To provide access to and promote healthy nutritious food and drink to all members of the school community, including pupils, staff and visitors.

To deliver clear and consistent messages about food, nutrition and healthy eating to the whole school community to promote the health and well-being of students, staff and visitors.

To provide opportunities to learn about diet, nutrition, food safety and hygiene, food preparation and cooking, as well as where food comes from through the formal curriculum and extra curricular activities.

To actively promote healthy food and drink as part of an enjoyable and balanced diet through the appropriate provision and consumption of food at school and restrict the availability and promotion of less nutritious options

To engage the entire school community in food policy development.

Objectives

Would have a named member of the senior leadership group to oversee all aspects of food in schools including the review of the Whole School Food Policy annually.

Would communicate this policy to the different stakeholders in ways that make it accessible to all.

Would review the formal school curriculum and extra-curricular activities to ensure that the teaching and learning about food meets current government requirements and guidelines, is consistent and up to date and demonstrates progression and continuity between the key stages and subjects contributing to its delivery.

Would ensure that there is planned continual professional development for all staff to ensure that the whole school food policy is implemented consistently and the impact this would have on the implementation of other school policies e.g. rewards.

Would promote the preparation and cooking of food through the formal curriculum and extra-curricular activities.

Would work in partnership with the school caterer to review the provision of school meals once each term and develop ways to promote healthy choices by pupils, staff and visitors.

Would work in partnership with staff to ensure that all food and drink sold or served on the premises between the hours of 8am – 6pm meets and supports Healthy Schools, including breakfast clubs, lunches, after-school meals, mid-morning break and after-school clubs.

Would ensure that there is easy access at all times of the day to free, fresh drinking water.

Would actively restrict the availability of snacks other than those permitted within the new nutritional standards.

Would encourage pupils, staff and visitors to take a school lunch.

Would improve the dining experience by promoting a pleasant dining environment and systems.

Would raise awareness of healthy eating through teaching by a designated team of staff.

Would promote healthy lifestyles through food by developing extra curricular activities, links with external agencies and through the participation in regional and national events.

Implementation

The above objectives would be met by:

School caterer and LMT would monitor the nutritional value of lunchtime meals.

Analysis of the report would be shared with the school's catering company to amend recipes & menus to meet the new nutritional standards.

Work in partnership with the school caterer and learning opportunities through the formal curriculum to promote dishes developed by the students to improve the consumption of fruit and vegetables, through the inclusion of "Special Events" days on the school menus & tasting sessions.

Working in partnership with the school caterer to seek feedback from pupils, staff and visitors about the school meals and the school dining environment by producing questionnaires and designated areas within school and the dining environment for the collection of completed forms.

Setting up a student group who would review the Whole School Food Policy and develop appropriate ways to communicate the aims & objectives to their peers and the consequences for breaking school rules regarding food.

Setting up a staff group who could oversee and analyse the subject and extra-curricular audits and identify strengths & weaknesses within the coverage of food across the curriculum and the consistent use of food as a reward. To also consider appropriate ways of communicating & promoting this policy amongst all staff.

Produce a letter aimed at parents and communicated through the "Newsletter" and school website, to promote this policy and actively seek their support of it. Use open nights and parents evenings to gather the views of parents about the quality of school meals and the dining environment, and to review this policy. Designated time allocated on school calendar for CPD to launch / review this policy with all staff to ensure the aims and objectives are clear and implemented consistently.

Possibility of holding an additional parents meeting to inform parents about the whole school food policy and the impact it will have on the provision of food within the school environment including the restrictions on foods brought onto site by pupils. Use the opportunity to raise awareness educationally with parents about why some foods are being encouraged and others restricted as part of Healthy Schools and the overall benefits to learning and health & well-being.

Continue to promote extra-curricular activities such as the gardening club and cookery club. Develop opportunities for such groups of pupils to compete in regional and national competitions.

Support food related events that could be developed within the school food curriculum.

Measuring & Evaluation of Outcomes

The above objectives would be monitored and evaluated by:

Communicate outcomes of food related events through the school newsletter, website, displays, press releases to the local press, awards evenings used to present certificates from food events or national projects.

All staff involved in delivering aspects of food across the curriculum to participate in training day linked to CPD of whole school policy.

Create a curriculum map to communicate where & how food is included across the curriculum.

Expected Outcomes

Improved levels of concentration, attention and behaviour

Improved attendance especially in the afternoons

Improved academic performance

Increased consumption of water

Reduced levels of litter within the school environment

All social activities, enterprise events, after-school events engaged students, staff & visitors in preparing & selecting healthy choices

Consistency between the formal curriculum and what is available to eat on the school premises

Whole school policies for behaviour & rewards consistently promote healthy eating and healthy schools.

References

**Department of Health: Food & Health Action Plan –
www.dh.gov.uk/PublicHealth/HealthImprovement/HealthyLiving/FoodandHealthActionPlan/DH-4065832
Healthy Schools Northumberland: www.healthyschools.gov.uk
Teachernet, Healthy Living:
www.teachernet.gov.uk/wholeschool/healthyliving
School Food Trust: www.schoolfoodtrust.org.uk
School Food Check-list: www.schoolfoodchecklist.schoolfoodtrust.org.uk
The Eatwell Plate: www.eatwell.gov.uk/healthydiet/eatwellplate/
5ADay: www.5ADay.nhs.uk
Every Child Matters: www.everychildmatters.gov.uk/health**