



Committee:	<b>Governing Body</b>
Author:	<b>Richard Taylor</b>
Last reviewed:	<b>2016</b>
Next review date:	<b>2019 (every three years)</b>
Required to publish on website?	<b>No</b>
Statutory:	<b>No</b>

## **WHOLE SCHOOL FOOD POLICY**

### **Overview:**

The St Marylebone CE Bridge 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.

The policy was formulated through consultation with the school food group which consists of the student council, members of staff, governors, parents and Catering Academy (contracted School meal providers).

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).

### **FOOD POLICY CO-ORDINATOR**

This school food policy and healthy eating strategy is co-ordinated by Richard Taylor.

### **FOOD POLICY AIMS**

The main aims of our school food policy are:

To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes

To provide healthy food choices throughout the school day

These aims will be addressed through the following areas:

- Sharing this policy with school stakeholders
- Ensuring food and nutrition are highlighted at staff INSET days and as part of the induction process

## **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.

## **CURRICULUM**

Food and nutrition is taught at an appropriate level throughout each key stage by a qualified teacher and across the curriculum as follows:

### **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. These decisions are made at teachers planning meetings.

Sample of lessons are attached to demonstrate food preparation skills – appendix 1 and appendix 2.

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

Food and nutrition should be encompassed across the curriculum – examples of how the St Marylebone CE school has done this have been our cultural days to celebrate diverse communities including food served on faith days, Saint and religious festival days.

Teachers, kitchen staff 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 staff will receive training and will have input into the menu's. Staff will also give appropriate treats such as fruit as rewards.

### **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.

### **Resources**

Resources for the teaching of healthy eating in PSHE have been selected to complement the delivery of the curriculum in other subject areas. These are stored in classroom 1. Samples from some of these resources are displayed in the PSHE teacher's folder and are clearly linked to the term's programme of work. The range of materials used is available for review on request to the head teacher. 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 Council 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 Club – Monday morning

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 includes: fresh fruit, yoghurt, fresh fruit drinks (low sugar), wholemeal toast, eggs, cereal bars (low sugar) etc.

### **National Nutritional Standards for School Lunches**

The Government has announced new standards for school food. There are three parts, and were phased in by September 2009. Together they cover all food served in schools: breakfast and lunch.

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

All members of staff at St. Marylebone CE Bridge School are timetabled to be on duty at least once a week – whilst on duty there is an expectation of staff to:

- Sit at the dining room tables with students
- Initiate and participate in lunch time discussion relating to food and to pass on any student comments in relation to the standard of food served to the school manager
- Remind students of dining room etiquette
- Encourage students to try new food and experiment
- Ensure that the dining room remains clean, tidy and is set out to allow students to interact and engage in conversation at meal times

## **SNACKS**

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 and provides healthier alternatives that have a greater nutritional quality e.g. wholemeal toast is higher in fibre than toast made from white bread.

## **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.

## **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 and each student has a drinking bottle.

## **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 and advice is on the school website as set out below:

#### *Preparing your child's lunchbox*

*A balanced packed lunch should contain:*

- *starchy foods – these are bread, rice, potatoes, pasta and others*
- *protein foods – including meat, fish, eggs, beans and others*
- *a dairy item – this could be cheese or a yoghurt*
- *vegetables or salad and a portion of fruit*

*Starchy foods are a good source of energy and should make up a third of the lunchbox. But don't let things get boring.*

*Instead of sandwiches, give your child bagels, pitta bread, wraps and baguettes. Use brown, wholemeal or seeded bread, not white bread.*

*Low fat options:*

*Children often like food they can eat with their fingers, so chop up raw veggies such as carrots or peppers and give them hummus or cottage cheese to dip the veggies in.*

*Breadsticks and wholemeal crackers are great finger foods that can be spread with low-fat soft cheese or eaten with reduced-fat cheddar and pickles.*

*Replace chocolate bars and cakes with fresh fruit. Vary the fruit each day and get them to try new things, such as kiwi or melon.*

*Unsalted nuts are a great snack food for children to have at home, but it's best to leave them out of your child's packed lunch –the school bans nuts to protect pupils with a nut allergy.*

*You could also make up a tasty fruit salad. Be inventive and encourage your children when they try something new.*

*Note that dried fruit is no longer recommended as a between-meal snack as it's high in sugar and can be bad for teeth.*

## **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**

Vegetables and salad are available each day.

### **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.

School teachers and leaning support staff are encouraged to hold a food safety certificate.

## **MONITORING AND EVALUATION**

### **REVIEW**

Date policy implemented: March 2016

Review Date: Autumn term 2019