



WHOLE SCHOOL FOOD POLICY

Committee:	Governing Body
Staff member:	Leslie Gadogbe
Last reviewed:	January 2023
Review cycle:	Two years
Required to publish on website?	No
Statutory:	No

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 pupil council, members of staff, governors, parents and Harrisons Catering (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; Change4life healthy schools pack; and the Balance of Good Health (BOGH)

1. FOOD POLICY CO-ORDINATOR

This policy and healthy eating strategy is co-ordinated by Lucy Ager.

2. FOOD POLICY AIMS

The main aims of this policy are:

- to develop healthy eating and drinking activities in our school that can benefit pupils, staff, parents, caterers and others associated with our school.

- to inform pupils
- to provide healthy food choices throughout the school day.

These aims will be addressed through the following areas:

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

3. 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.

We have a diverse menu which caters to the needs of all pupils

4. 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 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 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 the school nurse 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 menus. Staff will also give appropriate treats such as fruit as rewards

- Visitors in the classroom

The 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 and Hospitality have been selected to complement the delivery of the curriculum in other subject areas. These resources can be accessed through subject leads of PSHE and Hospitality. Samples from some of these resources are displayed in the PSHE and Hospitality teacher's folder. The range of materials used is available for review on request to the headteacher. Books are available for pupils in the school 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
- Classroom discussion by the teacher at the end of a session – on the 'What did you learn in the lesson?' Exit ticket 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.

5. FOOD AND DRINK PROVISION THROUGHOUT THE SCHOOL DAY

The School follows the Department of Education School food standards practical guide, updated 11 May 2022. 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 the School are timetabled to be on duty at meal times at least once a week – whilst on duty there is an expectation of staff to:

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

5.1 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. It can provide pupils with energy, vitamins and minerals.

The School discourages the consumption of snacks high in fat and sugar at any time of the day and provides healthier alternatives that have a greater nutritional quality e.g. wholemeal toast is higher in fibre than toast made from white bread.

Pupils are provided snack at break time - Monday to Friday

The breaktime menu includes fresh fruit, one slice of wholemeal toast or one slice of bagel, and water.

5.2 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.

5.3 Drinking water

The National Nutritional Standards for Healthy School Lunches recommend that drinking water should be available to all pupils, every day, and free of charge.

The School agrees with this recommendation and provides a free supply of drinking water and each pupil has a drinking bottle.

6. FOOD AND DRINK BROUGHT INTO SCHOOL

6.1 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.

7. SPECIAL DIETARY REQUIREMENTS

7.1 Special Diets for Religious and Ethnic Groups

The School provides food in accordance with pupils' religious beliefs and cultural practices.

7.2 Vegetarians and Vegans

Vegetables, salad and vegetarian options are available each day.

7.3 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 and staff are made aware of any food allergies/food intolerance and requests for special diets are submitted according to an agreed process.

8. 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
- 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 learning support staff are encouraged to hold a food safety certificate.