

ST BARTHOLOMEW'S SCHOOL

WHOLE SCHOOL FOOD / HEALTHY SCHOOLS' POLICY

Approved by Learning & Achievement Committee, Summer 2010

Approved by Full Governing Body, Summer 2010

To be reviewed Summer 2013

Rationale

What students and staff eat at school is important. The impact of diet on performance is recognised. A food Policy is also recognised as being a significant aspect of a Healthy School.

Aims of a whole School Food Policy:

- The school is committed to Every Child Matters and supports the five outcomes for all children. A Food Policy is regarded as a key element towards this outcome.
- To provide a co-ordinated approach to all aspects of food provision and education about food and nutrition, as delivered by the curriculum.
- To establish a multi faceted approach as being the most effective in improving knowledge and understanding by the whole school community of students, staff, parents / carers and visitors to the school.
- To ensure that healthier food and drink is available at all times of the day, taking into
- account individual needs (eg: cultural, ethical, medical), reflecting nutrition and
- healthy messages in the curriculum and with the support of the whole school.
- To establish effective working partnerships through the School Nutrition Action
- Group(SNAG) towards common goals.
- To ensure sustainability through planned action, and to promote a shared vision of
- healthy food choices by all members of the school community.
- To ensure compliance with Minimal Nutritional Standards, and School Meals
- Standards, DfES September 2006.

Guidance

This is part of the Schools on-going alignment with the Healthy Schools Programme. The SNAG group comprising catering staff, teaching and support staff and students continues to provide a focus for the implementation of actions relating to the implementation of the Food Policy and promoting informed and educated decisions about what the community eats and drinks for its general well-being.

The SNAG group also audits current practice and subsequently implements actions intended to lead to further improvements in choice and understanding for each individual within the whole school community.

Implementation

Water:

The school encourages students and staff to drink water during teaching and learning and therefore permits clear bottles of water with a secure sports top lid to be available to them in lessons.

The bottle should not contain any other drink aside from water in lesson time.

Some exceptions to water in lessons are accepted, including the requirement to keep water

away from computers and other electrical equipment, also that neither food or water should be consumed in a Science laboratory or ICT room.

The provision of water coolers and fountains which students and staff can access around the school, has been and remains a priority.

Fizzy drinks have been eliminated from the school canteen. Students are required not to bring such drinks into school from home. On induction to the school new students and parents are given a copy of this policy, with the requirement for water and non-fizzy drinks highlighted.

Food Based Requirements for School Lunches and Break Times:

The school fully supports the implementation of the School Meal Standards, introduced by the DfES September 2006

See Appendix 1

Break Time:

The school criteria for break time is any break, longer than 10 minutes other than ‘activity time’, which is regarded as lunch time for the purposes of clarity in relation to current legislation.

A range of healthy snacks including ‘light bites’ and fruit drinks are available.

Packed Lunches:

We recognise that it is harder to have influence on students’ packed lunches, the SNAG group will therefore focus on information and guidance to parents and students through assemblies, promotional activities and items in Bartholonews.

Vending Machines:

There are two vending machines – one on each site, selling a range of healthy eating snacks and drinks which comply with the School Food Standards.

Moral and Medical Needs:

Given all the above, within our policy, we recognise that for some students, the above criteria will not always fit. We recognise that for some students there are both medical and moral reasons why certain foodstuffs may be in school. These include:

- There may be medical reasons why certain foodstuffs should be available, or carried by a small number of students. Eg: Diabetic students may need to carry sugar products in case of low blood sugar; some students are allergic to certain foods (nuts*, milk, wheat)

*The school canteen ensures each food product is labelled to indicate the presence of nuts, whilst Food Technology prohibits all students from using any form of nut in practical sessions.

- Some students have already made decisions about their own food. Eg: They may wish to be vegetarian, vegan or fruitarian.
A vegetarian option is always included in the school meal selection.
Practical sessions in Food Technology classes will always provide the flexibility to include a vegetarian option.
Additional dietary requirements can be accommodated through discussion with staff in Catering and Food Technology.
- We recognise that students and staff do have a choice in relation to their food and drink intake, but we aim to encourage all members of the school community to make a balanced decision about lifestyle, food and exercise.

The Dining Area and Free School Meals:

At the present time the facilities for dining include the use of the main hall at Luker and Common Rooms at Wormestall; whilst it is recognised that these are multi-use spaces, it is not currently possible to provide adequate space for eating in any other way. The canteen at Luker, the refectory at Wormestall and the staff common rooms on each site do not provide sufficient space for all students / staff to access these areas for eating, despite split breaks. The cashless card system implemented for all students and staff means that those entitled to free school meals are not identified as different in any way from their peers and have the same choices. The take up of Free School Meals is encouraged by Tutors, House and Canteen staff.

The After School Club: Sundowners

All drinks and snacks provided at the After School Club, will also comply with the Food Policy and School Standards.

Staff training will be conducted as part of the new staff induction programme.

Regular checks will be made by the Director of Community Learning and, the West Berkshire Early Years Partnership and the Jigsaw Extended Schools Management team, in order to assure compliance with the Whole School Food Policy.

The Curriculum

The school seeks to implement the Whole School Food Policy within various aspects of the curriculum. Currently, the main curriculum areas concerned with this are:

Food Technology: The Food Technology Curriculum at KS3 contains a number of topic areas and schemes of work which promote healthy eating and lifestyle. The Balance of Good Health wheel, is the vehicle for this delivery. *(See Appendix 2)* Displays around the school reflect this common approach. The KS4 GCSE and the KS5 AS / A2 syllabi also include a number of topics related to these issues.

Personal Development Programme: The programme throughout all Key Stages include a number of age appropriate topics and activities where healthy food and healthy lifestyles are considered.

Physical Education: As part of Physical Education, students study healthy eating as part of their understanding of exercise and fitness.

Science: Nutrition, food, vitamins and minerals are all taught as part of the Science curriculum at Key Stages 3 & 4.

□ **Other Curriculum Areas:** It is expected that other areas will also occasionally deal with issues of food. Eg: **English:** Studies from a Media Studies perspective of current food trends, and chefs as the new pop stars. **Modern Foreign Languages:** Food and lifestyles from other European and world cultures. **Religious Studies:** Foodways and multi-culturalism , food as part of spiritual life.

Evaluation

It is the responsibility of the Healthy Schools Co-ordinator with the support of the SNAG

group to monitor, evaluate and refresh the policy.

Annual reviews should incorporate input from parents and staff through questionnaires; and from the School Council.

The policy will need to be re-appraised in the light of developments and changes in the school. This will enable new targets to be set and / or efforts moved to new priorities and changes. There will also be a need to further audit provision and responses in order to monitor the effectiveness of the policy.

The Catering Manager will monitor and upon request, provide objective evidence of compliance with minimum nutritional standards, through the software linked to cashless till cards and the ‘Saffron’ pilot program.

The Governing body, through the Learning & Achievement Committee is responsible for setting a strategic framework for the school’s food policy and for its evaluating its implementation through data and evidence provided to them by the Healthy Schools coordinator.

Signed by.....
Chairman

Date