

SANDY UPPER SCHOOL



Policy Document

Food

Approved by Governors

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Procedures	Food Procedures
Approved	
Date for Revision	24th June 2010
Reviewed by	Chris Brooker



1.0 Rationale

The incidence of overweight and obesity is growing amongst our nation's school children along with associated ill health. Predictions are for 1 in 3 school children to be overweight or obese by 2010 unless there is successful intervention. There is also evidence, amongst our school children, of anaemia, poor intakes of calcium and iron, inadequate intake of fruit and vegetables and over consumption of salt. These dietary habits are leading to chronic diseases such as diabetes, stroke, heart disease and some cancers.

Families are considered as the primary guides and caregivers for their children. The health, safety and well-being of children are also the concern of the Government. The Government has now established standards for food in schools in order to improve the diet of school communities and the School and Government PSA targets from 2008 include increasing the number of children who eat a school dinner. Schools therefore have a duty to help promote optimal health and well-being, which also support pupils' ability to learn effectively. This duty extends to preventing unnecessary injury, disease and chronic health conditions that can lead to disability or early death.

This policy applies to the whole school site and to all users of the school between 8am and during off site school activities.

2.0 Objectives

- To give our pupils, parents and staff the information they need to make healthy choices in and out of school and an understanding of why these choices are important.
- To ensure that the school community are aware of the link between a healthy, safe diet with an active lifestyle and physical and mental well-being, behaviour and performance at school.
- To make sure we are giving consistent messages about food and health throughout the school day and maximise opportunities to promote a healthy diet.
- To ensure that the food and drink available throughout the school day meets Government standards for food in schools.
- To provide guidance so that food brought into school is consistent with the regulations for the food provided in school.
- To include whole school communities in the promotion of a healthier active lifestyle.
- To develop the policy through consultation with the whole school community in order to optimise support, acceptance and effectiveness.



3.0 Monitoring and Evaluation

- Lunch box suggestions
- Student voice group
- Uptake of school meals
- Uptake of water
- Food provided at events
- Parents Evenings

4.0 Guidelines/Standards

Breakfast

- The benefits of a healthy breakfast should be promoted in our school.
- The Breakfast service should be affordable and the following included: healthier breakfast cereals, which are good sources of fibre and lower in salt and sugars e.g. Shredded Wheats, Weetabix, and porridge; milk (semi skimmed or also whole milk if some children need additional calories), natural fruit juice – predominantly citrus. Cereals such as Coco-pops and sugar Frosties should be avoided. Additionally bread and toast (including wholemeal and multigrain); margarine without partially hydrogenated oils or trans fats; jam, marmalade or Marmite; eggs or bacon cooked without added fat or minimal fat; yogurts, fruit smoothies, low fat hot chocolate or coffee, fruit and tea could be provided. The breakfast menu should be varied so that certain items can not be consumed every day e.g. Bacon Rolls. Provision should meet Government guidance, which is published by the School Food Trust.
- Where there is a breakfast service teaching and non teaching staff should be encouraged to have Breakfast with students to foster and support the Healthy breakfast part of this policy.

Snacks

- Where snacks are offered in school they should comply with Government guidelines and regulations or equally robust local nutritional guidelines. They should respond to the part they are playing in the pupil's diet e.g. substitution for breakfast. Affordability should be considered and also the impact on reducing uptake and money available for a balanced lunch.
- Students will be encouraged to bring in healthy snacks
- Staff should be encouraged to meet the new standards.

School Meals



- School meals must comply with current Government regulations and make provision for cultural diversity, special diets and pupils with disabilities.
- School dinners will be actively promoted as part of the Million Meals Campaign and encouraged through offering good dining environments, good management to minimise queues and opportunities to sample a school meal. All students should be able to sit and eat a meal and this should be encouraged.
- Children and young people will be encouraged to make healthy choices through a range of school projects e.g. in the dining room, through the curriculum and theme days such as Indian, Chinese
- Staff should be encouraged to eat meals with pupils.
- Pupils will be involved in trying to increase the uptake of school dinners and in improving their dining experience.
- Students who bring packed lunch use the same dining area as brought meals

Packed Lunches

- The school will provide advise on what foods should be brought in from home, which is in line with guidelines for food provided in school. This will be developed in partnership with parents and pupils. The policy will be published in the school prospectus. School will support parents and pupils in adhering to this policy and will manage the policies with discretion. Cultural diversity in food choices should be celebrated.

After School Clubs and Meetings

- Any after-school clubs and meetings, where food and drink are provided, will comply with Government guidelines for food other than lunch. They will make provision for cultural diversity, special diets and pupils with disabilities.

Water Provision

- Students should be encouraged to take water to PE lessons.
- The school has 2 water fountains situated around the school for students to use for easy access to free water
- Water is sold in the canteen through out the day
- It is up to students to manage their water intake and refill their bottles during break and lunch

Other Food in the School

- Where food is provided on a regular basis (e.g. by most school children for all their class on their birthdays), then the provision of guidance on appropriate foods (or non –food items) to provide or exclude should be considered. This guidance may wish to include all foods, which can be provided within a school dinner, but with the addition of foods containing



chocolate (but not chocolate bars e.g Mars etc). (The more unhealthy foods such as lollipops, sweets, chews and drinks containing high levels of additives and colourings should be discouraged). Homemade food should be encouraged rather than processed foods. High Caffeine and 2 litre bottles of fizzy drinks are prohibited

- Food hygiene regulations should be met for all food and drink prepared or consumed in school. All staff member hold a food hygiene certificate (Foundation or level 1).

Sustainability

- The School will include the sustainability of the food supplied within the specifications for its Catering Service.
- Other food provision in school should also consider food supply sustainability issues and the effect upon our environment as well as the use of disposable items e.g. plastic beakers, bottles and cutlery.

5.0 Curriculum

- We will ensure that pupils have opportunities within the curriculum to gain relevant and age appropriate skills and learn about:
 - different types of food in the context of a balanced diet and the proportions advocated by the “balance of good health” model, including trying unfamiliar foods.
 - how to plan, budget, prepare and cook balanced healthy meals
 - the need to control the consumption of foods high in salt, sugar, fat and additives and to increase the consumption of fruit and vegetables.
 - energy balance.
 - the importance of hydration & nutrition.
 - the sustainability of our food supply and the effect on our environment.
 - what constitutes good dietary choices to promote health now and later in life
- The school will map the content of food and health within the curriculum to ensure consistency and inclusion of the above topics through Humanities, Citizenship, P.E, Science, FoodTech, Duke of Edinburgh etc
- There should be appropriate continuity and progression, supported through liaison between phases.

6.0 Rewards

School should avoid using food regularly to reward students other than as part of celebrations e.g. Eide or celebrating successful performance. Foods suitable for celebrations are suggested under section 1. “Other Food in Schools...”



7.0 Fundraising

Where fund raising activities involve food or drink, this should comply with food hygiene and health and safety regulations and the school's whole school food policy. Shop bought goods, such as cakes, biscuits and confectionery should not be offered for resale.

8.0 Implementing Change – Involving the Whole School

- The school will develop an action plan with success criteria based on the priorities of the Healthy Eating group and from consultation with the school community.
- This school will have a named Healthy Schools Co-ordinator, a designated governor and a nominated member of the SMT covering the healthy eating core theme. They will consult with existing groups covering the key stakeholders e.g. school council, Parents Association, staff, governors and kitchen staff.

9.0 Children and Young People

The pupils will be actively involved in the planning, implementation and monitoring of the policy. The pupils will be supported empathetically to adhere to it.

10.0 Staff

- Staff should be aware of the influence the school can have on the diet and health of the school community.
- Staff should be encouraged to be actively involved in the planning, implementation and monitoring of the policy.
- The Food Policy should be included in the school's induction programme

11.0 Parents

Parents should have the opportunity be actively involved in the planning and implementation of the policy and supported empathetically to adhere to it via the parents forum

The school food policy action plan should include activities to involve and support parents.

12.0 Governors

Governors should be encouraged to be involved in the planning and implementation of the policy and they should be involved in its monitoring.



13.0 Wider Community

- The school will share and develop good practice with local schools.
- Good practice will be shared and celebrated within the school and the wider community.
- The school will involve all appropriate agencies both in planning and implementing their policy.

14.0 Future Plans

The school has achieved the National Healthy Schools Status for healthy eating.

All pupils should be encouraged to drink plenty of water and take water to all lessons.

Review & Evaluation	Rewritten Revised	Staff Resp	Gov S/C	Review Cycle
June 2010	June 2009	CB	Business	

Review Date: June 2010