

## **WHOLE SCHOOL FOOD POLICY**

### **1. Aim**

To ensure that all aspects of food and nutrition in school promote the health and wellbeing of students, staff and visitors to the school.

### **2. Rationale**

Our education unit is a healthy environment. It is important that we consider every element of our work to ensure that we promote health awareness in all members of the Good Apple community.

We recognise the role an education unit can play in promoting individual and family health and of the need to provide opportunities for students to investigate ways of producing economical and healthy meals.

Through effective leadership, the ethos of the unit and the curriculum, all Good Apple staff can bring together all elements of the school day to create an environment which supports a healthy lifestyle.

We are committed to the 'Every Child Matters' agenda and the health and wellbeing of all our community. We believe that if our students are happy and healthy it will contribute to a happier learning environment.

We ensure all catering and food studies staff hold the relevant health and safety certificates which will be renewed when necessary.

### **3. Objectives**

- To ensure that we are giving consistent messages about food and health through PSHE and regular audits of the curriculum.
- To give our students the information they need to make healthy and informed choices.
- To promote health awareness amongst all members of the school community.

- To contribute to the healthy physical development of all members of Good Apple.
- To encourage a healthier diet across the entire day within Good Apple.
- To educate all students as to how eat healthily and have a balanced diet through curriculum areas food which promote issues e.g Food tech could enable the planning of recipes, budget, preparation and the cooking of food. Whilst R.E could refer to beliefs and customs regarding healthy food.
- opportunities and to ensure that the units canteen comply with the Governments school food's standards.
- To ensure that food provision in the unit reflects the ethical, cultural and special dietary requirements of staff and students e.g. religious, ethnic, vegetarian, medical and allergic needs.
- To monitor menus, food choices and take up (yearly) to inform policy development and provision through liaison between the chef and the member of the leadership team with the responsibility in this area, currently the health and safety lead / curriculum head.
- To ensure the provision of food on the premises in an environment this accommodates students' individual needs.
- To ensure students have the opportunity to discuss food related issues at regular intervals with members of Good Apple staff.
- To ensure that all relevant staff are informed of students' special dietary requirements such as food allergies and that this is highlighted if these students are being taken on school visits or work placements.
- To ensure that drinking water is easily accessible during the school day and that students are allowed to drink water during lessons unless this compromises health and safety guidelines.

#### 4. Guidelines

All our meals are provided by an internal member of staff, using the facilities in place internally in the unit. We provide a cold and hot option, all of which are in line with the Government's school food standards. We offer a wide range of nutritionally balanced food and follow stringent guidelines.

For example, sweets, chocolate and crisps are not permitted in the school food provision and deep fried food is all so not allowed. Processed meats are only permitted once a fortnight such as hot dogs, burger or scotch egg. At least one portion of fruit should be available for each student daily. Cakes, biscuits and desserts are allowed at lunchtimes, but must not contain any Chocolate

or confectionary. For details refer to the Government's school food standards.

### **The Promotion of Healthy Eating**

Along with the provision of nutritional education, students have access to displays in the canteen which encourage healthy eating and promote the benefits of a healthier lifestyle.

### **Packed Lunches**

Many students wish to bring their own lunch to the unit; we will supply parents with an information letter that informs of what constitutes a healthy packed lunch.

### **Other Food Outlets**

We realise there are occasions when food is used in social activities, e.g. raising money for charities or celebrating a special occasion. Therefore, Good Apple permits the sale of cakes / food for charity, the use of food to celebrate an occasion, an achievement or as part of a social activity as long as these are not on a regular basis and healthy options are explored.

## 5. **Food across the curriculum**

In **food Tech**, there are a number of opportunities for students to develop knowledge and understanding of health, including healthy eating patterns and practical skills that are needed to understand where food comes from such as shopping, preparing and cooking food. All students participate in a cooking programme designed around the individual where emphasis is placed on balancing diets and healthy eating. Students are taught nutrition so that they can make informed choices about food and are encouraged to consider nutrition and health in their designing, preparation and cooking.

**English** provides students with the opportunity to explore poetry, persuasion, argument and narrative work using food and food related issues as a stimulus, e.g. food in different types of markets.

**Science** provides an opportunity to learn about different types of food available, their nutritional composition, digestion and function of different nutrients in contributing to health and how the body responds to exercise.

**maths** offers the possibility of understanding nutritional labelling, calculating quantities for recipes, weighing and measuring ingredients.

**R.E** provides the opportunity to discuss the role of certain foods within the major religions of the world. Students experience different foods associated with religious festivals.

6. **Break Times**

Fresh drinking water is available at all times. And a tuck shop is open during morning break offering closely monitored products that are in line with the DCSF.

7. **Partnership with parents, carers and students**

The partnership of home and school is critical to us in shaping how young people behave, particularly where health is concerned. Each must reinforce the other. We provide parents and carers with up to date information, advice and web-sites via our newsletters. At events held by Good Apple we ensure that healthy options are available to all students and that students with special dietary requirements are catered for accordingly. Students at Good Apple are able to discuss the food provision and are consulted when developments are being considered e.g. the foods on offer at the tuck shop.

8. **Monitoring and evaluation**

- The Curriculum head is responsible for the development of the curriculum as is to include aspects of the food policy.
- The local authority is responsible for the provision of free school meals and the Directors are responsible for the decision to provide school meals.
- The designated staff who are responsible for delivering food are also responsible for the monitoring of content, preparation and the cooking of all meals following strict health and safety guidelines.

- The directors are responsible for monitoring comments and suggestions made by parents / carers, students and staff relating to any aspect of the provision and quality of the meals served.
- This policy will be reviewed annually by the directors to identify:
  - **If the objectives are being met**
  - **Any difficulties which have arisen and why**
  - **The success and factors which have made these possible**
  - **The parental and student view**
  - **Impact of student voice**
  - **Local or national initiatives which might be beneficial**
  - **Any improvements to the policy**
- Reviews will take place formally and informally and include students, Directors, staff and parents.

## 9. Conclusion

**The Whole Food School Policy is a developing policy that is subject to change, depending on Government guidelines and is a product of Good Apples Commitment to Health and Well Being of all members of its community.**

**It has been produced as the result of consultation with the stakeholders including:**

- Students
- Health advisors
- Curriculum Head
- Parents/ carers
- Catering Staff

**Written by Natalie Myers 04/07/2013**

## **Reference**

1. School food standards <http://www.schoolfoodstandards.org.uk>

