

Hurworth School

Food Policy

Accepted by: Governing Body – October 2009

Senior Leadership Team Lead Reviewer: Deputy Head Teacher

Created : October 2009

Review Cycle: 3 Years

Date for Review: October 2012

Introduction

Hurworth 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.

The policy was formulated through consultation between members of staff, governors, parents, pupils, and our school nurse. The catering staff are represented on the School Council and consult regularly with students about the menu and food provision in school. The canteen has been subject to a major refurbishment and student voice were listened to when this area was being designed and built in September 2008.

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 'eat well plate' (formally the Balance of Good Health (BOGH)

Food Policy Co-Ordinator

The coordination of the Food Policy and healthy eating strategy comes under the guidance of the Citizenship Coordinator with assistance from canteen management.

A designated Assistant Head Teacher will have overall responsibility for healthy eating in school.

Food Policy Aims

The main aims of our school Food Policy are:

1. To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes
2. To provide healthy food choices throughout the school day

These aims will be addressed through the following areas:

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 via a number of curriculum areas. The subject is taught explicitly in Design & Technology, PSHCE, Physical Education, Modern Foreign Languages & Science. The theme is also integral to the Year 8 “Looking After Me” day and the Year 10 “Preparing for Life” day.

PSHCE

The scheme of work contains elements of healthy living that also incorporate nutrition and diet in all year groups with the exception of year 11. Lessons are planned and delivered by tutors and designated external agencies and visitors who have expertise and/or interest and knowledge in these areas.

Spiritual, Social, Moral and cultural days (SMSC)

Each year group with the exception of year 11 experience a drop down day where they attend workshops on a variety of topics within the theme of the day. These are

Year 7	OAP Party
Year 8	“Looking After Me” day
Year 9	“Multi Cultural” day
Year 10	“Preparing for Life” day

Physical Education

All year groups experience health related fitness sessions where diet and nutrition are taught explicitly. Additionally in year 10 and 11 students who follow a GCSE/BTEC course study nutrition and diet as part of the specification.

Design and Technology (Food Technology)

All students within Key Stage 3 experience whole units of work specifically around food technology. This incorporates diet requirements, healthy living, food technology and preparation.

At Key Stage 4 students can follow Health and Social Care and/or Food Technology where the subject of diet and nutrition is studied in great depth.

Other curriculum areas

Modern Foreign Languages & Science also cover elements of healthy living including some specific learning about healthy eating and diet.

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.

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 used to deliver healthy eating are current and up to date and all staff are consistent in the resources used throughout the curriculum. These reflect the "eat well plate" where appropriate.

Resources for the teaching of healthy eating in PSHCE have been selected to complement the delivery of the curriculum in other subject areas. These are stored in the staff workroom. Samples from some of these resources are displayed in the PSHCE schemes of work and are clearly linked to the term's programme of work.

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
- Consultation with pupils through the School Council about existing programmes of study and special events and available food during the school day.
- 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.
- Informal plenary sessions and question and answer sessions that take place during lesson time.
- Formal assessment within named subjects where questions and work tasks are specific to healthy eating and diet.

Food and Drink Provision Throughout The School Day

Food-based Standards exist covering all aspects of school food. (Full details and the document relating to this are available from the School Food Trust) www.schoolfoodtrust.org.uk

National Nutritional Standards for School Lunches

National Nutritional Standards for school Lunches became compulsory in April 2001.

The Government has announced new standards for school food. There are three parts, to be phased in by September 2009. Together they cover all food sold or served in schools: breakfast, lunch and after-school meals; and tuck, vending, mid-morning break and after-school clubs.

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

Vending Machines

Our only vending machine is stocked with a range of appropriate drinks. These drinks comply positively with the food based standards and the “eat well plate”.

Snacking

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.

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. There is a water fountain available to all students. It is located in the canteen. During lesson time there is also a water cooler located in the main office for those students who require a drink but can not get to the canteen for any reason.

Students Going Home for Lunch

All students are discouraged from leaving the premises at lunchtime. However some students do elect to go home for their lunch and the school operates a strict pass system to ensure that only those few students who are eating at home actually leave the building at lunchtime.

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 using the principles of the “eat well plate

Special Dietary Requirements

Special Diets - Religious and Ethnic Groups

The school will provide food in accordance with pupils’ religious beliefs and cultural practices

Vegetarians

School caterers offer a selection of vegetarian options at lunch everyday.

Special Diets - Medical

Individual care plans are created for pupils with special dietary needs/requirements. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details, along with any particular food requirements e.g. for high-energy diets. School caterers are made aware of any food allergies/food intolerance/medical diets and requests for these diets are submitted according to an agreed process.

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.

The Food And Eating Environment

The school recently embarked on a major refurbishment of the canteen and kitchen facilities.

Monitoring and Evaluation

The Food Policy will be reviewed in accordance to the cycle of policy reviews to be detailed by senior management and clearly marked at the top of this policy. Any review will include stakeholders and other interested parties.