

WHOLE SCHOOL FOOD POLICY

INTRODUCTION

Charlton 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 between members of staff, governors, parents, pupils, questionnaires, school council and our SNAG group. This policy is shared with staff via the staff handbook and reviewed annually. It is available to parents via the school website.

Charlton is a large comprehensive school with 1,174 students in Wellington on the edge of Telford. The proportion of students from minority ethnic backgrounds is well below average, as is the proportion of students eligible for free school meals, currently 6.4%. The uptake of FSM is above average with an 87% uptake. The school have taken measures to ensure students and parents are encouraged to eat healthy by the recent introduction of a completely cashless system. This has meant that students can only use money intended for lunch in our own canteen and prevented visits to the many local shops.

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 'eatwell plate' (formally the Balance of Good Health (BOGH)).

Partnership with the schools' caterers allows healthy eating workshops and assemblies.

FOOD POLICY CO-ORDINATOR

This school food policy and healthy eating strategy is co-ordinated by Mr Arnold, curriculum Leader for Performing Arts and Mrs Hulme, School Business Manager.

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:

1. 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.

2. CURRICULUM

Food and nutrition is taught at an appropriate level throughout each key stage.

This is addressed through curriculum links in PSHE, Science and Design Technology and through cookery and gardening clubs.

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.

Leading by example and staff training

Teachers, caterers and school nurses 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 share the canteen with students and are aware of our school food policy. Healthy eating is promoted at every opportunity and within the curriculum.

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. The school's code of practice for visiting speakers is adopted.

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 'eatwell plate' where appropriate.

Resources for the teaching of healthy eating in PSHE have been selected to complement the delivery of the curriculum in other subject areas. These are stored in the *Technology Department*. Samples from some of these resources are displayed in the PSHE folder and are clearly linked to the term's programme of work. The range of materials used is available for review on request to the Principal. Books are available for pupils in the library.

Evaluation of pupils learning

◆ Primary

The healthy eating aspects of the National Curriculum are assessed through SATS.

Other aspects of healthy eating work are evaluated through activities, which have been built into the programme, as part of the planning process.

◆ **Secondary**

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
- ◆ Simple tick sheets for completion by the teacher at the end of a session – on the ‘How did that feel for you?’ 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.

3. 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

Breakfast

Breakfast is an important meal that should provide 25% of a child's energy requirement and contribute significantly to their vitamin and mineral requirements.

The school operates a breakfast club that provides a nutritious meal for pupils before the school day and complies with the food-based standards.

The breakfast menu includes:

Toast with low calorie jam or marmalade
Fruit or plain yoghurt
Fruit pots of peaches, pears and pineapples
Fruit or vegetable juice
Tea, coffee or low calorie hot chocolate

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 that came into place in 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. Chartwell's have responsibility for this and carry out regular internal audits to ensure compliance. The school employs a consultancy, Litmus partnership who work on the school's behalf to ensure value for money and compliance.

Chartwell's provide the school with a three week rolling menu. This is available for all to access via the school website. Free School meal children have funds credited to their lunch account on a daily basis which enables them to pay via the cashless system without stigmatisation. School newsletters promote theme days in the canteen.

Taster sessions are well supported and are provided by Chartwell's on induction evenings for Year 6 students and at the open evenings.

TUCK SHOP

A tuck shop should provide a range of snack foods that comply with the food based standards and help to contribute to a balanced healthy diet focused on the 'eatwell plate'.

Our SNAG group are looking to promote guidelines on what is acceptable to bring into school. However students are encouraged to purchase break time snacks from the canteen.

Whilst we not have a tuck shop; at break our canteen serves:

Milk to drink – served in cartons and stored in the refrigerator
Beans on toast
Egg on toast
bacon, mushroom, scrambled egg, tomatoes, toast, cuplet
Cereals and Milk

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.

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. Other methods of positive reinforcement are used in school.

- Praise in assembly
- Certificates
- Reward visits i.e. London theatre, Alton towers

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 via machines in the canteen and sports hall. Students are encouraged to have water available during lesson time in individual bottles for which they are responsible.



Healthy Schools

4. 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 'eatwell plate'.

The SNAG group is currently working on promoting this via the school website, assemblies and school newsletters.

5. SPECIAL DIETARY REQUIREMENTS

SPECIAL DIETS - RELIGIOUS AND ETHNIC GROUPS

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

VEGETARIANS AND VEGANS

School caterers offer a vegetarian option at lunch everyday. When necessary the school also provides a vegan option.

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.

6. 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.

7. THE FOOD AND EATING ENVIRONMENT



Currently Chartwell's are investing in improved signage and crockery. Charlton School have invested in new CISCO seating to improve the lunch environment and the school radio broadcasts in the background.

Children are supported during the lunch break by five lunch-time supervisors. Staff regularly eat in the canteen alongside students.

FOOD RELATED ACTION PLANS

An action plan will be added following consultation with the SNAG group on 23 April 2010.

MONITORING AND EVALUATION

Parents are asked to comment on the healthy eating policy annually via the school newsletter and to contribute to a healthy eating approach where appropriate.

This policy is reviewed annually via the SNAG group whom members include:

School staff, students, parents, governors, community food worker, Chartwell's nutritionalist, Operations manager and canteen manager and lunch-time supervisors.

REVIEW

Date policy implemented: May 2010

Review Date: