

HINCHINGBROOKE SCHOOL



WHOLE SCHOOL FOOD POLICY

Drawn up by:	ALC
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HINCHINGBROOKE WHOLE SCHOOL FOOD POLICY

Introduction

At Hinchingsbrooke we are committed to giving all our pupils consistent messages about all aspects of health to help them understand the impact of particular behaviours and encourage them to take responsibility for the choices they make. This policy should be read alongside the school's Drug and Sex & Relationship Policies. We aim to develop the full positive potential of every individual in our care. We recognise the vital role that good food and nutrition play in contributing to the health and well being of all members of the school community, thus enabling them to achieve their full positive potential.

We have used the following approach to identify what areas we need to change to develop a more healthy approach to the issue of food in our school:

- How well are we doing?
- How well should we be doing?
- What more should we aim to achieve?
- What must we do to make it happen?
- What action should we take and how do we review progress?

Rationale

At home children's food choices might be influenced by the family, however food served at school should reflect our ethos on healthy lifestyle. We have the opportunity to reinforce the links between a healthy diet and a healthy lifestyle.

Hinchingsbrooke is a health promoting school; we recognise the link between health and educational achievement and are committed to the personal development of each member of the school community. It is important that we review and examine all dimensions of school life, including our food provision, ethos and taught curriculum, to ensure that we promote health awareness to all members of the school community. We can provide a valuable role model to pupils and their families with regard to food and healthy eating patterns.

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

There is huge publicity about children's diets. Diets high in fat, sugar and salt are believed to contribute to the high obesity levels in young people. Many health professionals believe that some additives and colourings found in processed foods can dramatically change a child's mood and behaviour in school. An inability to concentrate and causing disruption in school can be linked with certain additives.

The recent publication of the 'Healthy living blueprint for schools' and the White Paper on public health – chapter 3 'children and young people' outlines the expectations of schools in this area. Our commitment to National Healthy Schools Standard (NHSS) and our relationship with Cambridgeshire Health Promoting Schools initiative is indicative of the importance placed on healthy issues and our desire to continue to improve standards.

Aim

To ensure that the food ethos and school food provided supports and in no way conflicts with the healthy eating messages taught across the curriculum. This policy aims to outline how we as a school can facilitate learning about making healthier food choices and how they impact on the quality of lifestyle. This policy should introduce and promote practices to support our aims and remove or discourage practices which negate them.

Objectives

- To ensure that the formal curriculum gives pupils up to date and consistent information about food and nutrition to enable them to make healthy eating choices.
- To ensure that menus and food choices are in line with DfES guidance.
- To identify opportunities to develop and improve the eating environment.
- To ensure that we promote healthy foods across the whole of the school day, including breakfast service, breaktime and out of school clubs.
- To ensure that teachers responsible for food lessons have basic food safety training and other relevant training opportunities.
- To ensure that all school activities, including social activities, meet with the guidelines for food in schools.
- To identify training needs which support the promotion of Healthy Eating in school.
- To develop an understanding of the relationship between food and health awareness.
- To contribute to the healthy physical development of all members of our school community.
- Increase food knowledge (nutrition, practical food skills, hygiene, shopping and budgeting).

How are we going to meet our objectives?

The Catering Manager will work with the Deputy Head Ethos to ensure that the school is:

- Ensuring that the school meets the nutrient based standards for food in schools (Sept 2009).
- Making sure that the school is in line with the DfES guidance on food other than school meals (Sept 2007).
- Promoting healthy food across the school day.

This will apply to all food within school, including food offered in the staffroom.

Settings for Food Policy

We do not use vending machines in our school. Currently we do not run a tuck shop but if we decide to do so in the future, the Food Policy will be applied to all items sold.

Breakfast club

Two Breakfast Clubs operate on a daily basis in the school for all students. In Learning Support we target some children who we know have little or no time for breakfast in the mornings at home.

The food offered is healthy and is consistent with a healthy diet. We provide toast, bread (range of options including white, brown, granary, buns, baps and rolls), low fat spread, fruit jam, marmite, yoghurt, low salt/low sugar fortified cereals, slices of fresh fruit, baked beans and cheese. Students choose from water, orange juice and apple juice to drink.

School Lunches

All our school meals are provided by in house catering who conform to the Government School meals guidelines including nutritional standards. This includes the use of fresh fruit and vegetables each day as a choice for the students. They provide a hot and cold option, both of which pay regard to nutritional balance and healthy options.

The Eating Environment

At Hinchingsbrooke we recognise the importance of creating an environment that encourages positive social interaction. The school offers a variety of places to consume food: the Performing Arts centre, outside benches and grass areas. These areas are staffed at all times to ensure that the eating environment is clean and pleasant.

We will continue to develop the eating environment by consulting pupils on their views. 'Food in School' will be a regular item on the Hinchingsbrooke United agenda. Strategies for enhancing the eating environment will form a key part of these discussions.

Packed Lunches

We will actively encourage parents to follow similar guidelines when providing packed lunches by:

- Posting recent DfES guidance and information on the school's website.
- Exploring opportunities to raise parental understanding of healthy eating principles.
- Include guidance of healthy packed lunches in the pupils' school diary.
- Students are encouraged to bring healthy foods in their lunchbox. In their PD Food module they have the opportunity to prepare foods for a healthy lunchbox.

We recognise, and actively encourage, the role of young people in making positive food choices. The taught curriculum will facilitate the development of such choices.

Water in School

At Hinchingsbrooke we encourage students and staff to drink water, as we recognise the link between hydration and physical and mental well-being.

Every child is encouraged to carry a bottle to store their water in. Students are encouraged to take responsibility for drinking water sensibly. Students may drink their water in lessons apart from those using equipment, eg science, ICT, etc. Regular water and brain breaks are built into the school day and curriculum by class teachers. Water is provided in all food outlets.

Students will be reminded annually of the importance of drinking water during the school day.

Cooled water is freely available throughout the school day to all members of the school community. No water fountains are located inside toilet blocks. The site team will ensure that these are regularly checked.

Residential Visits

When food is provided by external agencies on residential trips, we will where possible, share our food policy with them.

When the school oversees food provision on school trips, including tuck shops, we aim to follow the school standards for lunch and snacks.

The Taught Curriculum

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

Food as part of a creative carousel/option at KS3 provides the opportunity to learn about food and apply healthy eating messages through practical work with food, including preparation and cooking, and Food Safety as part of the Licence to Cook programme.

Physical Education provides pupils with the opportunity to develop physically and to understand the practical impact of sport, exercise and other physical activity such as dance and walking.

Food used in Fundraising and Prize Giving

We are committed to charitable fundraising at Hinchingsbrooke. In following the standards for food in school other than school meals, we allow cake and biscuit sales. To maintain a consistent message of moderation, each year group shall be permitted one cake sale each academic year.

When appropriate, we will support the use of healthy food as prizes.

Commercially manufactured confectionery will not be sold to pupils to raise money.

Sweets will not be used as rewards in the classroom and biscuit breaks will not be permitted.

Partnership with parents and carers

The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Each must reinforce the other. This is not always easy but our school is well placed to lead by example.

Parents and carers are regularly updated on our water and food policy through our website and parentmail. We ask parents not to send in fizzy drinks and we remind them that only water may be drunk during the school day, except at lunch when children may drink juice or squash.

During out of school events, eg school discos etc, the school will encourage parents and carers to consider the Food Policy in the range of refreshments offered for sale to the students.

Role of the Governors

Governors monitor and check that the school policy is upheld and can also offer guidance where a member of the body has particular expertise in this area.

The Development of the Food Policy

The policy has been informed by consultation and guidance from the following groups:

- The Cambridgeshire PSHE Service.
- Area Healthy Schools co-ordinator.
- Hinchingsbrooke United.
- Parents and Governors.
- Staff in school

Monitoring and Evaluation

We will use the following indicators to monitor and evaluate our progress:

- Frequent and systematic approach to monitoring food provision will indicate that we meet with the DfES standards across the school day.
- Regular consultation with pupils should demonstrate their awareness of healthy choices and the availability of water.
- There are clearly identified learning outcomes for all Healthy Eating activities.
- Policy and practice is regularly revised and reviewed, involving staff, governors and young people.
- A variety of methods are employed to communicate the key points of the policy and curriculum to the community.

The Deputy Head Ethos and PD co-coordinator are responsible for supporting colleagues in the delivery of the Food Policy. Hinchingsbrooke Catering is responsible for ensuring the quality of the food offered as part of their contract to provide food in school.

This policy will be reviewed annually to address the latest developments and guidance on food in schools.