

DEANERY WHOLE SCHOOL FOOD POLICY

Co-ordinated by The lead practitioner for Pupil Health & Wellbeing

The 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 in line with the recommendations of the 'School Food Plan'

The main aims of our school food policy are:

- To enable pupils to make healthy food choices through the provision of information and development of appropriate practical skills and attitudes towards healthy lifestyles
- To provide healthy food choices throughout the school day
- To ensure that statutory requirements for school meals are fully met
- To ensure that statutory requirements for practical food lessons are fully met

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 through Food Studies lessons, Science, Physical Education and SLS days. A variety of teaching methods are adopted in the classroom to offer a rich variety of opportunities for participatory learning and include practical cookery lessons, group discussions and practical activities.

FOOD AND DRINK PROVISION THROUGHOUT THE SCHOOL DAY – all operated through a cashless catering system

Breakfast Service - The school operates a breakfast club, from 8.00 – 8.40am daily prior to the start of the school day. A nutritious selection of food is provided in line with the recommendations of the School Food Plan. No sweet products are served during this service.

Mid-morning break - The school operates a break time service from 11.05am – 11.20 am, providing a nutritious selection of snacks in line with the recommendations of the School Food Plan. No sweet products are served during this service.

School Lunches - Lunches are available from 1.20pm – 1.50pm. Food prepared and served by the school catering team meets the National Food standards for school lunches. A three-week menu is in operation that offers a variety of hot and cold food daily. Sweet products served fit the required guidelines in terms of portion sizes.

Special Dietary requirements:

The school provides food in accordance with pupils' ethical and religious beliefs and cultural practices. Food allergies and intolerances are also catered for.

Additional Food and Drinks

Packed lunches prepared by the school caterers adhere to the National Nutritional Standards for Healthy School Lunches. The school encourages pupils to bring healthy, balanced packed lunches.

Snacks: 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 does however discourage the consumption of snacks high in fat and sugar at break-time and such products are not available to purchase in school

Foods as a Reward: The school does not encourage the regular eating of sweets or other foods high in sugar or fat, However on an occasional basis as a reward for good behaviour or academic or other achievements this is permitted.

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 through the Water Stations situated throughout the school. The school activity encourages pupil's to drink water and pupils are allowed to drink water throughout the day except in Science Labs and ICT rooms. There is a whole school ban on high sugar, fizzy and energy style drinks.

ADDITIONAL FOOD/CAKE SALES

Whilst we do not want to prohibit the sale of foods / cakes especially for Charitable causes at the same time we recognise the recommendation of the School Food Plan and the guidance on the sale of high fat / sugar products and there are strategies in place to monitor such events.

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 school kitchens hold a current 4* rating for Food Hygiene.

Date policy implemented: July 2016 to be reviewed annually
Reviewed: June 2017
June 2018