



Whole School Food Policy

Version: 1.00

Date Released: 1st November 2012

Introduction:

- Food has a significant role to play in determining health and wellbeing, establishing social roles and reflecting and shaping the school's ethos and individuals' values.
- This policy enables us to develop and maintain a shared philosophy on all aspects of food and drink.
- It sets out to demonstrate how the school cares for and makes a positive contribution to the health and wellbeing of pupils, staff and other stakeholders.

Aim:

- To ensure that all aspects of food and nutrition at Harbour School promote the health and wellbeing of pupils, staff and visitors to the school.
- To develop greater understanding of where food comes from and how it is grown.

Rationale:

- Adopting a whole school approach can contribute positively to pupils health and Wellbeing.
- There are clear benefits to the school in terms of influence on the school attainment, behaviour, and punctuality
- The future health of individuals can be influenced by their diet in childhood.
- Healthy eating contributes to a feeling of wellbeing and to the being healthy national outcome for children and young people.
- Learning to grow, harvest and cook food in school supports young people's understanding of how food is produced and can motivate them to try less familiar fruit and vegetables.

Current provision:

Breakfast Club

The school doesn't run a traditional 'breakfast club' but offers a healthy breakfast to all children in order to settle them into school before they are ready to integrate with their class and/or to supplement breakfast for some children who have travelled long journeys to school, or for some who haven't had a breakfast for one reason or another. In the latter case the school's 'multi-agency manager' will be in discussion with parents to look at this issue.

Tuck Shop

The tuck shop sells a variety of healthy snacks in line with guidance from the school food trust. The school is currently working toward the 2008 healthy schools act. Fruit, fruit drinks, raisins, plain popcorn alongside other healthy options.

*Tuck/snacks brought to school from home.

In liaison with parents we encourage only healthy snacks, and drinks to be brought into school by pupils.

Fruit and Vegetable Scheme

Key stage 1 children take part in this scheme and enjoy daily local fresh fruit and vegetables.

Treats and rewards

Staff will not use sweets to reward children. Suitable healthy alternatives will be given, e.g. yoghurt coated raisins or fruit.

Water

It is widely agreed that children need plenty to drink throughout the day. Thorough hydration is essential to maintain good health and keep minds alert. Children are encouraged to bring a drink bottle every day. Given the effects on dental health from the consumption of drinks containing sugars and the known effects on behaviour from the consumption of carbonated, flavoured drinks, the school requests that drinks bottles contain water alone. Children have access to drinking water throughout the day.

School Lunches

School lunches are of the highest standard and follow county nutrition guidelines closely. Balanced, healthy meals are fresh and hot. Fresh local produce is used wherever possible. Children are encouraged to have a try at new foods and respond well to this. Kitchen staff have the basic food hygiene training.

***Packed Lunches'**

Via 'packed lunch advice leaflet' we encourage parents to support the school's healthy schools project and whole school food policy by sending in foodstuffs and drinks which provide their child with a healthy balanced packed lunch.

***After School Clubs**

Snacks brought into the school or provided by the school for these activities follow the same guidelines as the 'tuck/snacks' above.

School Social Events

Food provided for at these times will reflect the school's healthy eating guidelines and philosophy. Advice will be taken when preparing food from school staff with basic hygiene training as appropriate.

Special dietary requirements

The school works closely with parents and medical practitioners to ensure that all children, despite any disability, have access to healthy foods appropriate to their needs and wellbeing. Special diets, in terms of being free from dairy, wheat, gluten, egg and nuts, can be catered for by the school caterer. All pupils and staff are prohibited from sharing their food or drinks with other pupils in order to minimize the risk of incurring an allergic reaction in a pupil with an allergy.

**If packed lunches and/or treats and snacks from home do not comply with the school's guidelines we speak to parents via class tutors and/or the multiagency manager to see if a more balanced approach can be adopted. In this regard we do respect the right of the parent, after discussion, to send in the lunch or snack that they feel best suits the needs of their child.*

The curriculum

Curriculum planning ensures that primary and secondary children are taught food technology as part of their design technology curriculum. The curriculum includes schemes of work that cover practical work, healthy eating, food safety and food hygiene. Nutrition, healthy eating and food safety are also covered in the science, childcare and PSHE/citizenship curriculum. Subject partners ensure curriculum balance, progression and continuity.

ROLES AND RESPONSIBILITIES

See Appendix 1.

Staff Training

Currently we have six staff trained in basic food hygiene across the school. We have staff trained in 'food hygiene' across the school to advise the staff engaged in teaching food technology and any aspects of food preparation in school including extra curricular activities and social functions.

Monitoring and Evaluation

- Policy review and development via the curriculum committee.
- Healthy School's targets to be review as a part of the annual school improvement cycle.
- Pupils and staff engaged in regular monitoring in line with set objectives. Reports and development issues to the curriculum committee.
- Curriculum balance, progression and continuity via subject partners and Heads of School.

Appendix 1

Roles and Responsibilities

To research, discuss ideas and develop policy related to the Healthy Schools Programme.

Representation

Denise Baker	Leadership Team
Lynn Thomson	Healthy Schools co-ordinator
Christine Medgett	Head Cook
Michelle Samuels	School Governor
Trevor Moody	Food Technician
Pupil(s) Rep.School Council	

Role of the Governors:

To receive reports via the curriculum committee on the "Healthy Schools Project" and review this policy and progress toward meeting stated aims and objectives.

Role of the Head Teacher:

To draft and update the policy and report to governors on the "healthy schools project" and review this policy and progress toward meeting stated aims and objectives.

To ensure that the whole school community are aware of the schools policy, practice and aims.

Role of the Staff

To promote healthy eating through the curriculum and extra-curricular activities in line with school policy.

Role of the Pupil

To contribute via school council to the schools "healthy eating project" and to play an active role in monitoring and developing new ideas to promote healthy lifestyles.

Role of the parent

To support the school in its aims and objectives related to healthy living and eating.

Objectives

What	Why	How	When	Who	Monitored	Evidence
Improve the dining environment	To improve social relations and enjoyment	Purchase round dining tables and chairs in place of traditional benches.	Order May'06. In place Oct'06 in refurbished dining room	DB	DB	
Cooked kitchen meals evaluated	To check they are healthy, hot and enjoyable	Termly questionnaires 25% pupils involved.	Termly from term 2	Pupils supported by staff	Termly (6 a year)	
Ensure that packed lunches follow the schools healthy eating guidelines	To check if they follow the school's health eating advice	Termly check all primary lunch boxes by pupils. Termly check by secondary pupils all lunch boxes.	Termly from term 2	Pupils supported by staff (Primary) Pupils - secondary	Termly (6 a year)	
Encourage pupils to bring in healthy lunch boxes by giving reward stickers. (Primary).		When packed lunch boxes are checked by pupils. All pupils.	Termly from term 2		Termly (6 a year)	
Encourage pupils to try new foods by giving reward stickers. (Primary)	To introduce them to wider range of healthy food	Kitchen staff award stickers for those trying new things	As appropriate	Kitchen staff		
Try to increase take-up of school lunches by children with packed lunches.	To ensure that get a well balanced diet.	Invite parents of children with packed lunches to sample a school dinner. Letter about meals to parents encouraging them to consider and try a school lunch.	From term 3.	Parents of children regularly taking packed lunches.		
Report on progress of healthy eating and whole school food policy to school governors	To enable them to monitor policy and progress of developments	TB Present Healthy Schools Action Plan to curriculum committee	Term 3	DB	Governors	
Structurally link policy review and evaluation with the school's SIP/SEF development day	To ensure practice develops	Add to review agenda	Term 5	All staff	HT	
Bring the Healthy Eating Policy and Healthy Schools Project to the attention of parents.	Via the school prospectus and website	Add links and information.	Term 3	Technician	HT	

