

Whole School Food Policy

Beverley High School



Date: November 2014

Review : November 2016

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Whole School Food Policy

Foreword and Objectives

The Governors and Staff of Beverley High School fully recognise the importance of safeguarding children and play a full and active part in protecting pupils from harm. In developing the Whole School Food Policy due consideration has been given to Beverley High School Child Protection and Safeguarding Policy and the East Riding Safeguarding Children Board procedures

It is important that we consider every element of our work to ensure that we promote health awareness to all members of the school community. We aim to 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, Governors and staff can bring together all elements of the school day to create an environment which supports a healthy lifestyle.

Objectives

- To ensure that we are giving consistent messages about food and health
- To give our pupils the information they need to make healthy lifestyle choices with regards to diet
- To promote health awareness
- To contribute to the physical and emotional development of all members of our school community
- To encourage the whole school community to eat healthily
- To offer healthy food and drink at all appropriate opportunities

Linked Documents / Information Sources

- Child Protection and Safeguarding Policy.
- SEND Policy.
- Health and safety Policy
- First Aid Policy
- Single Equality Scheme.
- School Visits and Events Policy.

- The Independent School Food Plan(July 2013)
<http://www.schoolfoodplan.com/plan/>

School staff will also need to refer to confidential pupil information regarding dietary and health needs.

2. What is a whole school food policy?

A whole school food policy is a shared vision of all aspects of school food and drink. It links together the different key areas of school life in a clear and consistent way. It incorporates the curriculum, school food and drink, extra curricular activities, pastoral and healthcare. It involves a co-ordinated approach by the whole school and wider community in order to promote the health and well-being of all concerned.

Developing a whole school food policy enables the school community to bring together several pieces of Government policy, legislation and guidance in one document eg

Every Child Matters Agenda
The Independent School Food Plan (July 2013)

The School Food Policy seeks:-

- To ensure pupils, staff and visitors have access to tasty and nutritious food and have a free and easily available water supply during the school day.
- To ensure that food provision in the school reflects the cultural, ethical and health requirements of pupils, staff and visitors e.g. vegetarian , gluten free.
- To increase pupils' awareness and knowledge of food production, manufacture, distribution and marketing practices and what impact they have on health and the environment.
- To make the provision and consumption of food and drink at school an enjoyable and sociable experience.
- To work in partnership with all relevant stakeholders (Caterers, Local Authority, Health Services, Parents, Wider Community Links and Food

Suppliers) to ensure that good practice is actively promoted within the school.

- To consult with Student Leadership Team where appropriate
- To incorporate and consult where appropriate in the following key areas:
 - Healthy break time snacks
 - School meals
 - Healthy lunchboxes
 - Water provision
 - The dining experience
 - Curriculum
 - Finance of meal provision
- To encourage pupils to recognise the importance of a balanced diet as part of a healthy life style.

3 How it is achieved?

Healthy Snacks

Healthy snacks are encouraged by the sale of healthy options which comply with the School Food Standards (part of The Independent School Food Plan) at the school morning break. Where possible healthy snacks are provided on extra curricular activities and trips.

School Meals

School meals are provided by a Catering Contractor. The school continues to work with the contractor to ensure that the Government's standards are achieved.

The price of meals is negotiated to ensure that pupils entitled to free school meals are able to access the full range of healthy choices available. A cashless catering system is in operation at both break and lunchtime. This speeds up the queuing system and ensures anonymity for pupils entitled to free school meals. The system enables parents to be provided with reports on their daughters' purchases.

The school supports 'Theme Days' such as 'Fairtrade Day' and 'Chinese Day'. The special menus are designed to encourage pupils to sample a wider variety of foodstuffs and to improve uptake.

The contract ensures that dietary needs of all pupils will be met both in relation to health, religious observance and authenticity. Vegetarian options are always available on the menu. The contract aims to ensure that the kitchen is a nut free environment and all menus are nut free.

The Student Leadership Team are consulted on the meals service.

Pupils who bring lunch from home are able to join friends in the school canteen to eat their food. Healthy lunch boxes are encouraged with information provided across the curriculum i.e. Food Technology and Science lessons.

The whole school community will be encouraged to support the school's request for no nuts or nut based products to be brought onto the school premises in order to safeguard those pupils with a nut allergy. This includes school trips.

Breakfast

The school recognises the importance of breakfast and will aim to provide a service to pupils .

Water

Beverley High School recognises the importance of hydration of both pupils and staff in order to maintain their health and wellbeing. Water is freely available throughout the day to all pupils and staff. Water fountains are situated in the main teaching blocks, Sports Hall and staffroom. Water is available free of charge in the dining room. Pupils and staff may drink water at any time throughout the day in most areas of the school except for those with a health and safety implication (e.g. Science and IT teaching areas).

Environment

The canteen is a multi purpose facility as it is the single largest room in the school. It is clean and well decorated. The furniture is appropriate for the requirements. Art work is displayed around the room. Pupils are consulted via the Student Leadership Team with regards to all aspects of the environment. Where appropriate their suggestions have been acted upon e.g. layout of furniture and queuing systems.

School staff supervise pupils in the dining area. A rota system (suggested by pupils) ensures equity throughout the Year Groups in terms of choice

and timing of lunch. Teaching Assistants support pupils with special needs. The Wellbeing Manager is available to pupils on an individual basis and liaises with the Catering Contractors if necessary.

Both the queuing system and rota foster good manners and respect, encouraging patience and understanding of others needs.

The school has invested in the provision of a large number of picnic benches to encourage pupils to eat outdoors and enjoy the school's magnificent grounds during the better weather. A large covered area with picnic tables is also available, situated between the main teaching blocks. These have been supported financially by the 'Friends of Beverley High School.' (PTA). There is a further covered area between the canteen and the 6th form block. This provision was supported by the Catering Contractor.

Waste bins are in abundance around the school site and are emptied daily by the caretaking staff who also ensure the grounds remain litter free.

Curriculum

In all key stages, there are opportunities for pupils to develop knowledge and understanding of the importance of food production, nutrition and the importance of a healthy diet. Across the curriculum it includes:-

Maths offers the possibility of understanding nutrition labelling, calculating quantities for recipes, weighing and measuring ingredients.

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.

RE provides the opportunity to discuss the role of certain foods in the major religions of the world. Pupils experience different foods associated with religious festivals.

Food Technology provides the opportunity for pupils to understand how to prepare and cook 'healthy' food products. The programme focuses on Food Hygiene and Safety, Healthy Eating, Wise Food Shopping and Cooking Skills with an emphasis on preparing savoury healthy foods.

Pupils are able to build on knowledge and skills developed in Key Stage 3 to undertake Key Stage 4 and 5 programmes.

PSHCE encourages young people to feel positive about who they are and take responsibility for their own health and well-being. It offers opportunities to identify and manage risk including those related to food choices. It teaches them how to develop a healthy lifestyle and addresses issues such as body image and self esteem. Pupils are able to discuss issues of interest to young people, e.g. advertising and sustainable development, they are encouraged to carry out critical reflection and develop their relationships with others.

Geography provides a focus on the natural world and changing environment, offering the chance to consider the impact our consumer choices have on people across the world that rely on growing food as their source of income. Focus is also given to where our food comes from in terms of distance travelled and the carbon footprint it produces, pupils consider the issue of buying local and the implications this can have on a national and international scale and its benefits and merits are discussed. Management of the environment is also tackled with issues such as mass production of food and its effect on some of the world's most vulnerable environments.

History provides insight into changes in diet and food over time.

Physical Education provides pupils with the opportunity to develop physically and to understand the practical impact of support, exercise and other physical activity such as dance and walking. In GCSE pupils study the importance of a healthy diet as part of a balanced healthy lifestyle and in relation to exercise. Pupils also study the key nutrients needed for energy and the energy requirements needed for different activities. During Key Stage 3 there are opportunities to understand the importance of fluid intake and issues concerning dehydration in relation to exercising in warm weather.

4 Sustainability

The catering contract requires the contractor to use local suppliers and locally sourced goods where possible. Menu planning is linked to seasonal produce.

There is a Fairtrade Committee and Fairtrade events are held in school eg a Fairtrade hot chocolate break and a Fairtrade lunch.

5 Responsibility, Monitoring and Evaluation

The Governing Body is responsible for the provision of school meals.

The Governors have active sub-committees including Safeguarding and Pupil Wellbeing and Finance and Buildings. The contract is monitored by an external consultant employed by the Governors who liaises with the School Business Manager, who subsequently reports to the Finance and Buildings sub-committee.

The member of staff responsible for pupils' health works in liaison with the Catering Contractors in order to ensure the dietary needs of all pupils with medical and other needs are met allowing full access to the service.

The Safeguarding and Pupil Wellbeing sub-committee have taken a full and active role in supporting the school to provide healthy meal choices.

The Assistant Head (Student Engagement) has overall responsibility for health and well-being of both pupils and staff. She co-ordinates and liaises with the Student Leadership Team.

School staffs are responsible for the organisation and smooth running of the queuing system and for the conduct and manners of pupils in the canteen in order to ensure it remains a pleasant environment.

The school has provided Safeguarding training to all lunchtime staff in line with Beverley High School Child Protection and Safeguarding Policy and East Riding Safeguarding Children's Board Guidelines. Training has also been provided to the school's catering contractors by the school's Child Protection Co-ordinators and by their own company.

6 Monitoring/Evaluation

Menus are changed periodically by the catering company in consultation with the School Business Manager.

The menus and products provided in school are compliant with The Independent School Food Plan.

The school employs an independent consultant to monitor and evaluate compliance with the standards and to ensure that the contractor continually improves and adopts best practices.

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