



Food & Nutrition Policy

Date of policy implementation: Sept 2006

Reviewed: September 2007

Date of next review: July 2008

This policy document was produced in consultation with pupils, parents, staff, governors, LA representatives, including the Healthy School Standards representative. This document is available in school and will be made public through a summary leaflet.

Rationale

Our Food & Nutrition policy will encourage, reflect and build upon the values outlined in the National Curriculum and the government nutritional standards. It is based on the advice and guidance from the Food in Schools materials and supported by the Northumberland Healthy School Programme.

Research shows that child obesity is a national concern and getting worse. Schools share the responsibility with parents and the wider community to educate pupils in all aspects of food and nutrition so enabling them to make healthy, informed choices through increasing knowledge, challenging attitudes and practising skills.

Aims

- To ensure that all aspects of food and nutrition in school promote the health and wellbeing of pupils, staff and visitors to our school
- To provide current information, support and guidance on healthy eating for the whole school community.
- To provide age appropriate knowledge and skills in order to make healthy choices

Objectives

- To review the formal curriculum to ensure information relating to food and nutrition in different lesson areas is consistent and up-to-date.
- To work with the school caterer to develop a healthy breakfast club.
- To work with the school caterer to encourage pupils to make healthier choices.
- To establish food events in school to promote healthy eating and drinking.
- To establish a 'cook it' club.

- To ensure that the teacher with responsibility for food has basic food hygiene certificate.
- To work in partnership with parents and pupils to raise the awareness of healthy eating.
- To provide drinking water for the adequate hydration of the school community.
- To improve the dining experience and encourage more young people to take a school lunch.
- To reduce the intake of salty, fatty and sugary foods.
- To ensure that food provision throughout the day is in line with current government nutritional standards, including breakfast, celebration events, social events etc.
- To ensure that practical work is carried out as hygienically and safely as possible.
- To promote and enjoy the preparation and cooking of food.
- To develop a pleasant dining environment.
- To encourage experimentation with unfamiliar foods.
- To raise awareness of healthy eating through the Health Awareness Team in School.
- Consider specific foods linked to examination performance.
- Consider healthy eating in the context of the healthy business award.

Guidelines

We will meet our objectives through:

- Discussion at HATS/ School Council / School Nutrition Group
- The formal curriculum: setting up a cross-curricular group to audit food based topics at each key stage. Amending recipes to reduce fat, salt and sugar content.
- Development and further promotion of the breakfast club: the school caterer to work on a menu of breakfast options and a reasonable cost. Publicise the club in form time and school newsletter, plus through poster advertising in appropriate places.
- Produce a leaflet to summarise this policy and post it to parents.
- Work with the school caterer to improve the consumption of fruit and vegetables. Include tasters, vegetarian options, more plentiful salads.

- Supporting food related events: currently run Sainsbury's Taste of Success Food Awards in Food Technology, Chef of the Year, local Food Festival activities.
- Raising awareness educationally and with parents to raise the quality of packed lunches.
- Possibility of running a healthy cooking club for students with low self esteem.
- Continuing Professional Development. Possibility of a member of staff completing the Advanced food hygiene certificate.
- Steps to success sessions looking at specific foods linked to exam performance.

Measuring and Evaluating

The school will monitor and evaluate objectives by:

- The school nutrition group/ HATS reporting on progress to the school council and governing body. Also reviewing the policy annually in light of improvements and changes.
- Auditing the formal curriculum: summary to be available.
- School caterer to report on number of pupils using service. Ask pupils, parents and teachers their thoughts about the provision of the range of food provided.
- Food related events: Certificates presented in school assemblies. Displays, reports in newsletters. Pupils/ parents & staff evaluations/anecdotal evidence.
- CPD: Teacher in charge of food disseminates materials at a training day with other teachers and school staff.