



WHOLE SCHOOL FOOD POLICY

Background and Ethos

At Plantsbrook School we know that what pupils eat and drink at school is important. We aim to have a school where the teaching and learning about food and nutrition that occurs in the curriculum fully supports and is supported by the provision and opportunities for eating and drinking that occur on the school premises.

We acknowledge the link between pupils' diets and their physical and emotional health and also the key role that we as a school can play in supporting pupils and their families to develop and maintain a healthy diet.

The policy is fully inclusive and applicable to pupils with special dietary requirements either for medical or religious reasons.

The ethos of the school is one that promotes awareness and the importance of healthy lifestyles within the school at all times and recognises the valuable role that all school staff have in modelling good practice and helping to create an environment which supports a positive attitude to healthy lifestyles.

Aims and Objectives

At Plantsbrook school we aim:

- To ensure that all aspects of food and nutrition promote and support the health and well-being of pupils and staff and meet the mandatory nutritional standards for school lunches and food served throughout the school day.
- To equip pupils with the skills, attitudes and knowledge to enable them to make informed choices about food throughout their lives.
- To ensure equal access for all to healthy food and drink and appropriate nutrition education.
- To increase the uptake of pupils having paid school meals and to increase the uptake of free school meals by pupils entitled to them.

Objectives

At Plantsbrook School we meet these aims by:

1. Reviewing all teaching and learning to ensure that information relating to food and nutrition in different lessons/subjects/key stages are consistent and up-to-date and that there are no gaps in the curriculum.
2. Ensuring that pupils are well nourished and hydrated at school and that every pupil has access to safe, tasty, nutritious food appropriate to their needs including meals served at the end of lunchtime.
3. Increasing the uptake of paid school meals.
4. Enabling pupils to have sufficient time to eat their food.
5. Ensuring that the surroundings are as pleasant as possible.
6. Working in partnership with parents to promote the aims of the food policy including all foods brought into the school by pupils.
7. Introducing and promoting practices within the school to reinforce these aims and removing or discouraging practices that negate them.

Policy development and consultation

A committee regularly reviews healthy eating in school. Members include:

- SMT
- Representation from Food Technology
- School Meals Provider
- Governor

Consultation occurs with

- Teaching and non-teaching staff
- Pupils via school council/questionnaires
- Parents via newsletters/questionnaires

To support us in developing this policy we have used guidance from the DfE and the Health Education Service including:

- Mandatory nutritional standards for school lunches and for other food
- Every Child Matters
- Food in Schools
- Healthy Living Blueprint

Equal Opportunities

At Plantsbrook School we will ensure that pupils' religious and medical dietary needs are met. We will also try to increase the uptake of free school meals by those pupils entitled to them.

At Plantsbrook School there are currently students with the following requirements/medical issues:

8 Diabetic (Type 1)

167 registered asthmatic students (with 25 who keep spare inhalers in school).

38 students who have notified Allergies or Intolerance to certain foods this includes the following:

38 Students registered with allergies, with medication kept in school (29 EpiPen users and all 38 of these students have Antihistamine) including 2 with an allergy to latex.

86 pupils entitled to free school meals (6.47% of pupils in the school). However, we are aware that some pupils do not use their entitlement.

Teaching and learning

At Plantsbrook School teaching and learning about food occurs in many subjects e.g. Science, Technology and Humanities.

Food provision other than at lunchtime

At Plantsbrook School we provide food and drink to pupils throughout the school day, which will all meet the nutritional standards.

Breakfast clubs

25 pupils regularly attend the breakfast club which is run by school. The food and drink available includes unsweetened breakfast cereals (no added sugar), toast, fruit juice and semi skimmed milk. The breakfast club promotes the ethos of healthy eating.

Mid morning provision

The foods provided are fresh fruit, fruit bars, toast, sandwiches and semi skimmed milk. The provision is regularly reviewed and further information is available from Chartwells and/or school website.

Fluid consumption

All pupils are able to bring in clear plastic bottles to fill with water and to use at their desks. Water is freely available at water dispensers around the school and at lunchtime. All teaching and non-teaching staff encourage pupils to drink water and after PE lessons and during times of hot weather there are specific reminders to pupils to drink sufficient water.

Food provision at lunchtime

School lunches

At Plantsbrook School we provide food and drink to pupils at lunchtime which will meet the mandatory nutritional standards. The school meals are provided by Chartwells.

The menus are devised by Chartwells and are nutritionally analysed by a system called 'Saffron'. Details of the nutritional analysis is available from Chartwells, if there is any concern over whether the nutritional standards are being achieved.

The menus reflect the cultural mix of the school and reflect pupils' choices. Pupils are supported to make healthy choices from the selection provided by all catering staff. Menus are discussed at School Council meetings every term and the Catering Manager attends this meeting to discuss any changes that may be wanted. The menu is seasonal.

The queuing system is monitored to ensure that students access the dining room and Cromwell Hall as quickly as possible. The seating arrangements are that pupils are allowed to sit with their friends. The current 50 minute break is sufficient time to allow pupils to eat their food.

To help create a suitable ambience in the dining room and Cromwell Hall, all lunchtime supervisors have been trained on managing pupils' behaviour and support is given by the presence of the SMT during the lunch break. Additionally, all staff are encouraged to use the dining room.

Within and outside the dining room the menu for the day is prominently displayed so that pupils can decide what to eat before entering the dining room, thereby speeding up the queues.

Around the dining room there are large posters displaying the healthy eating messages and displays of pupils' work on healthy eating are in the dining room.

Packed lunches

All pupils who bring packed lunches to school will be given information on appropriate healthy eating guidelines.

The lunchtime supervisors and/or staff encourage pupils to bring healthy food to school. Parents will be regularly reminded in newsletters.

Specific issues

At Plantsbrook School we celebrate the major religious festivals of Diwali, Eid and Christmas and will arrange special appropriate meals.

Working with parents and carers

The partnership of parents with our school is essential and particularly with promoting healthy eating. At Plantsbrook School we:

- Ensure that sample menus are available on the school website
- Send letters home informing parents of the food policy on children bringing food and drink from home
- Ask parents for their views on changes to the food and drink provision in the school.

Working with partner organisations and outside visitors

In order to enhance the food policy and nutrition education at Plantsbrook School we work with the Local Authority Health Education Service and PCT community dieticians.

Monitoring and Evaluation

Compliance with nutritional standards at lunchtime will be monitored by nutritional analysis of menus by Chartwells, reviewed by the Director of Finance & Support Services and reported to the Governors meeting on an annual basis.

Compliance with nutritional standards at times other than lunch will be monitored by the member of SMT responsible for food and reported to the Governors meeting on an annual basis.

Pupils' menus and food choices are monitored and used to inform policy development and provision. Monitoring occurs via a variety of methods such as visual monitoring by Lunchtime Supervisors, surveys by pupils, use of School Council.

Nutrition education in the curriculum will be monitored by the member of the Leadership Team with responsibility for the curriculum on an annual basis.