

ALDERBROOK SCHOOL

WHOLE SCHOOL FOOD POLICY

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ALDERBROOK LEADING EDGE SCHOOL AND PERFORMING ARTS COLLEGE

WHOLE SCHOOL FOOD POLICY

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CONTEXT

The last ten years has seen increasing concern from parents and health professionals regarding the nutritional content of food consumed in schools. Pupils have voiced some dissatisfaction at times through their School Council.

The Government has addressed the issue with a series of Statutory Acts linked to the EveryChild Matters Policy and the National Healthy Schools Programme. The Whole School Food policy is a part of the Healthy School Programme.

Alderbrook School Governing Body is responsible for

- Providing free school meals to pupils that are entitled
- Providing paid-for school meals (not necessarily cooked) to pupils whose parents have requested this.
- Providing facilities to eat packed lunches
- Meeting nutritional standards and Government guidelines
- Deciding on dishes served and ingredients used
- Making drinking water available

Alderbrook's Governors are aware of the links between Diet, Activity, Health and obesity clearly identified in the Healthy Schools Programme. The Governors wish the school to provide a range of opportunities for pupils, indeed the whole school community, to experience and learn about food. This responsibility has been delegated to the Headteacher.

The Governors are aware that the achievement of Healthy School status commits the school to an extensive consultation and on-going monitoring and evaluation.

Ofsted will assess aspects of the Governors responsibilities during their inspections of the school.

RATIONALE

We, as humans, depend upon our bodies to contain and maintain our brains and hence our capacity to think and learn. The healthier our bodies are the better they can support learning. The School Food Trust sums it up in its strap line "Eat Better Do Better"

AIMS

Alderbrook is a Learning Community and includes pupils, parents and staff together with many others who support the school in many ways. Governors wish to draw on the strengths of members of that community to enable others to learn more about nutritionally balanced diet in the context of the activities of the whole day. Governors expect that this will lead to improvements in the health of the school community; improved learning and the selection of a life-long healthy and environmentally sustainable, balanced diet.

Governors are aware of the important social, cultural and ethnic aspects of diet and that this is an area where diversity must be respected. They support the exercise of choice in diet but intend that pupils are empowered through informed decision making.

OBJECTIVES

1. The school will advertise and promote this policy to all its members and those that are visitors to the school.
2. Those responsible for providing food in the school will be informed of their responsibilities under this policy.
3. Food consumed in school will comply with the Governments nutrition guidelines.
4. Pupils, Staff and visitors will have access to drinking water at appropriate locations throughout the buildings.
5. Learning about a balanced diet and healthy food will be enabled both through the formal curriculum and through extra-curricular and Extended School activities.
6. The school will monitor and evaluate the impact of this policy on an annual basis.

METHODOLOGY

1. The Headteacher will request the Leadership Team to consider how they may individually and collectively support the implementation of this policy.
2. The Headteacher will work with the school's PSD Co-ordinator (the Co-ordinator) to consider the Audit and the Consultation that has taken place during this year with a view to determining the adequacy and validity of those activities (as informed by the Award of Healthy School Status)
3. The Co-ordinator will continue to consult with pupils through the Pupil Consultative Group for Food.
4. This policy will be placed as required onto the intranet and website.
5. The Co-ordinator will consider further methods of Consultation with parents.
6. The Co-ordinator will promote and re-refresh the Curriculum mapping (Appendix 2) and continue to record extra-curricular activity related to this policy.
7. The Bursar will consider and explore methods of monitoring the Catering Data that will inform this policy.
8. The Assistant Head of Pupil Guidance will continue to liaise with the Catering provider to raise awareness and resolve problems in the implementation of this policy.
9. The AH/Pupil Guidance will be responsive to the discussions of the consultations and work with the Caterer to develop improvements and novel approaches.
10. The AH/Pupil Guidance with the Co-ordinator, will continue to inform the Headteacher and the Governing Body as to the progress of this implementation.
11. The Co-ordinator will provide feedback to the various stakeholders and publish on the school website.
12. All aspects of this implementation will be promoted and considered in the appropriate areas of the PSHE programme and other Pastoral activities. Other implementation strategies will include delivery through assemblies and Life Ready days.

KEY THEMES

The following Key Themes are selected from the Food in Schools Toolkit as appropriate to Alderbrook.

- The Timing of food consumption across the day and the match to activity.
This theme seeks to match the opportunity of eating at home and at school. It seeks to recognise that we are individuals and have our own decisions to make depending on our circumstances and the challenge of each day including the mix of activities.

Pupils are aware that eating a heavy meal just before a cross country or a rugby match is not a good idea. They need the knowledge that will help them select the diet and the timing to suit their activity best.

The school will provide opportunities to eat according to circumstance. The Breakfast Club will continue to provide a menu suitable for appropriate selection for those that

simply missed breakfast at home or to those that have Sport scheduled for period 3. This will apply to the other serving periods. i.e. Break; Lunch; After school. The Caterer will monitor the pattern of demand to accommodate periodic changes.

- The Provision of Water. Alderbrook currently provides two “Cooled Water” dispensers sited at appropriate points throughout the building. Pupils are encouraged to provide their own “Sports Style” water bottle that they can access during class time and re-fill between sessions in order to provide adequate hydration throughout the day and appropriate to activity. The school will continue to develop understanding and involvement in this through PSHE and staff training.
- Healthy Packed Lunch. While this is a theme already addressed at Alderbrook it is an area that needs continuous refreshment with each new intake and throughout the year. The School promotes the existing policy of no fizzy drinks, except water, and no crisps through research into alternative ingredients and provision.
- The Dining Room Environment. The Dining Room is acknowledged to be cramped and is a significant impediment to the enjoyment of the high level social and cultural activity of eating together. Additional eateries including the ‘food cube’ and Malleys has reduced the volume of congestion in the main Dining halls. 6th form students also have a food hatch situated in the Edge for sole use. The school will consult with all stakeholders as to the rules and standards that apply and can be sustained. This applies to the whole experience including the Rota; Queuing; Seating; Healthy Eating; Adequate Time; Manners; Hygiene; Returns; ; Recognition. Solutions that require building work will be considered within the Premises Development Plan.
- Curriculum. The many areas already contributing to learning about health and diet can be seen in Appendix 1 The Co-ordinator will be responsible for keeping the Audit live, current and to engage curriculum leaders in synchronising topics to enhance early understanding while promoting this within the PSHE time. The Food preparation and Nutrition entitlement at KS3 from September 2008 to 16 hours of practical cooking, on-line tutorials, “Wise Food Shopping” “Hygiene and Safety” will be a challenge for the school but has been addressed from September 2008 and has been implemented from September 2011. This curriculum development will be monitored and reported by the Co-ordinator. The A Level will be replaced from 2017 with ‘Enrichment Level 3 certificate in Food Science and Nutrition’.
- Extra – Curricular. The current Cookery Clubs developed and supported from the Design Technology area, will be promoted to pupils and parents through greater recognition and publicity. Opportunities for this abound within the existing involvement in national and local activities. A cookery club was added to provide Duke of Edinburgh pupils with access to learning a new skill. In addition from September 2015, ‘Alderbrook Bake Off’ was added for Years 9 and 10.

MONITORING AND EVALUATION

The Governing Body will require a biennial report concerning the implementation of the Whole School Food Policy.

The Headteacher is requested to facilitate the production of the report.

The Leadership Team member has the responsibility to oversee all aspects of food in school. The current postholder will be responsible for gaining confirmation from the Caterer that the Statutory standards are being met together with ongoing dialogue concerning the implementation of this policy in relation to existing contracts.

The Bursar will monitor the financial operation and provide data as required.

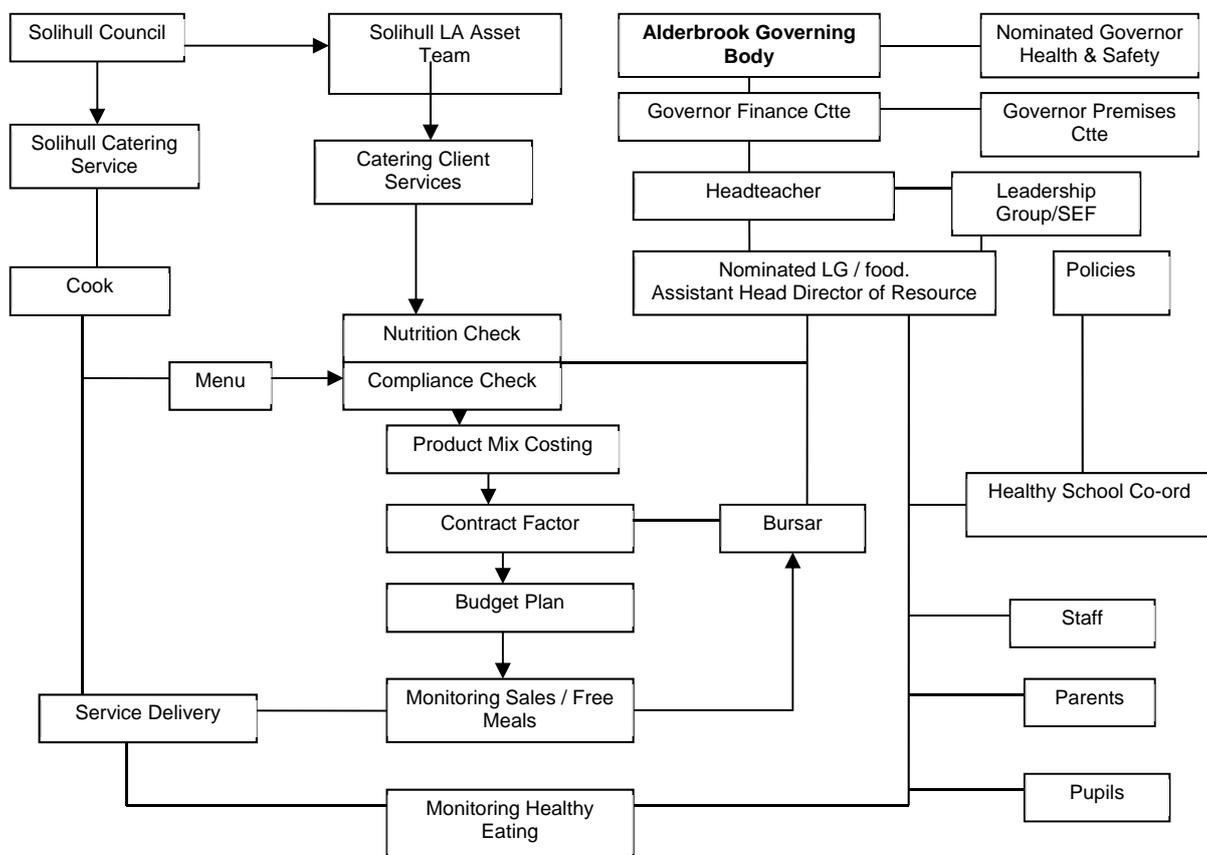
Liaison with the Principal first aider will provide evidence in terms of whole school health. The Co-ordinator will be responsible for the maintenance of the Curriculum Audit, in particular the introduction of “Licence to Cook” and the development to include the Extended School activities.

All staff may consult, discuss and provide feedback to any of the above with the aim of improving the impact of this policy. The introduction of the Staff Forum allows teachers to consult and

feedback with any specific ideas or issues regarding the whole school food policy in replacement of the School Food Group.

See Appendix 1

**APPENDIX 1
STRUCTURE DIAGRAM
WHOLE SCHOOL FOOD POLICY**



APPENDIX 2

CURRICULUM AUDIT – 03/11/16

WHOLE SCHOOL FOOD POLICY

Subject	Nutrients in Food	Nutrients and why the body needs them	The balance of food we need	Introducing new foods	Historical changes in the diet	Food and religion-culture	Where and how food grows	Food packaging and labelling	Sustainable development and food
Maths									
English	N/A	N/A	8	N/A	N/A	10,11	N/A	8	N/A
Media							Y7 Humanities	Y8 History	Y7 Humanities
Science	8,9(revision),10	8,9,10	8,9		8		9,11	10	9,10
History									
Geography	N/A	N/A	N/A	N/A	N/A	N/A	YR7 AND 10	N/A	YR10
R.E.									
Art									
Music	N/A	N/A	N/A	N/A				N/A	N/A
Drama					year 8	year 8			
Dance									
P.E.	7,8,9,10,11	7,8,9,10,11	7,8,9,10,11	10,11	10,11	n/a	n/a	n/a	10,11
Textiles									
Food	7,8,9,10,11	7,8,9,10,11	7,8,9,10,11	7,8,9,10,11	10,11	7,8,9,10,11	7,8,9,10,11	8,10,11	10,11
Child development									
Technology									
Architecture									
MFL	N/A	N/A	N/A	Year 8	N/A	11 and 8	N/A	N/A	N/A

