



## Whole School Food Policy

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<b>Date</b>	February 2020
<b>Version</b>	4
<b>Approved Date</b>	month year
<b>Review Date</b>	February 2022

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## Aims

- 1 The aims of this policy are
  - To enable students to make healthy food choices through the provision of information and development of appropriate skills and attitudes
  - To provide healthy food choices at break and lunch times
  - To review the formal curriculum to ensure information relating to food and nutrition in different lesson areas is consistent and up-to-date.
  - To review the provision of food and drinks provided by the school canteen and ensure that up to date food standards and guidance is met.
  - To ensure that all teachers with responsibility for the formal food curriculum have basic food hygiene training or for the PSHCE curriculum, staff schemes of work that have been developed based on the PSHCE statutory guidance.
  - To ensure that all catering staff are equipped with appropriate skills and knowledge to successfully implement the Government's National Criteria
  - To ensure that all staff who work with food in school have the appropriate level of food hygiene training.

## Food Policy Co-ordinator

- 2 This school food policy and healthy eating strategy is co-ordinated by Kate Read (Deputy Headteacher), Emma Jones (Assistant Headteacher for Pastoral Care), Max D'Arcy and Sean Hawker (Health and Well-Being Coordinators).

## Documentation

- 3 The following documents support this policy
  - [School Food: Guidance for Governors](#)  
This document outlines the statutory responsibility of the governing body / trustees to ensure the School Food Standards<sub>1</sub> are being met
  - [Healthy Food for Healthy Outcomes](#)  
A series of documents from the Education Department for Northern Ireland
  - [The Requirements for School Food Regulations 2014](#)  
Statutory Instrument on food in schools
  - [Cleaning Effectively in Your Business](#)  
Guidance on how to clean equipment and surfaces to prevent harmful bacteria from spreading onto food.
  - [School Food Standards](#)  
A practical guide for schools, their cooks and caterers

## Context

- 4 Alderbrook School Governors are responsible for ensuring that all food and drink provided in applicable school meets the national school food standards in England. Compliance with the school food standards is specified within the catering contract or service level agreement and the caterer provides the governing body with evidence of compliance with the standards.

- 5 The Governing Body is responsible for:
  - Providing free school meals to entitled students
  - Providing paid-for school meals (not necessarily cooked) to pupils whose parents have requested this.
  - Providing facilities to eat both packed lunches and school meals.
  - Meeting nutritional standards and Government guidelines
  - Deciding on dishes served and ingredients used
  - Making drinking water available
- 6 Alderbrook's Governors are aware of the links between Diet, Activity, Health and obesity and wish the school to provide a range of opportunities for students to experience and learn about food. Though this will be referenced across the curriculum and in assemblies, it is clearly and explicitly delivered during the Health and Well-Being programme, Food Technology lessons and Life Ready Days.
- 7 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

- 8 The school will advertise and promote this policy to all its stake holders and visitors, on the school website.
- 9 Those responsible for providing food in the school will be informed of their responsibilities under this policy.
- 10 Food consumed in school will comply with the Governments' nutrition guidelines.
- 11 Students, staff and visitors will have access to drinking water at appropriate locations throughout the buildings.
- 12 Learning about a balanced diet and healthy food will be enabled both through the formal curriculum and through extra-curricular and enrichment activities.
- 13 The school will monitor and evaluate the impact of this policy on student wellbeing, using student questionnaires about dietary choices.

## Methodology

- 14 The results of the Health Related Behaviour Questionnaire (HRBQ) and in school questionnaires, will be used to measure the impact and therefore inform the implementation of aspects of this policy.
- 15 The Co-ordinator will use these questionnaires to inform the teaching of healthy lifestyle and update the Health and Well-Being programme as appropriate.
- 16 The Assistant Head of Pastoral care and Health and Well-Being Coordinator will continue to liaise with the Catering provider and Governing Body to evaluate, raise awareness and resolve problems in the implementation of this policy.

## Key Themes

- 17 Students are taught that a healthy diet includes eating at least 5 items of fruit or vegetables a day, and eating a balanced diet from the different food groups.
- 18 The school will provide opportunities to eat at break and lunch times, and these times can be adjusted to correspond appropriately with advance notice, to accommodate the timings of examinations and visitor talks during Life Ready Days.

### The Provision of Water

- 19 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 the Health and Well-Being programme, and assemblies.

### Healthy Packed Lunch

- 20 The School promotes no fizzy drinks, except water, and no crisps through research into alternative ingredients and provision. The school is aware of the importance of communicating about healthy choices to students and parents, and this is a strategic part of the Food curriculum.

### Parental engagement

- 21 Parents/carers are able to see the food purchased by their children on ‘parent pay’, and therefore monitor their own child’s diet. The Health and Well-Being team provide updated information for parents/carers about healthy diets.

### The Dining Room Environment

- 22 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. 6<sup>th</sup> form students also have a food hatch situated in the Edge for sole use. The school considers the whole ‘eating’ experience including the Rota; Queuing; Seating; Healthy Eating; Adequate Time; Manners; Hygiene.
- 23 Students are expected to eat all food purchased, in the canteen. Students are encouraged to use the bins provided to maintain a clean environment. The only exception to this is for vulnerable students in the Student Development Faculty, who sometimes eat under supervision, in classrooms. Staff ensure that these areas are cleaned thoroughly to avoid the spread of allergens.

### Curriculum

- 24 The Health and Well-Being Co-ordinator will be responsible for keeping the teaching of healthy diets live, current and to engage curriculum leaders in synchronising topics to enhance early understanding while promoting this within the PSHE time.

### Extra-Curricular Activities

- 25 The current Cookery Clubs, including ‘Alderbrook Bake Off’, are developed and supported from the Design Technology area, and promoted to students and parents/carers.

### Managing food allergies and intolerances

- 26 Caterers in school comply with legislation regarding allergies and intolerances, including cleaning areas where students have been eating. Reasonable adjustments are made for students in the ARC to eat their dinner in a quieter environment, before the school bell for lunch time.

### Monitoring and Evaluation

- 27 The Governing Body will require a biennial report concerning the implementation of the Whole School Food Policy, including 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.
- 28 The Headteacher is requested to facilitate the production of the report, with the support of the staff post holders named on this policy.
- 29 The Bursar will monitor the financial operation and provide data as required.
- 30 All staff may consult, discuss and provide feedback to any of the above with the aim of improving the impact of this policy.

## Appendix 1 Structure Diagram Whole School Food Policy



