



Food Policy

2021-2023

INTRODUCTION

The College is dedicated to providing an environment that promotes healthy eating and enabling students to make informed choices about the food they eat.

This will be achieved by the whole College approach to food and nutrition documented in this food policy.

AIMS

The main aims of our College food policy are to enable students to make healthy food choices through the provision of information and the development of appropriate skills and attitudes and to provide healthy food choices throughout the College day via Robertsons Catering.

These aims will be addressed through the following areas:

EQUAL OPPORTUNITIES

In healthy eating, as in all other areas of the curriculum we recognise the value of the individual and strive to provide equal access of opportunity for all.

Curriculum

Food and nutrition is taught at an appropriate level throughout each key stage. This is addressed through:

Teaching methods

Effective teaching requires students to develop their understanding of healthy eating issues and appropriate skills and attitudes to assist them in making informed decisions. Teaching methods adopted in the classroom offer a rich variety of opportunities for participatory learning and include debating issues, group discussions and role-play. These decisions are made at teachers planning meetings.

Leading by example and staff training

Teachers, caterers, health mentor, support staff have a key role in influencing students' knowledge, skills and attitudes about food, so it is important that they are familiar with healthy eating guidelines. To facilitate this staff and students are kept up to date with information via the digital signage and menu boards.

Visitors in the classroom

This College values the contribution made by external agencies in supporting class teachers and appreciates their valuable contribution. We believe it is the responsibility of the College to ensure that the contributions made by visitors to the classroom reflect our own philosophy and approach to the subject.

Resources

Resources for the teaching of healthy eating in PSHE and Food Technology have been selected to complement the delivery of the curriculum in other subject areas. Samples from some of these resources are displayed in the PSHE teacher's folder and are clearly linked to the term's programme of work. Books are available for students in the library or Food Technology room.

EVALUATION OF STUDENTS LEARNING

Primary

The healthy eating aspects of the National Curriculum are assessed through SATS.

Other aspects of healthy eating work are evaluated through activities, which have been built into the programme, as part of the planning process. Within our Learning Enrichment Partnership (LEP) we deliver a 6 week programme 'Ur Goal 4 Life' to all Year 5 students in our primary partnership.

Secondary

Teachers are encouraged to use a range of strategies to evaluate the teaching and learning in healthy eating.

These include:

- Discussion of the suitability of resources and methodology at team meetings.
- Consultation with students through the College Council about existing programmes of study and special events. Liaison with Food and Premises student council.
- Questionnaires for pupils at the end of a unit of work or at the end of a special event about the suitability of the programme and resources.
- The formation of task groups or focus groups of students to look at existing provision and to make recommendations for the future.

PROVISION THROUGHOUT THE COLLEGE DAY

Breakfast

Breakfast is an important meal that should provide 25% of a child's energy requirement and contribute significantly to their vitamin and mineral requirements.

The college operates a free breakfast club that provides a nutritious meal for students.

The breakfast menu includes toast, cereals, water, milk and fruit juice.

External funding is sought to sustain the Breakfast club. During the pandemic we have offered a 'Grab and Go' service at each Year group homebase from 8.20am

Food as a reward

The College does not encourage the regular eating of sweets or other foods high in sugar or fat, especially as a reward for good behaviour or academic or other achievements.

Other methods of positive reinforcement are used in College via Go 4 School points.

Drinking water

The National Nutritional Standards for Healthy School Lunches recommend that drinking water should be available to all students, every day, and free of charge.

The college agrees with this recommendation and provides a free supply of drinking water. There are 10 water fountains around the building.

FOOD AND DRINK IN SCHOOL

School Catering

Robertsons Catering operate on college premises, all staff have undergone appropriate food hygiene training; their facilities meet appropriate food safety requirements; and that they provide lower fat alternatives to foods and dishes with ingredients in the correct proportions.

Packed lunches

Packed lunches prepared by the school caterers adhere to the National Nutritional Standards for Healthy School Lunches. The College encourages parents and carers to provide students with packed lunches that complement these standards. This is achieved by promoting healthy packed lunch options using the principles of the College through the Food and Nutrition curriculum.

SPECIAL DIETARY REQUIREMENTS

Religious & Ethnic groups

The College provides food in accordance with students' religious beliefs and cultural practices.

Vegetarians & Vegans

Robertsons offer a vegetarian option at lunch every day. When necessary they also provides a vegan option.

Food allergy & intolerance

Individual care plans are created for students with food allergies. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details. Robertsons caterers are made aware of any food allergies/food intolerance and requests for special diets are submitted according to an agreed process.

FOOD SAFETY

Appropriate food safety precautions are taken when food is prepared or stored.

These vary depending on the food on offer and include:

- ensuring that adequate storage and washing facilities are available
- food handlers undergo appropriate food hygiene training
- suitable equipment and protective clothing are available.
- food safety hazards are identified and controlled.
- we consult our local Environmental Health Department about legal requirements.

The eating environment

Each year group have access to each specific servery and menu boards.

Each homebase have eating areas on the boulevard, homebase and outside picnic benches.

MONITORING AND EVALUATION

Parents are invited to an annual review of the healthy eating policy and to contribute to a healthy eating approach where appropriate via the college website.

Food Policy Co-ordinator

Review

This College food policy and healthy eating strategy is co-ordinated by the Head of Community.

The policy was formulated through consultation between members of staff, governors, parents, students and catering staff.

Date policy implemented: March 2021

Review Date: March 2023