



THE WORDSLEY SCHOOL
BUSINESS & ENTERPRISE AND MUSIC
COLLEGE

WHOLE SCHOOL FOOD POLICY

Review Date: January 2012

Rational

The recent publication of the “Healthy living blueprint for schools’ and the White Paper on public health – chapter 3 “children and young people” outlines the expectations of schools in this area. Our continued commitment to National Healthy Schools Standard (NHSS) and our relationship with Dudley Health Promoting Schools Service is indicative of the importance placed on healthy issues and our desire to continue to improve standards.

At home children’s food choices might be influenced by the family, however food served at school should reflect our ethos on healthy lifestyle. We have the opportunity to shape the development of eating behaviour and reinforce the links between a healthy diet and a healthy lifestyle. Eating together in school can increase communication and bring a feeling of community to the school day.

Many health professional believe that some additives and colourings found in processed foods can dramatically change a child’s mood and behaviour in school. An inability to concentrate and causing disruption in school can be linked with certain additives. Diets high in fat, sugar and salt are believed to contribute to the high obesity levels in young people.

Aim

To ensure that the food ethos and school food provided supports the healthy eating message taught across the curriculum. This policy aims to outline how we as a school can facilitate learning about making healthier food choices and how they can impact on the quality of lifestyle. This policy should introduce and promote practices to support our aims and remove or discourage practices which negate them.

Objectives

1. All pupils and staff to develop an understanding of the relationship between food and health.
2. Ensure all food ordered in school as snacks or as meals can be deemed as being part of a healthy balanced diet. Any food deemed to be particularly unhealthy because of fat, sugar, salt or additive content is not offered following “Food In School” guidelines.
3. Increase food knowledge (cooking and nutrition, shopping and budgeting, hygiene, food production, manufacture, distribution and marketing practices) and their impact on health, using the full breadth and flexibility of the curriculum.
4. Ensure that food is consumed in safe, hygienic and comfortable surroundings.
5. Promote food that reflects the healthy eating messages being taught in the classroom.

How to meet our objectives

1. *All pupils and staff to develop an understanding of the relationship between food and health.*

- Regular food section in “The Wordsley Word”.
- Health notice board for pupils to be maintained by SHA.
- School Council to be actively involved in updating and evaluating school food.
- School Nutrition Action Group (SNAG) meets termly.
- Displays of our healthy menus in key areas.
- Competitions linked to healthy eating – e.g. healthy food poetry.
- Evaluation of dining halls menus – (SNAG)
- Food technology to take opportunities to promote healthy ingredients.
- Food providers to take part in Dudley Food of Health Award.
- Departments – particularly Science and Food Technology to exploit opportunities to promote healthy choice within the delivery of their curriculum. Where possible this should be highlighted within schemes of work.

2. *Ensure all food offered in school as snacks or as meals can be deemed as being part of a healthy balanced diet. Any food deemed to be particularly unhealthy because of fat, sugar, salt or additive content is not offered.*

- Crisps, sweets or carbonated drinks are not sold in school.
- All food providers to adhere to DFES guidelines and work towards the “Dudley Food for Health Award”.
- Milk to be sold in school from milk bar is semi skimmed.
- Healthy balanced meals including dessert (choice from fresh fruit, seasonal fruit bags, dried fruit, yogurt) to be sold in the dining hall.
- Meal choices to include traditional, world food, salad bar, vegetarian, jacket potato and sandwich options.
- Reduced fat chips
- Side salads available to compliment meals.
- Water purchased through “Water in Schools Campaign” to be sold at cost – (currently 35p for 500ml sports bottle).
- Dining Room provides chilled water for pupils and staff.
- The price of a set meal will be equal to that of the value of a free school meal.
- No vending machines for snacks in school. This will encourage the use of the canteen for all meals.
- Healthy snacks and fruit to be offered at break.
- Food providers to regularly evaluate nutritional content of meals and to make necessary changes.
- Food provided for those with special dietary requirements on request.
- Develop a healthy breakfast club for staff and pupils.

3. *Increase food knowledge (cooking and nutrition, shopping and budgeting, hygiene, food production, manufacture, distribution and marketing practices) and their impact on health, by using the full breadth and flexibility of the curriculum.*
 - Audit food topics at each Key Stage with a view to ensuring that pupils can
 1. Apply a range of dietary guidance and advice to their planning of meals, diets and products.
 2. Understand the role of nutrition in industrial food product development.
 3. Understand how preparation and cooking methods affect nutrients.
 4. Evaluate nutritional claims made on commercial products.
 5. Calculate and analyse nutritional information using ICT.
 6. Undertake and take into account different people's nutritional needs.
 7. Develop a critical awareness of food and nutrition issues.
 8. Select and prepare a range of dishes, which can contribute to a healthy diet/lifestyle.

4. *Ensure that food is consumed in safe, hygienic and comfortable surroundings and that good table manners are encouraged.*
 - Seating in the dining hall to allow sandwich eaters to sit with those purchasing a school lunch.
 - Menu information at the front of the queue.
 - Whiteboards to show "daily specials".
 - Organised queuing system to maximise time for choice.
 - Milk bar to advertise milk in contemporary way.
 - Nutritional information and healthy eating posters to be displayed
 - Pupils work to be used to decorate the walls.
 - Staff meals subsidised (on a trial basis) to encourage staff to eat in the canteen – enhance family atmosphere.
 - Main meals to be served on a tray with a knife and fork to encourage good table manners.
 - Extra duty staff deployed to maintain a calm and welcoming environment for diners.
 - Visitors to be encouraged to use the dining hall.
 - Information to allergy sufferers available on request.
 - Pupils with serious food allergies known to all staff.
 - Maintain a hand-washing campaign to raise awareness about hygiene in PSHE lessons.

5. *Promote food that reflects the healthy eating messages being taught in the classroom.*

- New menus launched September 2010, to be periodically evaluated and updated.
- Change to be informed by government guidelines such as the “Healthy Living Blueprint” or the “White Paper on Public Health”.
- Changes in curricular requirements/scientific opinion/public lifestyle to inform updates on food.
- Food tasting Year 7 & 8 PSHE lessons.

January 2010 Mrs M Shearn, NHSS Co-ordinator/ Head of PSHE & Citizenship.

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