



Food Policy

Date Approved by Governors: to be approved

Review Date:

Person Responsible: Joanne Maher

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- Healthy school action plan, audit materials
- Resources (including websites, food labelling, non-lunch food guidance)

Ethos and values

"Promoting Achievement and Success for all"

Sedgefield Community College values all members of the school community and seek to promote the health and well-being of all members as part of being an enjoyable place to work and learn. We recognise that food and nutrition form an important aspect of our health and well-being and thus contribute to all being able to learn effectively. As a College we recognise that food and drink play an important role in our different cultures and for all of our emotional and social well-being and are committed to communicating consistent messages across the school. This policy should be read alongside the school's policies for: Health & Safety, PSHE, and curriculum policy

The purpose of this policy is to inform all members of the school community and implement systems and structures to be consistent about the food and drink provision at our school.

The scope of this policy encompasses all food and drink consumed on the school site and as part of a school activity. It aims to promote the balance of good health and to promote sustainability through reduced packaging, responsible recycling and disposal of the waste produced by food and drink.

Aims and objectives

Our aim is for all aspects of school life to promote the health and well-being of all members of the school community, including food and nutrition, as part of our commitment to being a Healthy School.

Objectives:

- To set out a consistent approach to food and drink provision throughout the school day
- That all our pupils learn about healthy food and drink as part of a curriculum that supports health and well-being
- To provide high quality school meals to our pupils, within the resources available
- To provide suitable social settings for pupils and staff to consume food and drink
- To work in partnership with parents and carers

The Curriculum

Teaching about food and drink forms part of the curriculum in: Science / Design and Technology / PSHE and Citizenship / vocational GCSE's / tutor time / topic work / PE / literacy / RE. The curriculum framework for healthy eating sets out the curriculum coverage and continuity and progression through the key stages.

Wherever possible, practical and active teaching and learning opportunities will be provided for pupils, in particular to develop skills in the preparation of food, in the analysis of food and in maintaining personal health. Lessons which use the creative learning opportunities of food and drink will also be developed across the curriculum.

The whole school nature of learning about food and drink is reinforced through assemblies and in celebrations. When visitors, such as parents or specialist cooks, are involved in lessons about food and drink, they will work in accordance with this policy and always with a member of the teaching staff present.

Food and drink provision

- School meals

School meals are provided by Sedgefield Community College working alongside Durham Local Authority and follow the nutritional guidelines set out by the DfES' and Caroline Walker Trust. The implementation of national nutritional standards and information about the style of service and menu content are identified in the catering contract.

Special dietary needs

Parents / carers are expected to inform schools of allergies and other diet related medical conditions. Sedgefield Community College will support pupils with special dietary needs during the school day.

Packed lunches

Sedgefield Community College is committed to informing students and parents / carers about approaches to the preparation of a packed lunch that is balanced and healthy. The college will identify areas for the eating of packed lunches where students can have easy access to drinking water and facilities to dispose / recycle waste.

Snacks / vending

Students will be encouraged to eat snacks and have drinks that are low in saturated fat, sugar and salt. DfES guidelines regarding food vending are followed and only snacks and drinks that are low in saturated fat, salt and sugar will be available.(see: appendix 5)

Celebrations, treats and rewards

Sedgefield Community College recognises that food is often an important element of celebrations and will ensure that healthy options are available. The college will only use non food based rewards.

Drinks

Sedgefield Community College recognises the contribution that the consumption of sufficient water makes to learning, positive behaviour and health. The school will meet its legal requirement to make clean, palatable water available to all students and staff throughout the school day. Parents / carers will be encouraged to provide an appropriate container for drinking water and ensure that containers are kept clean. Parents / carers will be provided with information about the value of drinking sufficient water.

Dining environment

Sedgefield Community College aims that all eating environments are welcoming and encourage the positive social interaction of students and staff. The college will specify areas for eating meals and will ensure all such areas have easy access to drinking water and facilities to dispose of / recycle waste.

Extended school and social activities

The college will endeavour to ensure that all college social events and school clubs operate consistently within the objectives of this policy

Breakfast club and after school club

The after school club and breakfast club will provide healthy and tasty foods in accordance with national nutritional standards and ensure food is prepared in healthy and safe conditions by trained staff.

Partnership with parents

Sedgefield Community College will work actively with parents / carers around food and diet. This will include:

Menu consultation and tasting of school dinners;

Information about a balanced and healthy packed lunch;

Involvement in the healthy school group;

School events

All events will aim to take place consistently with this policy

Professional development

All school staff and governors will have access to opportunities for CPD to support the implementation of this policy. Groups of staff will have particular CPD needs, which will be addressed, for example for MSA's, to encourage consistent implementation at lunchtime, and teachers of DT around Food Technology.

Health and safety

All food preparation will adhere to the school's health and safety policy and be carried out according to good food hygiene and preparation standards. Health and safety remains the responsibility of all staff. Wherever possible, food preparation will be carried out in designated areas in the school and an equipment inventory for Food Technology will be maintained and audited by the DT coordinator.

The school's risk assessment procedures will include consideration of Food hygiene. Parents/ carers should notify the college in writing of any special medical dietary needs and the school will work in the best interests of the child.

Implementation

The implementation of the Food Policy is the responsibility of the school's healthy school group, which will consider aspects of healthy eating as part of developments in the school. The Deputy Headteacher of curriculum is responsible for the coordination of the curriculum in relation to food drink and nutrition. The action plan for healthy schools can be found in appendix 4.

Steps will be taken to consult with students, including via the school council, and SNAG group about food and drink provision at school. Meetings will be held half termly.

There is a named governor for monitoring the food policy, including the provision of school meals. This governor will include consideration of the food and drink available as part of their visits to school. Opportunities will be taken to inform parents / carers about the policy and to respond to comments.

Monitoring and Review

The monitoring of this policy will be the responsibility of the student welfare/ Deputy Head. There will be an annual report to the governing body about aspects of food and drink at school. Progress with healthy eating part of healthy school developments will be monitored as part of school improvement planning. Individual subject curriculum policies will set out the learning elements which relate to food and drink and these will be monitored as part of regular subject monitoring.

This policy will be subject to a formal review every three years or sooner if significant changes occur.

Date of policy:

Signed by: