



# Looe Community Academy: Food and Nutrition Policy

March 2015

## INTRODUCTION

The school is dedicated to providing an environment that promotes healthy eating and enabling pupils to make informed choices about the food they eat. This will be achieved by the whole school approach to food and nutrition documented in this policy.

***The policy was formulated through consultation between members of staff, governors, parents, pupils, and our school nurse.***

## FOOD POLICY CO-ORDINATOR

This school food and nutrition policy and healthy eating strategy is co-ordinated by ***Mrs K Jackman.***

## FOOD POLICY AIMS

The main aims of our school food policy are:

- To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes
- To provide healthy food choices throughout the school day

These aims will be addressed through the following areas:

### 1. 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.

### 2. CURRICULUM

Food and nutrition is taught at an appropriate level throughout each key stage either as a stand-alone curriculum subject, through cross-curricular projects or via PSHCE.

This is addressed through:

#### Teaching methods

Effective teaching requires pupils 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.

#### Leading by example and staff training

Teachers, caterers and school nurses have a key role in influencing pupils' knowledge, skills and attitudes about food, so it is important that they are familiar with healthy eating guidelines. To facilitate this we will over time:

- Provide relevant training for staff
- Ensure that teaching materials are available, which contain accurate and detailed information.



- Ensure that students are aware of the part that food plays in growth and development.

## **Visitors in the classroom**

This school values the contribution made by the school nurse in supporting class teachers and appreciates the valuable contribution of outside agencies. We believe it is the responsibility of the school to ensure that the contributions made by visitors to the classroom reflect our own philosophy and approach to the subject. The status of visitors to the school is always checked ensuring that the content of the visitor's talk is suitable for the ages of the pupils. The school's code of practice for visiting speakers is adopted.

## **Resources**

Resources for the teaching of healthy eating in PSHE have been selected to complement the delivery of the curriculum in other subject areas. Where relevant, this will form part of the schemes of work and resources which are prepared for the PSHCE course, delivered by all form tutors. The range of materials used are available from the PSHCE coordinator or via the school electronic filing system.

## **Evaluation of pupils learning**

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

These include:

- ◆ Discussion of the suitability of resources and methodology at team meetings
- ◆ Consultation with pupils through the School Council about existing programmes of study and special events
- ◆ 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 pupils to look at existing provision and to make recommendations for the future.

## **3. FOOD AND DRINK PROVISION THROUGHOUT THE SCHOOL 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 school operates a breakfast club that provides a nutritious meal for pupils before the school day. Where students are known to have difficulties with eating breakfast, for a variety of different reasons, they should be signposted to the breakfast club as an alternative.

One member of the TA staff is paid to be on hand during breakfast club, as a liaison between the canteen staff and the students. It is their responsibility to report back to the co-ordinator where improvements could be made or where problems appear to occur.



Food prepared and sold by the school catering team meets the National Nutritional Standards for School Lunches.

## **SNACKING**

The school understands that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet. The school also recognises the importance of food in aiding concentration and helping students to be more focused on academic work.

The school discourages the consumption of snacks high in fat and sugar at break-time and lunch-time. Healthy options are always available.

## **USE OF FOOD AS A REWARD**

The school does not discourage the eating of sweets or other foods high in sugar or fat, as a reward for good behaviour or academic or other achievements. However, we must all play our part to ensure that this is done in moderation and this should not be a regular feature of the rewards programme. Other methods of positive reinforcement are used in school.

## **DRINKING WATER**

The National Nutritional Standards for Healthy School Lunches recommend that drinking water should be available to all pupils, everyday, and free of charge. Water is also made available during sporting activities.

The school agrees with this recommendation and provides a free supply of drinking water. Students are encouraged to carry drinking bottles to all lessons. They can fill these from an outlet in the canteen area before school, at break and lunch times. Drinking bottles should be clear and contain only water. The drinking of squash and other high sugar content beverages are discouraged and should fall into line with the school expectations as outlined in the student planner.

## **4. FOOD AND DRINK BROUGHT INTO SCHOOL**

### **MOBILE CATERERS SERVING FOOD ON SCHOOL PREMISES**

To operate on school premises, mobile caterers must demonstrate that staff have undergone appropriate food hygiene training; that their facilities meet appropriate food safety requirements; and that they provide lower fat alternatives to foods and dishes.

### **PACKED LUNCHES**

Packed lunches prepared by the school caterers adhere to the National Nutritional Standards for Healthy School Lunches

The school encourages parents and carers to provide children with packed lunches that complement these standards. This is achieved by promoting healthy packed lunch options.

## **5. SPECIAL DIETARY REQUIREMENTS**

### **SPECIAL DIETS FOR RELIGIOUS AND ETHNIC GROUPS**

The school provides food in accordance with pupils' religious beliefs and cultural practices.



## **VEGETARIANS AND VEGANS**

School caterers offer a vegetarian option at lunch everyday. When necessary the school also provides a vegan option.

## **FOOD ALLERGY AND INTOLERANCE**

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

## **6. 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; that food handlers undergo appropriate food hygiene training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. We consult our local Environmental Health Department about legal requirements.

## **7. THE FOOD AND EATING ENVIRONMENT**

In a study carried out on behalf of the School Food Trust, several environmental factors were highlighted that contribute to low school meal uptake, including cramped canteen layouts, poorly-managed queuing systems, inefficient payment methods and high noise levels. The Academy has taken action to improve the facilities and will continue to monitor the service provided to our students. It has been shown that even small improvements to dining spaces can make young people eat more school food. Possible minor changes to the environment, such as staggering lunch queues to give children more time to eat, introducing tablecloths and ensuring that the dining experience is a good one will help encourage students to eat more healthily within the school canteen.

## **MONITORING AND EVALUATION**

Staff, parents and students are invited to support any reviews of the healthy eating policy and to contribute to a healthy eating approach where appropriate.

## **REVIEW**

Review Date: March 2017 and biannually thereafter