

# Walderslade Girls' School

## Healthy Eating and Drinking Policy

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## Document Change History

Date:	Version:	Description of Changes:
09/23	1.2	Adapted from Trust Policy

## Mission Statement

*“To nurture and develop all people in our Trust so that they reach their full potential academically, vocationally, and personally, including being positive role models for future generations in the community. We will achieve this by providing high quality values-based education that cultivates employability and life skills making our schools the first choice for young people, parents, carers, staff and employers.”*

## Values

The values of Respect, Excellence, Collaboration, Independence, Perseverance, Enjoyment, Leadership, Integrity and Care are central to everything we do at the Skills for Life Trust.

Care: Our food policy promotes the care of our students' health and well-being by providing them with nutritious and healthy food options. By offering a balanced diet, we aim to support the physical and mental development of our students and promote their overall health and well-being.

Enjoyment: Our food policy aims to create an enjoyable eating experience for our students. By providing a variety of healthy food options and promoting healthy eating habits, we aim to foster an appreciation for nutritious food among our students.

Excellence: Our food policy is based on the principles of the National Diet and Nutrition Survey, the 1991 Dietary Reference Values for Food Energy and Nutrients for the UK and the Balance of Good Health (BOGH), which are recognized as standards of excellence in nutrition and healthy eating. Our school is dedicated to providing an environment that promotes healthy eating and enables pupils to make informed choices about the food they eat.

## Statement of Equality

We have carefully considered and analysed the impact of this policy on equality and the possible implications for pupils with protected characteristics, as part of our commitment to meet the Public Sector Equality Duty (PSED) requirement to have due regard to the need to eliminate discrimination, advance equality of opportunity and foster good relations.

## Purpose

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 whole school food policy.

The policy was formulated through consultation between members of staff, governors, parents, pupils, our caterers and our Trust Vulnerability Lead.

The nutritional principles of this policy are based on the findings of the National Diet and Nutrition Survey of 4 to 18 year olds; the 1991 Dietary Reference Values for Food Energy and Nutrients for the UK; and the Balance of Good Health (BOGH)

The main aims of our school food policy are:

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

## 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.

The students learn about the Eat Well guide - the important of breakfast, protein for growth and energy rather than toast, cereal. They learn about the '5 a Day' – vitamins and fibre. Students are taught about healthy portion size – and taught the guideline of a 'handful'. Students have food science lessons across Food Technology and their Science Lessons.

They start in year 7 with a recap on all their understanding and experience of Food and Nutrition from Primary and build on it each year so it is embedded by GCSE should they take Food as an option.

Whilst cooking in Food Technology lessons, the school have reduced the amount of salt and sugar in some of the recipes.

As a school we also celebrate the following events as an opportunity to explore and educate about food:

**Healthy Eating Week - June 13th - 17th**

**Food Diversity Day 13th January**

**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. These decisions are made at teachers planning meetings.

**Visitors in the classroom:** This school values the contribution made by the pastoral team 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.

**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. These are stored in the school's U drive. The range of materials used is available for review on request to the PSHE Lead and the Food Technology teachers.

**Evaluation of pupils learning:** The healthy eating aspects of the National Curriculum are assessed at regular points in the academic year. Other aspects of healthy eating work are evaluated through activities, which have been built into the programme, as part of the planning process.

## Food and Drink Provision

All school food meets standards set out by the Children's Food Trust and the National Nutritional Standards for School Lunches.

Food prepared by the school catering team meets the National Nutritional Standards for School Lunches. And no child at Walderslade Girls' School is ever refused a meal.

### **Breakfast, Break and Lunch Time Canteen Foods:**

The canteen provides a range of snack foods that contribute positively to the BOGH:

A healthy selection of fresh sandwiches, baguettes and wraps available on white or brown bread

Range of fruit pots - mixed fruit, pineapple, melon or grapes

Range of paninis and toasties

Fresh Salads - Chicken and bacon pasta salad, tuna and sweetcorn salad, cheese shaker salad, jerk chicken noodle shaker salad

Granola Pots

Whole fruit - apples and Oranges

Bacon Baps

Vegetarian Muffins

Toasted Bagels

Porridge

Carrot Sticks with Houmous

Cucumber Sticks with Houmous

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 discourages the consumption of snacks high in fat and sugar at break-time. The school rules state there are to be no energy drinks to be bought into school and will confiscate those that are.

### **Use of Food as a Reward:**

The school 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. Foods can be used as a reward, but this can often be a healthy balanced breakfast reward or the occasional lollipop, or possibly an Easter Egg at Easter. But we favour other methods of positive reinforcement in school. These include complimentary remarks, Values stickers, Values postcards, praise phone-calls, stickers, stars, certificates.

For exceptional events such as Year 11 Leavers' Prom, food rules may be relaxed with the consultation with the Headteacher. In these cases, healthy options will continue to be provided and encouraged.

### **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.

The school agrees with this recommendation and provides a free supply of drinking water. Students are able to fill their water bottles before school and during break and lunch times.

## **Food and Drink Bought into School**

**MOBILE CATERERS SERVING FOOD ON SCHOOL PREMISES:** To operate on school premises, any 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 with ingredients in the proportions depicted in the BOGH

**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 using the principles of the BOGH.

## **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 every day. 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.

## 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.

**COMMUNICATION:** Parents are invited to an annual review of the healthy eating policy and to contribute to a healthy eating approach where appropriate.

The Whole School Food Policy will be promoted via the school website, school assemblies/registration times and parents' newsletter.

**MONITORING AND EVALUATION:** Parents are invited to review the healthy eating policy and to contribute to a healthy eating approach where appropriate.

The Senior Leadership Team meet regularly with the school catering providers to monitor school food choices and menu planning.

Our cashless system enables the kitchen to monitor pupil's choices and incorporate this into menu planning. Monitoring of school food choices and incorporating this into menu planning.

If pupils are noted to consistently chose/bring unhealthy packed lunches, parents are contacted to discuss and encourage other options.

Food concerns will be discussed with caterers, pupils, parents and staff as the need arises.

## Supporting Community

Our school food policy also has a strong emphasis on supporting our community and helping those in need. We have a program in place to help provide food hampers to more vulnerable families within our community, in order to ensure they have access to nutritious food. At Christmas time, we also organize and distribute Christmas hampers to those families in need. In addition, as part of our 'just ask' scheme, we often organize and facilitate food drives for local food banks to help restock their supplies and support those in need within our community. These initiatives are a testament to our commitment to promoting healthy eating for all and supporting our community.