



Whole School Food Policy

AIMS

The school aims to ensure that all aspects of food and nutrition provided during the school day promote the health and wellbeing of students, staff and visitors to our school.

In delivering the policy, the school also aims to improve the health of the whole school community through the flow of information between school, students and their families.

OBJECTIVES

1. To actively engage our students and their parents in recognising the benefits of healthy eating/drinking and adopting a healthy lifestyle.
2. To ensure cross-curricular consistency in delivering information relating to food and nutrition.
3. To work with the school's caterers to ensure that healthy, nutritious meals (in line with the national nutritional standards) are promoted at all times, both in the canteen and through vending outlets, and that an appropriate environment is maintained to promote student well-being and to develop positive social interaction.
4. To ensure that the school's food policy is in line with national healthy school status and guidance.

ACTIONS / GUIDELINES

1. To actively engage our students and their parents in recognising the benefits of healthy eating/ drinking and adopting a healthy lifestyle

- 1a) Teaching in a way that promotes healthy eating, through practical work, explanation of nutritional values, understanding the role food plays in cultural diversity, raising awareness of environmentally sustainable food production methods and socially responsible food marketing practices, food safety and hygiene, and providing information in support of these through a variety of subjects including Food Technology, PHSE, Citizenship, Drama, Science and PE.
- 1b) Promoting teaching and learning in modern, innovative ways, including use of our “Virtual Teaching Environment” (VTE) to which students have access from home, and through home study projects.
- 1c) Actively seeking involvement in projects and new approaches, including : working with London Metropolitan University analysing questionnaires completed by students concerning healthy eating; taking part in the “Communities that Care” survey; working with children and families from our feeder Primary Schools; taking part in the Jubilee Rotary Club food/cooking competition.
- 1d) Working with the School Council to promote healthy eating, and seeking students’ views on menus and opportunities for further development.
- 1e) To encourage students to access water supplies in key areas across the school site.
- 1f) Providing thought-provoking posters and displays in key areas.
- 1g) To offer and promote a Healthy Eating Club, where students have the opportunity to prepare, cook and eat their own lunch in an informal setting.
- 1h) To continue to run dedicated “Health Days” for students in Year 7, Year 8 and Year 9.
- 1i) To involve parents and families by providing information about healthy lifestyles, including the sharing of information from the National Healthy School Programme (nutritional standards) to promote healthier packed lunches, and the provision of healthy lifestyles booklets “Dump the Junk” provided by the British Heart Foundation.
- 1j) To apply for and distribute Government-sponsored cookery books for children as available.

2. To ensure cross-curricular consistency in delivering information relating to food and nutrition

- 2a) Ensuring that information relating to food and nutrition in different lesson areas is consistent and up-to-date.
- 2b) Continuing to offer health & safety and specialist training opportunities to staff engaged in the delivery of food-related topics.
- 2c) Strategy Groups consider and discuss whole school issues and ensure consistency of approach.

3. To work with the school's caterers to ensure that healthy, nutritious meals (in line with the national nutritional standards) are promoted at all times, both in the canteen and through vending outlets, and that an appropriate environment is maintained to promote student well-being and to develop positive social interaction

- 3a) Regular discussions to continue with the catering providers to ensure that the school's requirements are being met, that the planned provision for breakfast, break and lunchtime sessions meets the latest standards, and that provision reflects the ethical and medical requirements of students and staff, whilst recognising that for some individuals, their medical condition may conflict with healthy eating principles (eg cystic fibrosis).
- 3b) To develop promotions and taster sessions to generate interest in healthy eating, and to give students the opportunity to try different types of food.
- 3c) To continue to review and improve the dining areas and general environment, promoting positive social interaction amongst the students.
- 3d) To seek involvement of the caterers through curriculum opportunities.

4. To ensure that the school's food policy is in line with national healthy school status and guidance.

- 4a) To be able to demonstrate that through teaching and learning, the school has empowered our students to make healthy eating, and healthy lifestyle choices, in order to prepare them for their future lives.
- 4b) Stoke Park received the "Healthy Schools Award".

MONITORING AND EVALUATION

1. Feedback will be sought from the Student Council, from the caterers and staff supervising breakfast/break/lunchtime sessions, and from parents, to establish if healthier options are being pursued, and to evaluate the success of the actions put in place during the year.
2. Strategy Groups will monitor consistency, and seek feedback from staff involved in the delivery of cross-curricular schemes. Regular lesson observations are also undertaken, and can be fed into this process. All specialist Food Technology staff have received training in basic food hygiene, and continue to access appropriate training courses. All staff engaged in delivering aspects of healthy eating through cross-curricular themes are appropriately trained.
3. Regular feedback will be sought from the caterers on the numbers of students using the services, and the success rate of different food trials. The Catering Inspector will also report on how well the service provider is delivering their service, including how well they are meeting the national nutritional standards.

NOTES

- This policy document has been produced in consultation with members of the school community, including students, parents, community users, school staff, Governors, LA representatives, the local Healthy Schools representative and representatives of related external organisations.
- In accordance with the school and Local Authority policy, a commitment to Equal Opportunities and Inclusion will be built into all aspects of food and drink provision.
- Stoke Park School and Community Technology College actively supports healthy eating and drinking throughout the school day.

*This document is freely available to the entire school community.
It has also been made available in the school newsletter, website and prospectus.*