



The Grange School and Sports College Policy Document



1. **Title:**

Whole school Food Policy

2. **Purpose:**

To create a whole school approach to healthy eating.

3. **Aims:**

- To implement nutritional guidelines as appropriate
- To educate all students about the need and benefits of eating healthily
- To provide food and drinks during the school day which actively supports the healthy eating guidelines
- To give staff and students a choice from a variety of foods and drinks daily
- To operate a pricing and serving system which actively promotes healthy options
- To create calm and pleasant serving and eating environments which are well supervised
- Reduce environmental impact, ie food packages/litter on the site
- To maximise the cost effectiveness of healthy eating

4. **Policy:**

- Food and drinks in school will be regularly monitored by FIST and SLT to ensure that nutritional guidelines and advice from DCSF is followed through and students receive quality products and suitable prices every day
- Food in Schools Team (FIST) – 2nd and 4th terms consultation to all students and parents then feedback to FIST, School Council and SLT
- All school staff will be asked to actively promote healthy eating as appropriate and to contribute ideas
- Students will not be allowed to leave the school site during break or lunchtimes unless parents have specifically requested in writing that their child is allowed home for lunch during the lunch break
- The school environment action group will be responsible for advising the school and organising students to keep the school and specifically the eating areas clean
- Bright, colourful healthy information/posters will be displayed around the canteens
- The upstairs canteen will be open every morning from 8.00am to 8.25am to serve breakfast foods and drinks
- Breaktimes – both upstairs and downstairs canteens will be open during breaktimes selling snacks and drinks. Years 7 and 8 will use the downstairs canteen and years 9, 10 and 11 will use the upstairs canteen. Teaching staff will be on duty at these areas daily
- Lunchtimes – the downstairs canteen will operate 2 areas (salads/jacket potatoes and sandwiches, rolls, drinks and snacks)
- The upstairs canteen will operate 3 areas – 2 areas selling hot foods and 1 salad and sandwich bar
- Students will be asked for their views and ideas for implementation on food in school via the school FIST group
- Healthy foods will be priced appropriately to encourage purchase
- Confectionary and savoury snacks will not be available through the lunch

- time
- Vending machines will stock water, milk, fruit drinks and agreed suitable snacks
 - Water cooler in canteen to provide fresh, free drinking water daily
 - Fresh vegetables and salads will be available daily
 - High sugar and fizzy drinks will not be sold
 - Crisps will not be sold
 - A variety of foods will be available and foods such as pies and pizzas will be restricted
 - Pizzas, pies, burgers will never be sold more than once
 - Oily fish will be on the menu at least once every 3 weeks. Fried potatoes will be restricted to once per week and must be sold as part of a main meal. Only 2 deep fried products per week

The implementation and monitoring of this policy will be the responsibility of the Assistant Head (Students and Learning).

The purpose of reviewing the effectiveness of the implementation and development of this policy is:

- To ensure that all students are aware of the healthy eating guidelines
- To report to the school council progress made and review any further changes via FIST group
- To ensure that students and staff have good quality food and drink available in school
- To evaluate the service provided
- To evaluate the atmosphere and conduct in the eating areas
- To evaluate the amount of litter on the site

Responsibilities:

Key Stage Coordinators will:

- Oversee the conduct of students during break and lunchtimes
- Liaise with the catering staff to ensure well ordered environments for serving and eating
- To promote healthy eating in the school

Assistant Head will:

- Work closely with the teacher, Director of Sport and Citizenship with responsibility for Food Technology to ensure that appropriate guidelines on nutrition and healthy eating are taught to all Key Stage 3 students
- Work with the Catering Manager to ensure that a variety of good quality healthy foods and drinks are available daily
- Ensure that the guidelines on what should or should not be served to students are adhered to. Work with the Heads of Learning to promote calm eating and serving environments
- Liaise with the school council to ensure that students opinions are considered in relation to Food in Schools via questionnaires twice per year with the FIST group

The Catering Manager will:

- Follow the school's whole school food policy to promote healthy eating within the school

- Apply the new Nutritional standard to all items of food and drink supplied and produced to students daily
- To liaise with catering staff, teaching staff, students and FIST group
- Supervise catering staff to communicate and promote the needs and benefits to all students to eat healthily
- Oversee and develop the training needs of the catering staff as necessary.
- Seek to use local sources of produce and aim towards providing organic products

Support available to parents who wish to learn more about Food in School

Parents can access information via the internet:

www.foodinschools.org

www.eatwell.gov.uk

www.ihsp.org

www.teachernet.gov.uk/wholeschool/healthyliving/curriculum

Parents can contact the school to get up-to-date information on the food and drinks available.

5. Relationship to other Policies:

- The Equal Opportunities Policy

6. Monitoring, Review and Evaluation:

The monitoring, reviewing and implementation of this Policy will be the responsibility of the Assistant Head in consultation with the SLT and the Governor's Pupils and Personnel committee.

Adopted by Full Governing Body on: 18.10.06

Review Date: 2010