

WOODBIDGE HIGH SCHOOL

School Food Policy



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SCHOOL FOOD POLICY

1.0 AIMS

The school aims to deliver a healthy well balanced catering service for the whole school, ensuring that the school meals surpass established best practice standards and statutory advice as set out in the School Food Plan and outlined by the Soil Association Food for Life programmes

2.0 WHY DO WE HAVE A SCHOOL FOOD POLICY?

Good health is important to everyone. Research into the health and wellbeing of school children has shown that there are significant concerns about children's current and future health. The important connection between a healthy diet and pupils' ability to learn effectively and achieve standards in school is also recognised. At Woodbridge High School we are committed to a 'whole school approach' which engages the entire school community and ensures that all aspects of food and nutrition in school promote the health and well-being of its pupils, staff, volunteers and visitors.

We aim to influence and improve the health of the whole school community by equipping pupils with ways to establish and maintain lifelong healthy eating habits that benefit both themselves and their environment.

We seek to provide a high quality food service and to ensure consistency in food messages throughout the school.

3.0 FOOD LEADERSHIP

3.1 Aim

To ensure that the school plays its role, as part of the larger community, in promoting nutritional healthy and sustainable food and farming practices.

3.2 Objectives

- σ to ensure the whole school and community are involved and consulted with about school food issues through the School Council;
- σ to ensure that the whole school community are kept informed of key changes in relation to food issues;
- σ to encourage healthy eating at lunchtimes and all other meals;
- σ to ensure key staff and teachers have the necessary skills to educate the whole school community on food and nutrition topics.

4.0 FOOD QUALITY AND PROVENANCE

4.1 Aim

To ensure that pupils and staff receive a healthy, tasty, nutritious, affordable and safe food during the school day and have access to milk and a water supply that is separate from the toilet area.

4.2 Objectives

- σ to ensure that the school food provision complies with present government legislation and standards;
- σ to ensure all catering staff are fully trained in matters relating to food within the whole school and ensure continuous professional development opportunities;
- σ to ensure all pupils have easy access to a source of free, fresh and palatable drinking water either in their personal water bottles or, at school break, in appropriate drinking vessels;
- σ to provide consistent quality and seasonal food throughout the school which meets the Government's minimum standards and reflects the ethical and medical requirements of pupils and staff, for example, religious, ethnic, vegetarian, medical and allergenic needs;
- σ to offer the Food for Life Bronze standard as a minimum;
- σ to ensure each day that fresh seasonal fruit and salad is offered to the whole school community.

5.0 FOOD EDUCATION

5.1 Aim

To offer a well-planned National Curriculum course of study that incorporates messages about food and nutrition, food hygiene, food production, manufacturing, distribution and sustainability issues, which is complemented and reinforced by extracurricular activities that are accessible to the wider community.

5.2 Objectives

- σ to enable all pupils to develop an understanding of the relationship between food, physical activity and short and long term health benefits, including oral health;
- σ to provide an opportunity to acquire basic skills in purchasing, preparing and cooking food and an understanding of basic food hygiene to both pupils and members of the wider community;
- σ to provide pupils and members of the wider community with the opportunity to learn about the growing and farming of food and its impact on the environment;
- σ to participate in national schemes that promote positive messages about food e.g. National School Fruit Schemes, National Healthy School Standard, MEND programme;
- σ to ensure equality of access for all;
- σ to provide opportunities to eat and/or cook vegetables and fruit that have been grown on school premises;
- σ to ensure pupils have regular contact with local producers and farms throughout their time at school.

6.0 FOOD CULTURE

6.1 Aim

To create and promote a positive food culture within the school and its wider community.

6.2 Objectives

- σ to actively promote and market healthier meals;
- σ to provide an enjoyable lunchtime experience that recognises the importance of a positive social environment to overall school culture;
- σ to encourage effective working relationships with families and the wider community, linked to school food activities and the operation of the food service throughout the whole school day;
- σ to create displays that reinforces messages about a balanced healthy lifestyle.

7.0 PROVISION OF FOOD AT SCHOOL

- σ To provide a meal service that is compliant with all Government and regulatory standards and is an attractive proposition to the school population. Full details can be found in the Catering Contract Service Specification;
- σ To offer a well-balanced breakfast, break and lunch offer to include both hot and cold food freshly prepared each day;
- σ pupils have access to drinking water in each of the catering facilities. There are water fountains positioned around the school ensuring that drinking water is freely available to children at all times. In addition, children are encouraged to bring water bottles from home;
- σ milk is available for the students during each of the services;
- σ vending machines will only offer food and drink that meets the nutritional standards sets out in this policy.

8.0 CONSUMPTION OF FOOD AT SCHOOL

- σ both the main kitchen and other satellite catering service points, and the dining room(s) are supervised in such a way to ensure that the pupils eat in a pleasant, social, hygienic and safe environment;
- σ the meal service is brisk, ensuring that pupils' food is hot and that all children are able to eat in a calm, relaxed way during the time allocated for the whole school to eat their meals;
- σ all students are encouraged to enjoy the school meals. All students, including those who have packed lunch, are required to eat in an orderly manner and leave the table clean.

9.0 THEME DAY EVENTS

To offer periodical Theme Day events that promotes a particular event at that time of year or is linked with part of the school curriculum.

10.0 PARTICIPATION IN NATIONAL SCHEMES

The school requires its caterer to hold at least the *Bronze Food for Life* certification as a minimum. Our current contractor, *Harrisons*, holds this certification (achieved in 2014).

11.0 EVENTS AND LETTINGS AT SCHOOL

- Only the contracted caterer should use the school's kitchen unless there is an agreement which is made that is acceptable to both the contractor and the school i.e. during lettings' periods. The contractor is able to offer hospitality both to the school and to outside groups using the school premises. The caterer will provide separate menus for hospitality services.

12.0 IMPLEMENTATION AND MONITORING

- the catering contractor will, in partnership with EDUCO and the Head teacher, review and update menu options to meet current regulations and pupil tastes;
- the School Business Manager will meet at least termly with Educo and a senior representative from the contractor to manage and develop best practice;
- the policy aims and objectives will be reviewed and updated routinely every three years, and also at the beginning of a new catering contract;
- the School will review the Educo audit(s) of the catering service to ensure all matters arising are actioned for improvement as required.

Appendix 1 - Healthy Packed Lunch Guidelines

For a balanced healthy packed lunch select these healthier foods and drinks:

- Fruit and Vegetables

Include at least one portion of fruit and one portion of vegetables or salad each day.

- Meat and Alternatives

Meat, fish or another source of non-dairy protein should be included every day. Non-dairy sources of protein include lentils, kidney beans, chickpeas, hummus, and falafel.

- Oily Fish

Include oily fish, such as salmon, at least once every three weeks.

- Starchy Food

A starchy food, such as any type of bread, pasta, rice, couscous, noodles, potatoes or other cereals, should be included every day.

- Milk and Dairy Food

Include a dairy food, such as semi-skimmed or skimmed milk, cheese, yoghurt, fromage frais or custard, every day.

- Drinking Water

Free, fresh drinking water should be available at all times.

- Healthier Drinks

Include only water, semi-skimmed or skimmed milk, yoghurt or milk drinks or smoothies.

Avoid including these foods in packed lunches

- Snacks

Snacks, such as crisps, should not be included. Instead, include seeds, vegetables and fruits (with no added salt, sugar or fat). Savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice.

- Confectionery

Confectionery, such as chocolate bars, chocolate-coated biscuits and sweets should not be included. Cakes and biscuits are allowed but encourage your child to eat these only as part of a balanced meal.

- Meat Products

Meat products, such as sausage rolls, individual pies, corned beef and sausages/ chipolatas, should be included only occasionally.

Approved by the F&GP Committee on the 7th February 2018

Reviewer: School Business Manager

Next Review Date: Spring term 2021