

# WINDLESTONE SCHOOL



## Healthy Eating

Policy

&

Strategy



# Windlestone Hall School

## Healthy Eating Policy & Strategy

### INTRODUCTION

The policy sets out a framework for action on food and healthy eating issues at Windlestone School. It is important to creating an environment where all the school's students have the support and opportunities to achieve good health as children and young people at school, and as adults in the future. The policy sets out a framework for action on food and health issues in the school.

Work towards ensuring that this policy is both accepted and embraced by governors, all staff, students, parents and/or carers, and the wider school community will ensure that the provision and consumption of food at the school is an enjoyable, healthy, safe and socially rewarding experience.

This policy has been developed in consultation with students, parents, staff and governors, and has been informed by:

- Nutritional Standards for School Lunches and Other School Food, 2006,
- Healthy Schools, Making the Links, DfES 2006,
- Food Policy in Schools, national Governors Council, 2005,
- Food in Schools Toolkit, 2005,
- National Healthy Schools Status, A guide for Schools, DfES 2005,
- Healthy Living Blueprint for Schools, DfES 2004, and
- Grab 5, A Model School Food Policy, Sustain 2002.

and numerous websites.

This policy should be read in conjunction with:

- all school policies in the *Safeguarding & Promoting Student Welfare* series,
- curriculum schemes of work, and
- aspects of the Health and Safety Policy which relate to how food is stored, prepared and cooked in school.

### RATIONALE

At Windlestone School the importance of a healthy lifestyle and diet is recognised. It is also recognised that establishing a balanced diet in childhood and adolescence helps establish healthy eating habits for life. Children and young people who are healthy and fit are more likely to achieve their potential. This policy states the ways in which the school community supports students to develop the skills and attitudes that will help them make informed choices about healthy eating both within school, and out of it, by increasing their knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet, and hygienic food preparation and storage methods

## **SCOPE**

The policy applies to all food prepared cooked and served at the school for students, staff and visitors. The school anticipates its policy will positively impact on food brought into school for packed lunches and snacks; and improve the health of students, staff, visitors and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues.

## **PRINCIPLES**

Windlestone School is committed to improving students' knowledge of healthy lifestyles and the importance of diet by:

- embedding health messages about food in the curriculum,
- providing and actively promoting healthier options for students eating in school,
- ensuring nutritional standards are established and followed by the school kitchen,
- preventing any in-school advertising or promotion of foods high in salt, sugar, or saturated fats,
- encouraging a move towards healthier snacks and packed lunches, and
- encouraging food vendors near school to provide healthier options.

## **AIMS**

The school seeks to ensure that all aspects of food and nutrition in school develops positive attitudes to becoming healthy; and promotes the health and well-being of students, staff and visitors. The school will remove or discourage practices that negate its aims which should be integrated into all aspects of school life, but particularly food provision within school, the curriculum, and social activities. The school aims to:

- provide accurate nutritional information to students about the food they eat in school, enabling them to make educated choices;
- ensure that the school kitchen provides a nutritious range of food and drink items every day at breakfast, snack, lunchtime, and teatime using fresh vegetables, fruit and meat;
- review food and drink options available from the school kitchen on a regular basis and ensure that all options offered are appropriate ones;
- give consistent messages about food and health to students across the whole of the school curriculum;
- ensure that school meals meet the minimum required national standards as laid down by the DFES from September 2006; and
- to provide a safe and easily available water supply throughout the day.

## **IMPLEMENTATION**

All meals other than supper are prepared in the school kitchen by school cooks, served in a buffet style, and eaten in Le Café.

The catering staff are friendly and cheerful, and all at the school who prepare and serve food have the basic food hygiene certificate.

### **Breakfast**

A breakfast service operates between 8.20 and 8.45 a.m. on a daily basis in Le Café for all students and staff who have slept-in at school the previous night. This service is available to all students, not just the resident students. Students travel to Windlestone School from throughout the Authority and many have no time for breakfast in the morning at home.

The food offered is consistent with a healthy diet. Toast, white and brown rolls, low fat spread, fruit jam, yoghurt, low salt/low sugar fortified cereals, semi-skimmed milk, and fresh fruit is provided throughout the year.

Between November and March a cooked breakfast is also available consisting of porridge, healthy choice or vegetarian sausages, lean back bacon, *scrambled, poached or boiled eggs* and baked beans, *mushrooms* or tinned tomatoes.

Students choose from water, orange juice and apple juice to drink.

Le Café provides a friendly atmosphere, where students can come to socialise with their peers, finish homework, and encourages the whole school community to eat breakfast.

Breakfast is provided to all students free of any charge.

### **Snack**

Le Café is open at mid-morning break between 10.40 and 11.00 a.m. The food offered for sale at subsidised prices includes:

- fresh fruit
- dried fruit
- raisins
- *unsalted nuts*
- wholegrain snack bars
- bagels
- pretzels
- *plain popcorn*
- cheese straws
- *fruit or cheese scones*
- *fruit cake*
- *fruit bread*
- *currant buns*
- *chopped raw vegetables*

- *crumpets and English muffins*

Un-carbonated, unsweetened drinks are also available.

Le Café also provides a friendly venue where students can socialise and play games like chess, draughts, cards or dominoes.

## **Lunches**

Lunch is served between 12.40 and 1.15 p.m. for all students, and staff on duty. A hot and cold option are provided, both of which pay regard to nutritional balance and healthy options.

The School offers:

- a home-made main meal with fresh vegetables,
- a hot vegetarian option,
- a self-service salad bar with a variety of baguettes, rolls, bagels or paninis, and
- fresh fruit salad, low fat yoghurt, or fresh fruit

on a daily basis.

- *hot fruit based dessert served twice a week*

Students serve themselves other than the main element of the hot dishes. All options are available throughout the time Le Café is open. Although Le Café is busiest at lunchtimes it provides a friendly atmosphere where students can socialise over good food in a pleasant atmosphere.

Chilled water is available for students to drink.

Lunch is provided to all students free of any charge.

## **Tea**

Tea is served in Le Café between 5.00 and 5.30 p.m. for resident students, extended day students, and staff on duty. Between November and March a light cooked tea is available including a vegetarian option.

During other months meat, fish or cheese salads are available, together with baked potatoes and a variety of fillings or toasted sandwiches.

Choices of desert at teatime include homemade flapjack and bagels, fresh fruit, ice cream and jelly

Chilled water is available for students to drink.

Tea is provided to all students free of any charge.

## **Supper**

Supper is served in the Living Units between 8.30 and 9.00 p.m. for resident students.

Hot and/or cold drinks, a light supper, and fresh fruits are available.

### **Packed Lunches Provided by School for Educational and/or Social Trips**

Packed lunches contents provide a healthy, balanced, nutritious meal containing fresh, wholesome ingredients.

Water or unsweetened fruit juice is provided with every packed lunch.

### **Packed Lunches provided by Parents and/or Carers.**

Students who bring packed lunches from home to school eat them in Le Café.

Parents and/or carers are encouraged to support the school's healthy eating policy by providing a healthy, balanced, nutritious packed lunch. Ideas and suggestions for this are available from school. All lunches are kept chilled during the morning.

Staff on duty in Le Café monitor the contents of packed lunches from home.

### **Meals External to School**

On some social evening trips students will dine in fast food outlets where the food may not meet the high health and nutritional standards advocated.

Staff will monitor students carefully and encourage them to make informed healthy dietary choices. However, it is by exercising choice that students show they understand the importance of healthy eating.

The Head of Student Support is responsible for monitoring the frequency which individual students access such outlets, and keep them to a minimum.

### **Water for all**

Chilled water is freely available throughout the school day to all members of the School Community. Every student and member of staff is provided with a free bottle in which to store their water. Students may drink their water at any time, except during School Meetings.

### **Curriculum, Teaching and Learning**

In Key Stage 3 all Windlestone students have two 50 minute lesson of Food Technology a week where they learn about healthy eating, nutrition, and food hygiene. Food Technology is also an option subject in Key Stage 4.

Within Food Technology students are encouraged to prepare and taste foods they have never eaten before and foods from other cultures.

However, all school subjects have a role in promoting healthy lifestyles. A Teaching and Learning Responsibility Leader is responsible for monitoring how they do so and advising teachers accordingly. All teaching actively:

- promotes an ethos and environment that encourages health;
- uses the full flexibility of the curriculum to achieve a healthy lifestyle;
- ensures that any food and drink availability in lessons reinforces the healthy lifestyle message;
- promotes the benefits of Physical Education and school sport and promote physical activity as part of a life long healthy lifestyle; and
- promotes an understanding of the full range of issues and behaviours which impact upon life long health.

### **Parent/Carer Involvement**

The school brochure and website contain a summary of the school's healthy eating policy; articles in the school's newsletter, Windlestone Matters, reinforce it.

### **Food Hygiene**

Students are always reminded about the importance of hand washing before eating or handling food.

Whenever students work with food they are helped to follow basic hygiene routines including; wearing a food preparation apron and hat, using clean equipment, always washing hands before and after working with the food, and using an individual spoon etc. when tasting food.

### **AUDIT, MONITORING & EVALUATION**

All staff should play a role in the audit, monitoring and evaluation of this healthy eating policy and strategy, reporting both satisfaction and concerns.

The cooks should monitor the quality and freshness of ingredients delivered to the school.

The Office Manager should audit, monitor and evaluate the quality and variety of food produced by the cooks in the school kitchen ensuring it meets all national and local guidelines.

The Site and Transport Manager should audit, monitor and evaluate food storage in school ensuring practice meets environmental health guidelines.

The Head of Student Support should monitor and evaluate the milieu of, and student behaviour in, Le Café, ensuring the environment is friendly, relaxing and encourages the whole school community to eat in it.

The TLR Leader Healthy Lifestyles should monitor and evaluate the quality of Healthy Lifestyles teaching throughout the school and plan to improve teaching, where needed, and promote student achievement.

The Headteacher should ensure that school meals and Le Café are a regular agenda item for discussion with students within the School Meeting.

Governors should monitor and evaluate the resources allocated to provisions on an annual basis, and ensure that the funds are sufficient to meet the demands of this policy and strategy.

### **REVIEW**

This policy and strategy will be regularly reviewed.

PM Jonson, June 2006.