

Kings Langley School



Whole School Food Policy

REVIEW DATE: November 2018

Character Development: Commitment to Equality and Diversity

This school is founded on a set of fundamental values designed to enable all students and adults connected with our community to flourish and succeed, regardless of background or circumstances. We are determined to be open to people, places, methods and ideas—and as such, equality and diversity are at the heart of everything we do. Our continued dedication to social justice and equality of opportunity is embodied in everything we do.

We are creating an **inclusive** school community where:

- People are treated with dignity and respect
- Inequalities are challenged
- We anticipate, and respond positively to, different needs and circumstances so that everyone can achieve their potential
- We value diversity and we recognise that different people bring different perspectives, ideas, knowledge and culture, and that this difference brings great strength.
- We believe that discrimination or exclusion based on individual characteristics and circumstances, such as age; disability; caring or dependency responsibilities; gender or gender identity; marriage and civil partnership status; political opinion; pregnancy and maternity; race, colour, caste, nationality, ethnic or national origin; religion or belief; sexual orientation; socio-economic background; trade union membership status or other distinctions, represents a waste of talent and a denial of opportunity for self-fulfilment.
- We recognise that patterns of under achievement at any level and differences in outcomes can be challenged through positive intervention activities designed to bridge gaps.
- We respect the rights of individuals, including the right to hold different views and beliefs. We will not allow these differences to be manifested in a way that is hostile or degrading to others.
- We expect commitment and involvement from all our staff, students, partners and providers of goods and services in working towards the achievement of our vision.

A Policy Title: Whole School Food Policy

B Rationale

- To provide an environment that promotes healthy eating and enables students to make informed choices about the food they eat.
- This policy exists to provide a framework for supporting our stated aim of "ensuring the happiness of every individual in our community" by providing opportunities for growth and excellence through the education of the whole person, to promote a climate which enables all students to flourish, regardless of ability or special needs, and supports our desired outcomes of developing "strong character" including aspects of "stickability", self-regulation and empathy.
- 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) (Appendix 1).

C Food Policy Co-ordinator

This school food policy and healthy eating strategy is co-ordinated by
Fiona Winfield (Principal Deputy Headteacher)

D Purpose

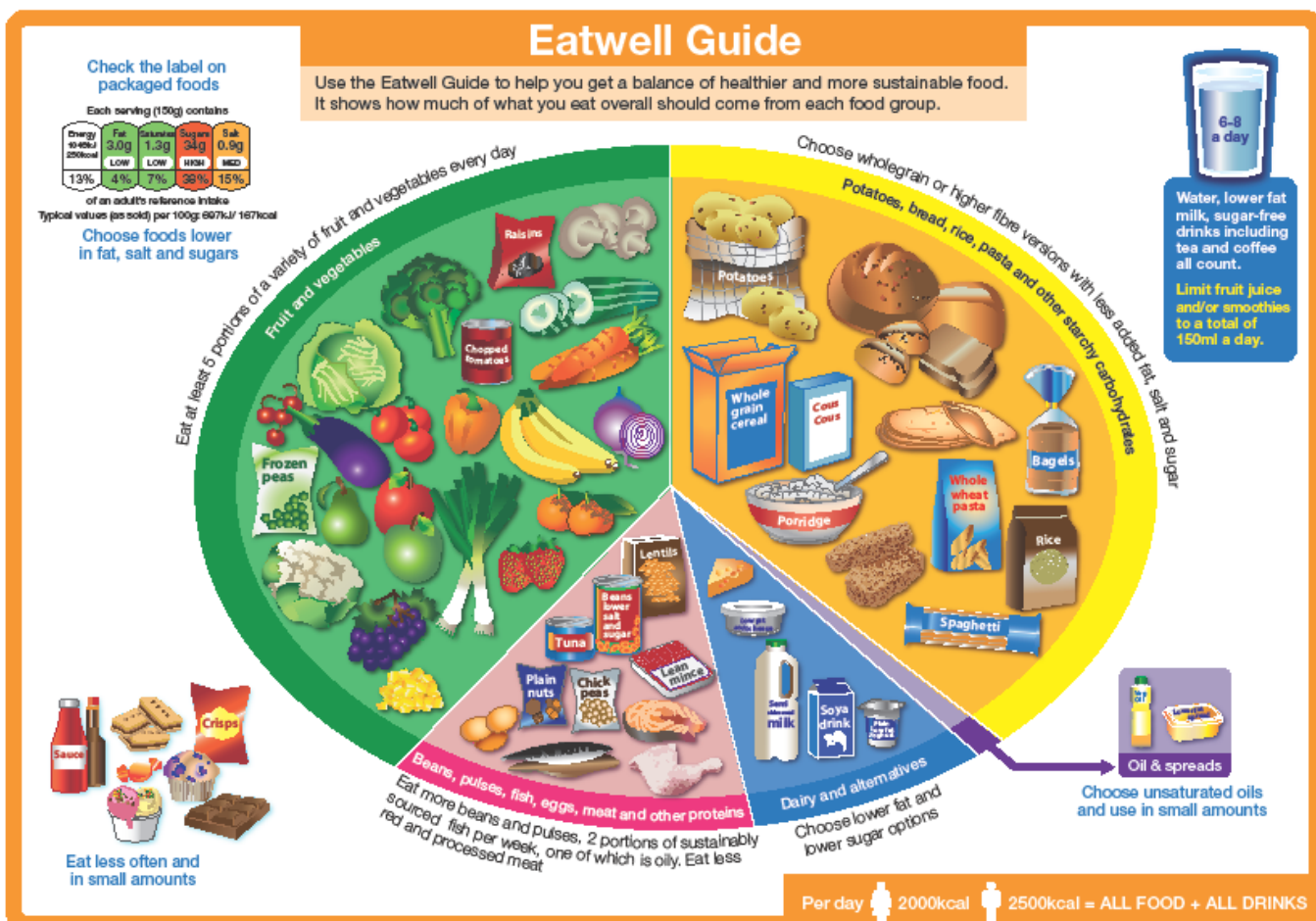
- To enable students to make healthy food choices through the provision of information and development of appropriate skills and attitudes
- To provide healthy food choices throughout the school day
- To review the formal curriculum to ensure information relating to food and nutrition in different lesson areas is consistent and up-to-date.
- To review the provision of drinks provided by the school canteen and vending machines to ensure that the new standards are met.
- To encourage students to eat more fresh fruit and vegetables by improving the quality of food provision supplied to the school by **Edwards and Blake**.
- To ensure that all teachers with responsibility for the formal food curriculum have basic food hygiene training.
- To ensure that all catering staff are equipped with appropriate skills and knowledge to successfully implement the **Government's National Criteria**
- To ensure that all staff who work with food in school have the appropriate level of food hygiene training.

D Guidelines

1. Water is available, freely accessible and free of charge to all students where they are having lunch.
2. The school manager will monitor on a monthly basis the provision of fruit and vegetables to ensure that quality is maintained
3. Breakfast club- the school food group to work with Edwards and Blake on a menu of breakfast options at a reasonable cost. The school publicises this club on a regular basis in form time, posters in school and the school newsletter and web site.
4. Food and nutrition is taught at an appropriate level throughout each key stage in Design and Technology, science and PSHE. The Eatwell Guide is used throughout the school (see appendix 1) as a model of understanding a balanced diet.
5. Rewards - The school does not support the idea of food to be used as a reward for good behaviour or achievement. Other methods of positive reinforcement are used in school including: credits, postcards, letters home, badges, water bottles, key rings, stationery etc.
6. Special dietary requirements- The school will endeavour wherever possible to accommodate students' specialist dietary requirements including allergies, intolerances, religious or cultural practices.
7. The school expects staff to contribute to and support this food policy across the school day. Staff and visitors will be expected to model good practice behaviour around food and drink and in line with the policy, when in the company of students.
8. Staff are welcome to purchase breakfast at the school breakfast club and are encouraged to eat this with the students. Teaching staff are also encouraged to eat a school lunch and sit with students in the dining hall.
9. Extra curricular food clubs - a range of extra curricular food clubs are offered on a termly basis to all students as part of the school's extra curricular programme.
10. Continual professional development (CPD) - all food technology teachers to have CPD to ensure that they attain a recognised level 2 award in Food Safety.

Please note that for some social or fund raising activities organised by the school exceptions may be made to the general guidance noted above.

Appendix 1



Source: Public Health England in association with the Welsh government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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Appendix 2

National Criteria

Students have the confidence, skills and understanding to make healthy food choices.
Healthy and nutritious food and drink is available across the school day.

A Healthy School:

- has identified a member of the SLT to oversee all aspects of food in schools
- ensures provision of training in practical food education, including diet, nutrition, food safety and hygiene for staff.
- has a whole school food policy - developed through wide consultation, implemented, monitored and evaluated for impact
- involves students and parents in guiding food policy and practice within the school, and enables them to contribute to healthy eating and acts on their feedback
- has a welcoming eating environment that encourages the positive social interaction of students (see Food in Schools guidance)
- ensures healthier food and drink options are available and promoted at break, lunchtimes and in breakfast clubs as outlined by Food in Schools guidance
- has meals, vending machines and tuck shop facilities that are nutritious and healthy (see Food in Schools guidance) and meet or exceed National Standards and is working towards the latest DfES guidance on improving school meals service monitors students' menus and food choices to inform policy development and provision;
- ensures that students have opportunities to learn about different types of food in the context of a balanced diet and how to plan, budget, prepare and cook meals. Understanding the need to avoid the consumption of foods high in salt, sugar and fat and increase the consumption of fruit and vegetables;
- has easy access to free, clean and palatable drinking water, using the Food in Schools guidance
- consults students about food choices throughout the school day using school councils, healthy school task group or other representative student bodies.