Horizon Community College Healthy Eating Policy

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HEALTHY EATING POLICY

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Section 1 Introduction

The college is dedicated to providing an environment that promotes healthy eating and enables students to make informed choices about the food they eat. This will be achieved by the whole college approach to food and nutrition documented in this Healthy Eating policy.

The policy was formulated through consultation between members of staff, governors, parents, students, The Catering Manager, student council members and our school nurse.

The nutritional principles of this policy are based on the findings of the National Diet and Nutrition Survey of 4 to 18-year old; the 1991 Dietary Reference Values for Food Energy and Nutrients for the UK; and the Balance of Good Health (BOGH) (Appendix 1).

Signed _____

(Executive Principal/Principal)

Date: _____

Signed: _____

(Chairperson of the Governing Body)

Date: _____

Section 2 Food Policy Aims

The main aims of our college food policy are:

1. To enable students to make healthy food choices through the provision of information and development of appropriate skills and attitudes

2. To provide healthy food & drink choices throughout the college day

3. To enable all students to have equal choices regardless of their cultural, ethical or medical needs

These aims will be addressed through the following areas:

1. Equal Opportunities

In healthy eating, as in all other areas of the curriculum we recognise the value of the individual and strive to provide equal access of opportunity for all.

2. Curriculum

Food and nutrition is taught at an appropriate level throughout each key stage.

This is addressed through:

Teaching methods

Effective teaching requires students to develop their understanding of healthy eating issues and appropriate skills and attitudes to assist them in making informed decisions. Teaching methods adopted in the classroom offer a rich variety of opportunities for participatory learning and include debating issues, group discussions and role-play. These decisions are made at teachers planning meetings.

Leading by example and staff training

Teachers, caterers and school nurses have a key role in influencing pupils' knowledge, skills and attitudes about food, so it is important that they are familiar with healthy eating guidelines. To facilitate this, we have developed strong relations between all relevant parties and different departments regularly work together to promote world events and topics that are current in the curriculum. We encourage all staff to eat in the dining room alongside students thereby giving out a positive food choice message to them.

Visitors in the classroom

This college values the contribution made by the school nurse and the catering department in supporting class teachers and appreciates the valuable contribution of outside agencies. We believe it is the responsibility of the college to ensure that the contributions made by visitors to

the classroom reflect our own philosophy and approach to the subject. The status of visitors to the college is always checked ensuring that the content of the visitor's talk is suitable for the ages of the students. The college's code of practice for visiting speakers is adopted.

Resources

Resources for the teaching of healthy eating in PSHE have been selected to complement the delivery of the curriculum in other subject areas. Samples from some of these resources are displayed in the PSHE teacher's folder and are clearly linked to the term's programme of work. The range of materials used is available for review on request to the Principal. Books are available for students in the library.

Evaluation of pupils learning

Primary

The healthy eating aspects of the National Curriculum are assessed through SATS.

Other aspects of healthy eating work are evaluated through activities, which have been built into the programme, as part of the planning process.

Secondary

Teachers are encouraged to use a range of strategies to evaluate the teaching and learning in healthy eating.

These include:

- Discussion of the suitability of resources and methodology at team meetings
- Simple tick sheets for completion by the teacher at the end of a session – on the 'How did that feel for you?' model
- Consultation with students through the School Council about existing programmes of study and special events
- Questionnaires for students at the end of a unit of work or at the end of a special event about the suitability of the programme and resources
- The formation of task groups or focus groups of pupils to look at existing provision and to make recommendations for the future

Section 3 Food and Drink Provision throughout the College Day

Breakfast

We believe that breakfast is the most important meal of the day and can contribute significantly to a child's vitamin and mineral uptake. Breakfast improves blood sugar levels and helps to prevent dehydration, which will increase the ability to concentrate, thereby assisting in the student's education.

Our breakfast club aims to provide a nutritious meal for students who arrive early at school without eating breakfast and also provides a warm, dry, safe place to wait until the school day begins. We offer wholegrain cereal with semi-skimmed milk, white or wholemeal toast with low fat spread, fresh fruit, yoghurt, fruit juices, water and tea and coffee.

School Food Standards

As part of the School food plan a new set of standards for all food served in schools was launched by the Department of Education. The standards are mandatory in all maintained schools and also in new academies from January 2015.

The standards apply to food served across the whole school day including breakfast clubs, morning break, tuck shops and after school clubs. To allow us to comply with the standards we have:

- Removed all baking from sale at morning break
- Reduced the size of pure fruit juice drinks from 200ml to 150ml which is the maximum amount allowed
- Included a pudding that contains fruit three times per week as a main meal choice
- Offer wholemeal toast as well as white at morning break and breakfast club
- Offer wholemeal pasta on the pasta bar every day
- Offer bread without added fat or oil at every serving point at lunchtime
- Removed home bake as part of a meal deal and replaced it with fruit
- Reduced the number of times manufactured meat products are available to twice per week.

This has involved changes being made to the food offer. We have removed all salt from the tables we now include more fresh vegetables and puddings with a high fruit content three times per week in our menu cycle, fresh fruit salad is available daily. All manufactured meat products with a meat content of less than 65% have been replaced with their healthier counterparts, burgers and sausages now feature less on the menu and have been replaced with paninis and hot filled baguettes. All the meat that we use is purchased fresh from a local butcher who has given us written assurance of its origin. The pizza bases in use are high-fibre,

low salt ones that have been topped with a mixture of mozzarella and low-fat cheese. All our suppliers have the relevant accreditation and are local wherever possible.

For some of our students, the school lunch may be their only substantial meal in the day and we therefore encourage these students to have a healthy balanced meal.

Snacking

The college understands that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet.

The college discourages the consumption of snacks high in fat and sugar at break-time.
We encourage parents to "top up" their child's account on –line so that they don't require cash to be brought to the college which can be spent at the local shop on the way to and from college on less than healthy snacks. Parents are also encouraged to access their child's account on-line to check what they have purchased in school via the cashless system.

Any snacks that are offered to students in the college dining room comply with the Government food guidelines.

Leaving Site

The college operates a locked gate policy and insists that students remain on site for the whole of the lunch period. Parents are asked to support the college in this policy and actively discourage students from leaving site and purchasing food from local shops and cafes.

Use of Food as a Reward

The college does not encourage the regular eating of sweets or other foods high in sugar or fat, especially as a reward for good behaviour or academic or other achievements. Other methods of positive reinforcement are used in college.

Drinking Water

The National Nutritional Standards for Healthy School Lunches recommend that drinking water should be available to all students, every day, and free of charge.

The college agrees with this recommendation and provides a free supply of drinking water which is accessible from the water fountains that are situated around the college building.
We also encourage students to refill water bottles and allow them to take bottles of water with them around school.

Section 4 Food and Drink Brought into College

Mobile Caterers Serving Food on College Premises

To operate on college premises, mobile caterers must demonstrate that staff have undergone appropriate food hygiene training; that their facilities meet appropriate food safety requirements; and that they provide lower fat alternatives to foods and dishes with ingredients in the proportions depicted in the BOGH.

Packed Lunches

Packed lunches prepared by the school caterers adhere to the National Nutritional Standards for Healthy School Lunches.

The college encourages parents and carers to provide children with packed lunches that complement these standards. This is achieved by promoting healthy packed lunch options using the principles of the BOGH.

We provide leaflets and posters to parents demonstrating ideas for healthy lunchboxes on parents' evenings and open days.

Section 5 Special Dietary Requirements

Special Diets for Religious and Ethnic Groups

The college provides food in accordance with students' religious beliefs and cultural practices

Vegetarians and Vegans

College caterers offer a vegetarian option at lunch every day. When necessary the college also provides a vegan option.

Food Allergy and Intolerance

From 13th December 2014 food businesses are required to provide clear allergen information for customers on the content of the foods that they serve. As we are classed as a "reduced labeler" we have to give our customers a signpost to where this information may be obtained from. This has meant that we have placed posters on the menu boards informing customers of how to obtain allergen information that they may require, the staff on the counters have been made aware of how to deal with any customers' food allergen queries. The whole catering team have undergone some online training about food allergens and intolerances. The Catering Manager has compiled a file in the kitchen with details of every food that we purchase and the presence of any of the 14 know allergens so that we can impart that information to any of our customers should they request it.

The Catering Manager has liaised with the school nurse and has put warning notices on the catering accounts of all students with known food allergies/intolerances to try to prevent them being sold products that may cause them harm.

Section 6 Food Safety

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include: ensuring that adequate storage and washing facilities are available; ensuring that food is stored at the correct temperature; ensuring that food handlers undergo appropriate food hygiene training; and that suitable equipment and protective clothing is available. Any food safety hazards are identified and controlled. All our equipment is suitable for the job and is maintained in a good condition. All the required legal food safety documentation is held on site for inspection by the appropriate body. All our food production staff are trained to above the legal required limit and the training is refreshed regularly. We consult our local Environmental Health Department about legal requirements and received the highest score at our last inspection.

Section 7 The Food and Eating Environment

The college offers a modern, light, airy and attractive dining facility for the use of our students and staff it incorporates six serving areas in the main dining room and a coffee shop in the heart space. There is an outside picnic area and a stepped seating area in the heart space to allow adequate seating for the students. The number of serving counters enables us to offer a varied selection of choices to our customers and allows us to serve them quickly. We offer a varied selection of hot and cold food and drinks which can be eaten at any of the dining areas.

Section 8 Review

Parents are invited to an annual review of the healthy eating policy and to contribute to a healthy eating approach where appropriate.