



The Hollins Technology College

Healthy Eating Policy

Process

The Healthy Schools Working Party whose membership includes senior leaders, SENCO, staff from food technology, science, PE and several other curriculum areas, school nurse and catering staff produced a draft whole school food and drink policy that outlines a whole school approach to the promotion and enjoyment of balanced eating. The draft was disseminated to all staff.

Rationale

We believe that education about health issues is very important for the development of our pupils both now and for the future. We acknowledge the important link between a healthy diet and the ability to learn effectively. We also recognise that school can play a significant role, as part of the larger community, to promote healthy issues. This is fully embraced in our school aims and ethos which express that we are a learning community and all learn together. As a result we would aspire to improve the health of the school community by teaching ways to establish and maintain life long healthy eating habits.

Aims

Proper nutrition is essential for good health and effective learning.

We aim to:

- Provide a consistent programme of cross-curricular nutrition education that enables pupils to make informed choices without guilt or anxiety;
- Provide a "whole school, whole day" approach to nutrition that makes the "healthier choices, easier choices";
- Work in partnership to ensure that nutritional standards are implemented by providing attractive, value for money meals that are appropriate to local needs;
- Work in partnership to achieve a pleasant and sociable dining experience which enhances the social development of each pupil.

Nutritional Aims

- To encourage pupils to choose a variety of foods to ensure a balanced intake in line with the national nutrition guide - "The Balance of Good Health" and new legal nutrition standards from September 2006.
- Encourage foods which are rich in vitamins, iron and calcium, in particular fruit, vegetables, meat, beans, bread and low fat dairy products.
- Encourage starchy foods as a source of energy (such as bread, pasta, rice and potatoes) rather than fatty foods.
- Encourage fruit juices, lower fat milk and sugar-free drinks.
- Discourage sugary drinks and snacks between meals.

Objectives

To work towards ensuring that this policy is both accepted and embraced by governors, school management, teachers and support staff, pupils, parents, food providers and the wider school community.

To integrate these aims into all aspects of school life, in particular food provision within school, the curriculum and pastoral and social activities.

Links to other policies

Several policies link to this whole school food and drink policy, including:

- Curriculum policies such as Science, DT and PSHE through which healthy eating messages are taught;
- Teaching and learning policy, particularly the fact that well nourished and hydrated pupils learn better;
- Behaviour management policy which identifies the link between behaviour and food and sets out the reward systems used within school. This school does not use food as a reward;
- Health and safety policy which clearly sets out how food is stored, prepared and cooked on the premises, including cooking by the students.

Provision of food and drink across the school day

Breakfast / Snacks

In view of the fact that many pupils do not eat breakfast (and the negative effects that this can have on concentration and behaviour) the school provides a breakfast and midmorning snack service. A set of range of food, drinks and pricing structure is agreed between the catering service and school to encourage healthier choices with pupil appeal.

Drinks policy

Water coolers are available in the dining room and covered way. Other drinks available to pupils are in line with the new nutritional standards.

Lunchtime Catering

Members of the student council have been consulted and worked with the catering manager to agree and develop menus.

To encourage a variety of foods and healthier choices the following have been agreed:

- Two "no chip" day per week where children are encouraged to choose healthier options.
- Free, fresh chilled water available
- A pre-order system which allows pupils access to "express" collection of sandwiches and salads.
- Provide a wide variety of sandwiches and filled rolls, that include salad vegetables;
- Provide bread rolls as an accompaniment;

- Ensure each serving area promotes healthier choices/specials in the approach to the service area, displays a priced menu and that individual items are clearly priced;
- Termly review of menus and positioning / display of foods;
- Vegetarian options available - not just cheese and eggs;
- A range of salads and at least one vegetable is offered daily;
- A choice of meals is still available for pupils at the end of the queue.

Free School Meals

The school recognises the particular value of school meals to children from low income families. The system for free school meals is actively promoted to parents by the school and the non-discriminatory process explained to pupils and supervisors.

A cashless system for pupils is planned which will provide balanced meal options for pupils.

Dining environment

The school recognises the importance of lunchtime organisation on the behaviour of pupils and the values of promoting social skills. The school works in partnership with pupils and caterers to create a good dining room ambience.

The deputy head is responsible for liaising with catering staff regarding lunchtime organisation including queuing, supervision, exam arrangements, school trips, etc.

Year 6/7 Induction

The Head of Year 7 is responsible for liaising with catering staff and Year 7 form tutors regarding the induction programme.

Curriculum, teaching and learning

The importance of a consistent approach to nutrition education that enables pupils to identify balanced meal choices is recognised in school. Nutrition education across the curriculum is jointly coordinated by the head of food technology the PSHE co-ordinator, and the head of science.

Catering staff are involved in curriculum/schools council where appropriate eg food technology, PHSE/Citizenship.

Cooking skills are promoted in food technology and cooking clubs.

Children with Special Needs

Inclusion is seen as fundamental to both the planning and delivery of work relating to healthy eating. The work is matched to the age and maturity of the pupils due regard is given to children with SEN requirements. School also recognises that some children require specialist diets, including nut allergies, diabetes and Coeliacs. The schemes of work are sensitive to this and the teachers will be aware of any children within their class who this may apply to. Information is requested from parents on admission and whenever food is sampled within school, a letter is sent home informing them of this. Prior to residential trips, a form is sent home which includes information on dietary needs.

Pupil involvement

Pupils are encouraged to make constructive comments about school catering in the schools council. It is recognised that active participation by pupils in the student council helps to promote citizenship skills. Pupils are consulted and involved in menu choice. All pupils have access to suggestion boxes to contribute to Healthy Eating initiatives.

Parental involvement

All new parents are given information about the catering service and information leaflets on healthier eating. Information regarding menus and developments in Healthy Eating are included in the school newsletter inviting feedback from parents.

The Healthy Schools Working Party provides an annual report to governors identifying recommendations for the school development plan. Information on catering services is in the school prospectus.

Monitoring and assessing the policy

The whole school food and drink policy is monitored by the co-ordinator and senior management team. It will be reviewed on a planned two yearly cycle, with views of the whole school community taken into consideration, including those of the pupils.

The uptake of healthier options at lunchtime will be monitored and reviewed.

Planning and written work will be monitored in line with the school's monitoring procedures to ensure that the correct knowledge, understanding and skills are being developed and attitudes and values are explored. In line with the school's teaching and learning policy, students will be encouraged to reflect on their learning at the end of lessons and units of work.

Their views will help to shape the future of nutrition education across school.

The school will apply for accreditation on the Lancashire Healthy Schools Programme to achieve recognition for the school's developments in this area.

Date written: May 2006

Next review date: May 2008