



## DEYES HIGH SCHOOL

### Food in School Policy (updated 2014)

#### **Statement**

Deyes High School is a healthy school. Our mission is to improve the health of the entire community by teaching pupils and families' ways to establish and maintain life-long healthy eating habits. The mission shall be accomplished through a pupil centred food service that takes account of all legislative and practical needs. All stakeholders will play a major part in the overall success of our foodservice through an absolute focus on fresh appetising and popular food, served by a motivated and well-supported catering team working in harmony with pupils and staff.

Our decision to transfer services to 'In-House' status in 2011 was geared to give the School greater control of policy and through this to improve food standards. In doing so, we recognised our obligations to adhere to current, pending and planned guidelines relating to school meals and recognised that, in our adoption and introduction, due account and consultation will take place with all stakeholders to understand the consequence of any change.

Since 2011 our food offer and service strategy has surpassed legislative requirements and has 'maximum consumption of healthy food' at its core. As a result of all of the above, turnover has risen from £200,000 to over £300,000. Into the future we will protect this custom as a priority and all means at our disposal will be used to dissuade pupils from eating off site or bringing in unhealthy foods. To this end we will adhere to and embrace all legislation geared to improving the healthy status of foods consumed.

Our supply chain & menus are analysed by our catering support consultants RPJ3 Group. Where blanket legislation results in outlawing the service we will find means of achieving the aims of the legislation whilst adhering to the spirit. For example popular items such as burgers will be made on site using prime meat & seasoning. As a result they will not be restricted in sale. This more than meets the intent behind the legislation. A portfolio and evidence record will be maintained to demonstrate achievement of the legislative aims and turnover levels.

## **Background**

- We recognise our responsibility to promote the health and well being of all members of our school community.
- We are aware that following a healthy diet is an important factor supporting effective learning.
- We acknowledge that there are links between diet and health related issues in later life, and behaviour and concentration in school.
- We understand that self-esteem can be affected by concerns about weight and body image.
- There is a need to be sensitive to individual circumstances, eating cultures and family backgrounds when teaching or discussing food related issues.

## **Aim**

- To ensure that all aspects of food and nutrition in school:
  - promote the health and well being of all members of the school community.
  - promote inclusion
  - support effective learning
  - support positive behaviour and concentration

## **Objectives**

- To ensure that students have access to the information they need regarding food, nutrition and its impact on their health, well-being, behaviour and learning.
- To ensure that curriculum content regarding food and nutrition is consistent and up to date.
- To promote healthier options and choice in school food and drink in line with national nutritional standards.
- To ensure that all staff support the aims of the School Food Policy.
- To ensure that staff, students and their parents have opportunities to access specialised advice and support regarding food concerns.
- To ensure that provision is made for students with specific dietary needs.

## **Action**

We

- identify a member of SLT to be responsible for policy development, the provision of food in school and for the quality of healthy eating education
- provide a high quality school meals service which is in line with current legislation and recent nutritional guidance
- regularly monitor the quality of school meals to ensure that they are meet the above criteria
- regularly gather students' views through 'student voice' and consult with students through school council to improve quality of canteen service
- provide healthy options at breaks
- analyse uptake of food options through cashless system
- provide information to parents about their child's food purchases in school
- provide free, cold water for students and staff

- provide students with suitable accommodation for eating their lunch
- provide information to parents regarding balanced packed lunches
- encourage students to bring healthy packed lunches
- encourage links between curriculum and school canteen to promote healthy options
- provide training for teachers and support staff delivering food education to ensure that they have up to date knowledge on nutrition and food hygiene in the classroom.
- provide opportunities for parents and students to explore healthy eating
- provide professional development for all staff to ensure that they understand the benefits of a healthy diet
- provide information to staff about students with specific dietary requirements or intolerances to ensure inclusive provision
- encourage staff to consider students' personal health and well being in relation to food
- offer tokens for fruit and water as rewards for students
- discourage the use of sweets and fizzy or high sugar drinks which do not conform to legislation requirements as rewards or treats.
- Promote inclusion

### **Monitoring and review**

The expected outcomes are:

- students' learning is improved
- number of students eating healthy school lunches increases
- students show awareness of healthy eating
- students, parents and staff support food policy
- quality and accessibility of healthy lunches increases
- students enjoy lunchtimes and feel safe and secure

The monitoring and review process will be undertaken by:

- designated governor and member of SLT
- the Food Focus group
- school council
- gaining and retaining accreditation for National Healthy Schools Status



## Deyes High Catering Service – Statement 2013-14

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