



Daubeney Middle School

**WHOLE SCHOOL FOOD
POLICY**

The Daubeney Middle School Healthy Eating Policy

Introduction

The incidence of overweight and obesity is growing amongst our nation's school children along with associated ill health. Predictions are for 1 in 3 school children to be overweight or obese by 2010 unless there is successful intervention. There is also evidence, amongst our school children, of anaemia, poor intakes of calcium and iron, inadequate intake of fruit and vegetables, and over consumption of salt. These dietary habits are leading to chronic diseases such as diabetes, stroke, heart disease and some cancers.

Families are considered as primary carers and caregivers for their children. The health, safety and well-being of children are also the concern of the Government and the School. The Government has now established standards for food in schools in order to improve the diet of school communities. Schools therefore have a duty to help promote optimal health and well being, which also support pupils' ability to learn effectively. This duty extends to preventing unnecessary injury, disease and chronic health conditions that can lead to disability or early death.

The following stakeholders were involved in the development of the policy

S Evans Joint Headteacher
J Frearson Food Technology teacher/staff governor
T Rose Catering Manager
School Council representatives

Aim

For all aspects of food and drink in school to promote;

- Engagement by all our children and young people in their education so they achieve their potential
- The current and future health and well-being of all the school community

Objectives

- To give our pupils, parents and staff the information they need to make healthy choices
- To ensure that we are giving consistent messages about food and health throughout the school day and maximise opportunities to promote a healthy diet
- To ensure that the food and drink available throughout the school day meets Government standards for food in schools
- To provide guidance so that food brought into school is consistent with the standards for the food provided in school
- To involve all the school community in the promotion of a healthier lifestyle
- For the school to achieve National Healthy Schools Status
- To develop the policy through consultation with the whole school community in order to optimise support, acceptance and effectiveness
- To encourage the drinking of water during the school day

The main aims of our School Healthy Eating Policy are to enable students to make more informed choices about Healthy Eating through the provision of information and development of appropriate skills and attitudes.

- To provide students with healthy food choices throughout the day
- To encourage the drinking of water during the school day

These aims will be addressed through the following areas:

Food and drink provision throughout the school day

Breakfast

Breakfast is an important meal that should provide 25% of a child's energy requirements and contribute significantly to their vitamin and mineral intake. Children are encouraged to eat breakfast before they come to school and this is promoted through the curriculum work.

School Lunches

The Government introduced compulsory National Nutritional Standards for school lunches in April 2001. These standards apply to all hot and cold meals prepared for students during term time, including packed lunches. Food prepared by the school catering team meets the National Nutritional Standards for the school lunches and this will be reviewed annually

The school will continue to investigate ways of encouraging free school meal students to take up their entitlement. Regular and special day menus will be sent to parents and carers informing them and encourage pupils to have the meals.

Mid-morning breaks

This comprises: bacon rolls, toast, French bread, pure orange juice or apple juice, milk shakes (chocolate, strawberry, banana).

Snacking

The school understands that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet. Students, parents and carers are encouraged to bring healthier options to school as snacks. Suggestions will be made in the school newsletters.

Drinking water

The National Nutritional Standard recommends that drinking water should be available for students every day, free of charge.

- Water cooler is positioned near the dining hall
- Children will be allowed and encouraged to drink during lessons
- Water rehydration policy in pupil planners

Food and drink brought into school

Packed Lunches

Packed lunches prepared by the school caterers adhere to the National Nutritional Standards. Parents and carers are also encouraged to provide packed lunches that are low fat, low sugar and low salt with high fibre (fruit and vegetables). Suggestions will be made in the newsletters.

Special Dietary Requirements

Religious and ethnic groups

The school will provide food in accordance with students' religious beliefs and cultural practices.

Vegetarians and vegans

School caterers offer a vegetarian option for lunch every day. When necessary the school also provides a vegan option.

Food allergy and food intolerance

Individual care plans: The school caterers are made aware of any students' needs regarding food allergies or intolerance. Close links exist between the school office staff and the catering management.

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; that refrigerators are used when necessary; that food handlers undergo appropriate food hygiene training; that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. We consult our local Environmental Health Department about legal requirements when necessary.

Monitoring and Evaluation

The task group which represents students, staff, parents, carers and governors, will review the policy on a yearly basis.

*Sue Evans
November2008*

The current Healthy Eating Co-ordinator is:

Mrs SA Evans

The Governor(s) responsible is/are:

This policy was presented to the Governing Body:

Signed on behalf of the Governing Body:

Date for Review:
