



St Katherine's School

Whole School Food Policy

Policy Number SKP A 023

Introduction

We are committed to a whole school approach which engages the entire school community in promoting consistent messages about healthy eating and drinking throughout the school day, both by what is taught in the school and through the wider school environment. In this way we hope to help students and their families establish and maintain lifelong healthy eating habits that benefit both themselves and their environment.

Mission Statement

Our overall mission is to ensure that healthy food and drink is provided at all times of day, taking account of individual (e.g. cultural, ethical, medical), and environmental needs, reflecting nutrition and healthy eating messages in the curriculum, and with the support of the whole school.

Aim

This policy considers 4 key aspects in relation to food, namely leadership, education, quality and provenance and culture/community involvement.

Our aims in relation to each of these aspects are as follows

Leadership - To ensure senior management and governors facilitate the role school plays, as part of the larger community, in promoting family health, and sustainable food and farming practises.

Education - to give students consistent and accurate messages about healthier lifestyles, help them to understand the effect of particular behaviours on health, and encourage them to take responsibility for their own health. The curriculum will incorporate messages about food and nutrition, food hygiene, food production, manufacturing, distribution and sustainability issues and be complemented and reinforced by extra curricular activities that are accessible by the wider community

Quality and provenance - to deliver a high quality, sustainable school food service that offers tasty, nutritious, affordable and safe food and drink during the school day that is seen as a tangible benefit by students teachers and parents.

Culture and Community involvement - To create and promote a positive food culture within the school and its wider community

Objectives:

Leadership

- Ensure the whole school and community are involved and consulted with on school food issues through a SNAG such that an evolutionary rather than revolutionary process takes place ;
- To work with the whole school and community to develop and review a whole school food policy and action plan;
- Ensure the whole school and community are kept informed of key changes in relation to food issues and that change is co-ordinated;

- Regularly review formal curriculum to ensure information relating to food and nutrition in different lesson areas is consistent across subjects and up to date.
- Regularly review provision of food and drink provided in school to ensure those messages about food and nutrition taught in the curriculum are echoed and reinforced by the type of food and drink provided.
- Ensure key staff have the necessary skills to educate the whole school on food and nutrition topics.
- Recognise the importance of maximising the uptake of school meals including free school meals
- Recognise the need to encourage and support the provision of healthy packed lunches and snacks

Education

- To enable students to develop an understanding of the relationship between food, physical activity and short and long term health benefits, including oral health.
- To provide the opportunity to acquire basic skills in purchasing, preparing and cooking food and an understanding of basic food hygiene to both students and members of the wider community;
- To provide students, staff and members of the wider community with the opportunity to learn about the growing and farming of food and its impact on the environment
- To provide opportunities to eat and/or cook vegetables that have been grown on school premises
- Ensure students have regular contact with local producers and farms

Quality and Provenance

- To provide a whole food service including breakfast, mid morning snacks, lunch and after school clubs.
- To develop food in school to ensure compliance with government standards and achievement of strategic targets by September 2009.
- To work towards Food For Life Partnership Targets of 75% unprocessed, 50% local and 30% organic and improve the quality of school meals
- Ensure that vending machines provide food and drink that is compliant with government regulation healthy eating and drinking messages.

- To regularly examine current commodities, recipes and menus, purchasing policies and catering practices
- To ensure all catering staff are involved and consulted on issues relating to food within the whole school and ensure continuous professional development opportunities are provided
- To ensure all students have access to a source of free, fresh and palatable drinking water from a supply that is separate from the toilet area.

Culture and community involvement

- To actively promote and market healthier meals.
- To create a dining environment that addresses the importance of social environment on school culture
- Ensure any branding and advertising that appears on products in vending machines is limited to products that are low in fat, sugar or salt
- Establish local food partnerships
- To ensure families and the wider community are linked with food activities, including dining with the students
- To create displays that reinforce messages about healthy food
- To share our learning experiences with other schools and community groups
- To carry out outreach work with communities to develop understanding of healthy and sustainable food, e.g. community food event

Monitoring and Evaluation

- School Business Manager together with the Hospitality & Catering Manager and the Catering Manager establish baseline information and monitor performance against these.
- School Nutrition Action Group report on progress to School Council and Governors.
- Review policy in light of improvements and changes.
- Parents, students, teachers surveyed about their thoughts on the range of food provided

NOTE

This document to be made freely available to the entire school community. It will also be made available in the school newsletter, website and prospectus.

This policy document to be produced in consultation with the entire school community, including students, parents, school staff, governors, LEA representatives, community dietician, local Healthy Schools' representative and the school catering contractor.