

KHALSA SECONDARY ACADEMY POLICIES

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Whole School Food Policy (S06)

Introduction

Khalsa Secondary Academy is a healthy school and it is important that we consider all elements of our work to ensure that we promote health awareness in all members of the school community. Research has shown clearly that there is a link between nutrition and academic performance and that the best schools worry about what's going on in children's bodies as well as their minds. We can provide a valuable role model to students and their families with regard to food and healthy eating patterns and in promoting family health; to help combat the growing issues linked with public health concerns around childhood obesity. Through effective leadership, the school ethos and the curriculum, all school staff can bring together all elements of the school day to create an environment that supports a healthy lifestyle.

In our school we are committed to giving all our students consistent messages about all aspects of health to help them understand the impact of particular behaviours and encourage them to take responsibility for the choices they make. The school recognises that sharing food is a fundamental experience for all people; a primary way to nurture and celebrate our cultural diversity.

This policy supports one of the Every Child Matters aims- being healthy.

Aims and Objectives

- To ensure that aspects of food and nutrition in school promote the health and well-being of students, staff and visitors to the school.
- To ensure that we are giving consistent messages about food and health to both students and parents.
- To give our students the information they need to make healthy choices.
- To promote health awareness.
- To establish cross-curricular links relating to healthy food and nutrition.
- To contribute to the healthy physical development of all members of our school community.
- To ensure that the whole school community is involved in the implementation of this policy.
- To ensure that food provision in the school reflects the ethical, cultural and medical requirements of staff and students e.g. religious, ethnic, vegetarian, medical, and allergenic needs.
- To allow students and staff of all faiths and none to be able to sit and eat together.
- To make the provision and consumption of food an enjoyable and safe experience in a pleasurable and dedicated environment.
- To monitor menus and food choices to inform policy development and provision.

Settings for Food Policy

Breakfast club

We feel that Breakfast is important as it allows students to start the day with the nutritional requirements and energy that they need especially as our school day starts at 8:00. Breakfast will be available for all students from 7:30 every day.

Snacks

The school canteen is open at break times (10.30-10.50). Students can purchase a range of fruit juices and healthy snacks.

The School's tuck shop is open after school (3.30-3:45) and is for students before they start their after school enrichments. The tuck shop will provide a range of fruit juices and smoothies as well as healthy snacks like cereal bars and fruit.

Water

Water is freely available throughout the school day to all pupils and staff. Students are encouraged and reminded to bring water bottles with them so they can re-fill them as needed.

School lunches and packed lunches

All staff and students are encouraged to sit down and eat together at lunch time. Sitting down and eating together at lunch times is an important part of our school ethos. It is important because not only does it promote the family atmosphere which is part of our school ethos, but it also encourages conversations, which help to develop further literacy and communication key skills. At Khalsa we firmly believe that one of the most effective teaching strategies is done through modelling and it is important that we model everything that we believe in both within and out of the curriculum.

Our Catering Manager, will follow the government guidelines on healthy food, providing all our cooked lunchtime meals. Where possible, this includes the use of fresh fruit and vegetables each day as a choice for the students. Khalsa Secondary Academy is a vegetarian school where no meat, fish or eggs are consumed. The menus for school lunches adhere to the recommended government standards and are analysed to ensure nutritional balance within the constraints of a vegetarian diet. Individual care plans are created for students with food allergies. These document symptoms and adverse reactions, actions to be taken in an emergency and emergency contact details.

The canteen will supply a hot two course balanced healthy meal every day as well as other choices. Students will also have the choice from a salad bar with fresh fruit and vegetable. Students are not allowed to purchase some food items as a single meal, such as a desert or slice of pizza for example, and must have a healthy side dish with their meal, such as fruit or salad. Canteen staff will keep an eye on students' choices and help and encourage students to go for healthy options and give suggestions about the combinations of meals the students can have.

Students are not encouraged to bring packed lunches to school unless there are special circumstances. These reasons will need to be discussed with and permission is given by the school. If this is the case the packed lunch needs to be a 'nutritionally balanced' selection of food, which should include no more than one chocolate biscuit or cake. We do not allow sweets, fizzy drinks and crisps.

Payment of Food

- We are a cashless school so all payment for school lunches can be made electronically through Parent pay. This enables parents to check on line their child's account and top up at a convenient time with amounts of their choice.
- If your child is in receipt of free school meals/pupil premium your account will be automatically credited each day.
- If any parents are not eligible for Free school meals yet are experiencing financial difficulties please come and discuss this with the Principal. The Governors have set up a hardship fund which may be able to help.

Food across the Curriculum

- In Key Stages 3 & 4 there are a number of opportunities for students to develop knowledge and understanding of health, including healthy eating patterns and practical skills that are needed to understand where food comes from such as shopping, preparing and cooking food.
- Literacy provides students with the opportunity to explore poetry, persuasion, argument and narrative work using food and food related issues as a stimulus.
- Maths can offer the possibility of understanding nutrition labelling, calculating quantities for recipes, weighing and measuring ingredients.
- Science provides an opportunity to learn about the types of food available, their nutritional composition, and the balance of good health, digestion and the function of different nutrients in contributing to health and how the body responds to exercise. Students learn how plants grow and provide food.
- RE provides the opportunity to discuss the role of certain foods in major religions of the world. Students experience different foods associated with religious festivals.
- ICT can afford students the opportunity to research food issues using the internet and other electronic resources. Students design packaging and adverts to promote healthy food choices.
- Food Technology, as part of Design and Technology, provides the opportunity to learn about where food comes from and apply healthy eating messages through practical work with food, including preparation and cooking.
- PSHE encourages young people to take responsibility for their own health and wellbeing. It teaches them how to develop a healthy lifestyle and addresses issues such as body image. Students are able to discuss issues of interest to young people, e.g. advertising and sustainable development.
- Geography provides a focus on the natural world and changing environment, offering the chance to consider the impact our consumer choices have on others and allows the students to learn about foods from different parts of the world. 'International Week' will include learning about foods from different countries.
- History provides insight into changes in diet and food over time.
- Physical Education provides students with the opportunity to develop physically and to understand the practical impact of sport, exercise and other physical activity such as dance and walking.
- Books are available for students in the library.
- Displays in the canteen and around school encourage students to learn about and reflect on healthy lifestyles

Wherever opportunities arise across the curriculum, teachers will take advantage of them and incorporate into their planning, teaching and learning.

Evaluation of students learning

The healthy eating aspects of the National Curriculum are assessed through classroom and national assessment tests. Other aspects of healthy eating work are evaluated through activities, which have been built into Schemes of Work and as part of the lesson planning process.

Role of the staff

Food provided at extra curricula clubs, where appropriate, will be in the form of fruit or plain biscuits and fruit juice or water. Where students bring their own snack, it should be the same. All staff will promote and model healthy attitudes to food.

A more relaxed attitude will be taken on religious celebration days at the School's discretion.

Staff support and training

The staff have opportunities to develop their knowledge in this area, e.g. SMSAs learn about 'Healthy Lunches'. Appropriate courses are offered to staff as and when they arise. The relevant subject co-ordinators support staff over food issues and healthy eating, where necessary.

School Council

'Healthy eating' as an agenda item will be discussed each year by the School Council as well as consulting with them on healthy eating options. The School Council will meet regularly with the Healthy Eating Co-ordinator and the Catering Manager to discuss healthy school lunch menu options.

Partnership with parents and carers

The partnership between home and school is critical in shaping how young people behave, particularly where health is concerned. Each must reinforce the other. Our school is well placed to lead by example. Parents and carers will be regularly updated on our water and food policies through school and class newsletters and the School's website. Parents and carers are consulted and asked for feedback on the school menus. We ask parents and carers **not to send in fizzy or sugary drinks** and we remind them that only water may be drunk during the school day, except at lunch when students may drink fruit juice. Parents will be kept informed about any Healthy eating workshops.

Monitoring and review

The Head teacher and Healthy Eating co-ordinator are responsible for supporting colleagues in the delivery of the Food Policy. The Catering Manager is responsible for the cooked food offered at break and lunchtimes. This policy will be reviewed biennially and parents kept informed about any updates.