



OAKLANDS CATHOLIC SCHOOL

AND

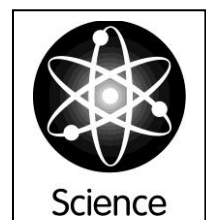
SIXTH FORM COLLEGE

FOOD (SCHOOL) POLICY

APPROVED BY GOVERNORS	MARCH 2009
REVISION DUE	MARCH 2012
MEMBER OF STAFF RESPONSIBLE	ASSISTANT HEAD TEACHER
STATUTORY / NON-STATUTORY	NON-STATUTORY



Community



Opportunity

Unity

WHOLE SCHOOL FOOD POLICY

HOW THE POLICY WAS FORMULATED:

This Policy was formulated through consultation with students, parents, teaching and support staff, Governors and Oaklands catering staff.

Any revisions and amendments must continue to be in consultation with all parties.

These amendments must be communicated clearly and consistently to all.

NATIONAL GUIDANCE:

The Policy was drawn up using a range of national documents including: The Food in Schools Toolkit; A Strategic Policy Framework for Governing Bodies and information from DfES, NHS, the British Nutrition Foundation and the Food Standards Agency.

THE WHOLE SCHOOL FOOD POLICY covers the areas of:

School Council
Breakfasts
Break time snacks brought from outside school
Snacks bought in school
School lunches
Packed lunches
Vending
Refreshments for extra curricular activities
Water
Eating environments
Curriculum

AIMS OF THE POLICY

- To ensure that all aspects of food and nutrition in school promote the health and well being of the entire School community.
- To provide a framework of philosophy on all aspects of food and drink consumed in this setting.
- To help influence the eating habits of students by encouraging them to make informed choices about a healthy balanced diet in order for them to learn effectively and become life-long learners.
- To ensure provision of healthier food and drink options.
- To ensure the provision of a safe, easily available drinking water.
- To ensure provision of a welcoming eating environment to encourage a positive social interaction between students.
- To ensure provision of training in practical food education for staff and students.

To ensure that all students, parents/carers, staff, Governors, caterers and others associated with the School uphold this policy.

SCHOOL COUNCIL

The School has a School Council. It meets once every half term.

Representatives from each year assist at all stages of developing the food policy and all aspects of food in school. Members of the Healthy Schools Team will work with the School Council to provide a way of communicating with students throughout the school namely through Assemblies and through Year Council Meetings.

BREAKFASTS

The School caterers, every day, provide a healthy breakfast at low cost for students from 8.00am until 8.50am.

They ensure that food is in line with the Healthy Eating guidelines.

This facility is to be promoted throughout the School with a view to increasing take-up as it is recognised that children who do not have anything for breakfast may have low blood sugar and suffer from dehydration.

Breakfasts will be modelled for parents at our annual Open Evening.

BREAK TIME SNACKS BROUGHT FROM OUTSIDE SCHOOL

This area is a challenge as many students eat large quantities of snacks containing high amounts of fat, sugar and salt.

It is hoped that by making the food policy freely available and parents recognising the importance of it for their children, that they will support what food is provided by them or bought by their children. We would want to increase students' fibre intake by encouraging more fruit and vegetable snacks in the future. This in turn will help to reduce diet related diseases in the long term.

Chewing gum is forbidden.

SNACKS BOUGHT IN SCHOOL

Healthy snacks are available for purchase from the caterers, which are in line with the Whole School Food Policy and the School Meals Standards September 2006.

SCHOOL LUNCHES

Tasty, nutritious school lunches are available for purchase from the caterers which are in line with the School Meals Standards September 2006
The food is of a high quality and promotes health.

Choices provided address cultural, religious and dietary needs, including festivals like Christmas.

Menus are published weekly in the Student Bulletin. They follow a 3-week cycle.

The school has the capacity to provide a meal for all those who require one. The school provides free school meals to those entitled to them in an appropriate manner.

The caterers aim to increase levels of uptake.

Meals will be modelled for parents at our annual Open Evening.

PACKED LUNCHES

The School is working with parents and students to suggest how packed lunches could contain healthy options by providing information and also suggesting healthier snack items.

It is hoped that by making the food policy freely available and parents recognising the importance of it for their children, that they will support what food is provided by them or bought by their children.

We would want to increase students' fibre intake by encouraging more fruit and vegetable snacks in the future. This in turn will help to reduce diet related diseases in the long term.

The School provides some facilities for students bringing in packed lunches. They may eat in the canteen or in the designated picnic areas. Further development of areas for eating will form part of the School Development Plan.

VENDING

The School will only provide healthier refreshments both during and outside school catering hours.

All vending is in line with the whole school food policy.

REFRESHMENTS FOR EXTRA CURRICULAR ACTIVITIES

The food and drink provision at any extra curricular activity will be in line with school policy e.g. fresh fruit, vegetables, bread rolls and chilled water.

FAIRTRADE

Portsmouth Diocese is a Fairtrade Diocese and Oaklands use Fairtrade products wherever possible. It is envisaged that the school will achieve Fairtrade status over the next academic year.

EATING ENVIRONMENTS

The dining room and pit stop are available for indoor eating and the picnic area for outdoor eating.

The school aims:

- To provide a calm, ordered environment conducive to mutual respect and good behaviour.
- To promote the enjoyment of meals in a social atmosphere.

These areas will continue to be reviewed.

WATER

The School has for sale a good quality durable plastic water bottle with a sports cap and a neck wide enough to allow easy washing.

Students will be made aware of how to care for it.

Students will be encouraged to drink water at frequent intervals during the school day including in lessons unless health and safety forbids it.

Students will be made aware of where it can be filled during the School day.

CURRICULUM

The whole school policy will encompass healthy eating and food and nutrition education in the school curriculum to promote the health and well being of all, primarily in Food Technology, Science and Tutorial lessons.

Messages to students should be consistent and details can be found in Schemes of Work.

If students are to be rewarded with food treats, they must be in line with school policy, forming part of a balanced, healthy diet.

STAFF SUPPORT AND TRAINING

Relevant staff will be provided with training in –
Health and safety
Food hygiene
Healthy catering/eating

REVIEW

The Whole School Food Policy will be reviewed annually.

REFERRAL AND EXTERNAL SUPPORT

The school will continue to look for opportunities to work with external agencies to ensure that our provision meets national guidelines.