

THE FRANCES BARDSLEY ACADEMY FOR GIRLS



WHOLE SCHOOL FOOD POLICY

Policy Ratified by the Local Governing Body on May 2021

Policy for review: May 2022

Whole School Food Policy

School Name	The Frances Bardsley Academy for Girls
Mission Statement	We will work to promote a positive food culture in our whole school community by creating a healthy food environment and equipping staff, students and families with the knowledge and skills required to establish and maintain healthy, environmentally-sustainable eating habits.
Responsibilities	<p>-David Turrell and Emilie Darabasz - Joint Headteachers, have the overall responsibility for Healthy Eating in our school and for ensuring that all providers on school premises are aware of our food policy.</p> <p>Katherine Poluck is Healthy Schools Co-ordinator.</p> <p>Julie Coombs Mid-Day Supervisor Co-ordinator.</p> <p>- Our governing body recognises the important connection between a healthy diet and a student's ability to learn and achieve, and the role the school can play as part of the wider community to promote family health and wellbeing.</p> <p>- Our school caterer, Caterlink, is responsible for menus and school food standards and providing food at breakfast, lunchtimes, breaks, after-school clubs.</p>
Aims	<p>1. Food and Drink Provision (in partnership with our caterer) We encourage students to make healthy choices. We ensure food reflects ethical, cultural and religious needs of students and staff. We educate students about hydration and encourage them to drink water frequently.</p> <p>2. Food Education. Students have the opportunity to experience different aspects of food in curriculum time. We provide opportunities beyond the curriculum to grow food on the Farm unit. Eggs are available as students experience how to look after the ducks chickens.</p> <p>3. Food Culture and Environment. We create a pleasant, welcoming and sociable dining environment that is suited to the age and needs of our students and staff. We encourage regular consultation with staff and students with regards to school food provision and opportunities to cook, grow and experience food.</p> <p>4. To ensure that the food provision in the school reflects the ethical and medical requirements of staff and students and ensure we cater for all dietary requirements. Staff and students are prohibited to bring in tree and ground nuts and nut bi-products, as we are a nut free school. Any medical needs is always taken into account once notified.</p>
Monitoring and Evaluation	<p>- We monitor school meal uptake, including Free School Meals, in partnership with our catering team Caterlink.</p> <p>- Our School Council will review food and healthy eating issues when required</p> <p>- We will display 'nut free posters' around school to have a constant reminder and we will communicate regularly with students, staff and home to remind all stakeholders of the nut free environment expectations.</p>
Review	<p>This policy will be updated regularly according to student and staff needs.</p> <p>We will carry out a review and/or consultation with students, parents/ carers and staff when necessary or at other times if required (e.g. when changes are made to school food regulations, curriculum guidance or Ofsted requirements) and take their views into account when updating our policy and practice.</p>

Links to other policies	Healthy schools Review, Bronze Award, Silver and Gold Award Physical Activity Policy Health and Safety Policy Equal Opportunities and Inclusion Policy

Supplement 1 – Packed Lunch Policy

School Name	The Frances Bardsley Academy for Girls
Mission Statement	We will work to ensure that all packed lunches brought in from home and consumed in school (or on school trips) provide students with healthy and nutritious food that matches, as closely as possible, the government standards for food served in schools.
School Overview	We will monitor packed lunches and although special/religious diets would be the responsibility of the parent or carer, we will advise on nutritional values and observance of allergies.
Application and Actions	This policy applies to all students and parents providing packed lunches to be consumed within school or on school trips during normal school hours. Parents will be advised via the website regarding packed lunch in school. Letters will be sent home regarding nutrition and excess packaging if attending a school trip. Students will be encouraged to consider healthier options.
Food and Drink in Packed Lunches	<p><u>School Responsibilities</u></p> <ul style="list-style-type: none"> - We will provide facilities for students with packed lunch to have access to free, fresh drinking water in the canteen or in water fountains in school. We will work with students to provide attractive and appropriate dining room arrangements; - We will work with parents to ensure that packed lunches abide by the standards listed below; www.healthyschoolslondon.org.uk/resources/healthy-take-aways/healthy-eating - As fridge space is not available in school, we advise students to bring items that do not require being kept at a controlled temperature. - Wherever possible we will ensure that packed lunch students and school lunch students can sit together to eat. <p><u>Packed lunches should include:</u></p> <ul style="list-style-type: none"> - At least one portion of fruit and one portion of vegetables every day; - Meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, and falafel) every day; - Oily fish, such as salmon, at least once every three weeks; - A starchy food such as any type of bread, potatoes, pasta, rice, couscous, noodles, or other type of cereals/ grains every day; - Dairy food such as milk, cheese, yoghurt, fromage frais or custard every day; - Only water (still or sparkling), fruit juice (150ml max.), semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies (150ml max). <p><u>Packed lunches should not include:</u></p> <ul style="list-style-type: none"> - Snacks such as crisps. Instead include vegetables and fruit (with no added salt, sugar or fat). Savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice; - Confectionery such as chocolate bars, chocolate-coated biscuits and sweets. Cakes and biscuits are allowed but students are encouraged to eat these only as part of a balanced meal;

	<p>- Meat products such as sausage rolls, individual pies, corned meat and sausages/ chipolatas should be included only occasionally.</p> <p>- NO SEEDS, NUTS, SESAME NUTS OR ANY FOOD ITEMS CONTAINING NUTS SHOULD BE BROUGHT ON SITE</p> <p><u>Special diets and allergies</u></p> <p>We recognise that some students may require special diets that do not allow for the standards to be met exactly. In this case parents are urged to be responsible in ensuring that packed lunches are as healthy as possible. For these reasons students are also not permitted to swap food items.</p>
--	---

Appendix 1 – Food and Drink Provision (in partnership with our caterer)

Key questions:

1. Is our food provided by our Catering Services or a different contracted caterer?
2. Does this service cover all school food (i.e. breakfast clubs, lunch, breaktime snacks, after-school clubs, school trips)?
3. Does our food provision meet government standards for school food? Guidance on new standards introduced in January 2015 can be found at www.schoolfoodplan.com/standards/.
4. Can we meet the following aims and add these to our food policy in the 'Aims – 1. Food and Drink Provision' section?
 - a. We provide tasty and nutritious food for all students during breakfast club, lunch and morning breaks, after-school clubs (where applicable) and school trips
 - b. We encourage students to make healthy choices and reward them for doing so
 - c. We maintain and/or increase uptake of school lunches
 - d. We work with parents/ carers to ensure all students eligible for Free School Meals are taking this entitlement
 - e. We engage students and parents in contributing ideas for menu items
 - f. We keep students and parents/carers informed of menus via our website, leaflets etc.
 - g. We ensure we have the capacity to provide a meal for all those requiring one
 - h. We ensure food is compliant with government school food standards - this includes school lunches and school food other than lunch (breakfast, mid-morning break, tuckshops, after-school club food and vending)
 - i. We support parents and students to prepare and eat healthy packed lunches as per our packed lunch policy (see Supplement 1) and ensure compliance with this
 - j. We educate students about hydration and encourage them to drink water frequently throughout the day by allowing water bottles in class, providing water on tables at lunchtime and supplying water on school trips
 - k. We ensure any food advertising and branding in school does not conflict with healthy eating guidelines and our whole school food policy
 - l. We ensure food reflects ethical, cultural, and religious needs of students and staff
 - m. We consider the allergy and medical needs of students and staff and ensure appropriate policies and training are in place (e.g. food allergies/ coeliac/ diabetes, location of epi-pens etc). www.allergyinschools.co.uk has accurate, reliable information on managing allergies in schools.

Appendix 2 – Food Education

Key questions:

5. Do all students have the opportunity to experience different aspects of food in curriculum time, out of school hours learning, and through other practical learning opportunities?

Food topics can be integrated into:

 - i. Art (e.g. observation drawings of food; healthy eating posters design)
 - ii. PSHE (e.g. healthy eating; nutrition; menu planning)

- iii. Design and Technology (e.g. cooking and nutrition - statutory in National Curriculum from September 2014; design tools)
- iv. English (e.g. food diaries; describing food; following recipes, preparation, cooking instructions)
- v. Geography (e.g. what food grows where and why; food miles/ transporting food; food waste)
- vi. History (e.g. past diets - hunter-gatherer, wartime rationing etc; discoveries)
- vii. Information Technology (e.g. recording results of a food survey; website review)
- viii. Maths (e.g. weight and measures)
- ix. Physical Education (e.g. links between healthy eating and exercise)
- x. The following topics can be covered:

Science

- xi. Nutrition
 - xii. Dining
 - xiii. Cooking
 - xiv. Menu planning skills
 - xv. Food hygiene
 - xvi. Cultural diversity
 - xvii. Food production, marketing and labelling
 - xviii. Recycling (food waste, packaging etc)
 - xix. How plants grow
- b. Examples of activities that can support curriculum and out of school hours learning include:
 - i. Relationships with local food businesses, e.g. farms, shops and restaurants
 - ii. Tasting sessions (integrate a range of eating experiences into classroom work)
 - iii. Cooking demonstrations
 - iv. Healthy eating projects
 - v. Debates/ guest speakers
6. Can we meet the following aims and add these to our food policy in the 'Aims – 2. Food Education' section?
- We ensure all staff are fully aware of requirements for provision of food in schools and general healthy eating guidelines.
- a. We ensure staff providing practical food education have undertaken food hygiene training
 - b. We educate all students during curriculum time about food and nutrition, ensuring information is up-to-date and evidence-based
 - c. We incorporate food into a variety of subjects including PSHE, science, geography, history, maths and religious education
 - d. We use school food provision as a practical opportunity to educate students about healthy eating
 - e. We provide opportunities within and beyond the curriculum to grow food (plant, harvest)
 - f. We provide opportunities within and beyond the curriculum to cook food (prepare, cook, eat)
 - g. We provide opportunities for students to understand and experience where food comes from (e.g. farm visits)
 - h. Our school website is used to provide information to parents on healthy eating with our packed lunch policy available, healthy eating advice, nut free school expectations and links to related websites

Appendix 3 – Food Culture and Environment

Key questions:

- What steps have we taken to create a positive food culture in our school, where good food and healthy eating are the norm and lunchtimes are a valued part of our school day?
- How can we maximise students' engagement with food and develop their interest, understanding and skills?

- Can we meet the following aims and add these to our food policy in the 'Aims – 3. Food Culture and Environment' section?
 - i.** We create a pleasant, welcoming and sociable dining environment that is suited to the age and needs of our students and staff
 - j.** We ensure sufficient time is provided for students to purchase and eat their lunch
 - k.** We help develop students' dining skills and table manners, and enhance their lunchtime experience, by using crockery and cutlery (instead of flight/prison-style trays)
 - l.** We encourage teachers to act as positive role models during lunchtimes and other times when they eat with students
 - m.** We allow students to sit together whether they eat a school lunch or bring their own packed lunch
 - n.** We value the role of catering and lunchtime staff as an integral part of our school
 - o.** We ensure that all aspects of food in our school promote the health and wellbeing of students, staff and visitors
 - p.** We provide food that benefits the health of both students and the environment
 - q.** We consult regularly with students and staff with regards to school food provision and opportunities to cook, grow and experience food.