



# Kingsdown School

## Whole School Food Policy

### Introduction

Kingsdown School recognises the important connection between a healthy diet and a students' ability to learn effectively and achieve high standards in school. We also recognise the role school can play, as part of the wider community, to promote family health and sustainable food.

As children spend on average a quarter of their waking lives in school, one big step to improving the nutrition of children is to offer healthy food and drink choices throughout the school day. The school environment, attitudes of staff and students, as well as what students learn in the classroom, have a major influence on their knowledge and understanding of health. If encouraged to enjoy healthy food and drink early on, it is much more likely that these positive behaviours will remain with a child throughout life.

This policy applies to all staff, students, parents/carers, governors, visitors and partner agencies working with Kingsdown School.

### Aims

Kingsdown School aim to:

- Improve the health of the entire community by teaching students and family's ways to establish and maintain life-long healthy eating habits. This will be accomplished through a whole school approach centred on food, education and skills (such as cooking food), the food served in school and core academic content in the classroom.
- Ensure that all aspects of food and nutrition at school promote the health and well-being of students, staff and visitors to the school.
- Make the provision and consumption of food an enjoyable and safe experience in a pleasurable and dedicated environment.
- Ensure that students are well nourished at school and that everyone has access to nutritious food with a safe easily available water supply during the school day.

### Food through the school day

A balanced diet will be promoted through the following approach to food through the school day:

#### **BREAKFAST SERVICE**

A low cost, healthier breakfast, in line with the latest government guidelines (found at <http://www.schoolfoodplan.com/wp-content/uploads/2014/09/School-Food-Standards-Guidance-FINAL-140911-V2C.pdf>) is provided for students and staff.

## **BREAK TIME SNACKS**

A variety of healthy & nutritional snacks are available from the canteen during the morning break.

## **SCHOOL LUNCHES**

All school lunches are prepared by the contracted catering company Harrisons and follow the latest government nutritional guidelines. Menus are displayed in the canteen and on the Virtual Learning Environment (VLE). Students and staff are encouraged to buy the hot meal option which will be deliberately priced as low as possible. Lunches are served from the canteen which includes a main server as well as hot and cold Grab 'n' Go counters and The Cube, located externally. Free school meals are available to students who are entitled to them.

## **PACKED LUNCHES**

Kingsdown School will regularly send information home in the "In touch" newsletter giving advice and ideas for healthy and nutritious packed lunches. Chocolate, sweets and crisps are discouraged and fizzy sugary drinks are not allowed in school. The Food Technology Department frequently gives information on healthy packed lunches and encourages students to implement ideas carried out in lessons into packed lunches.

## **VENDING**

Kingsdown School only uses vending machines to dispense drinks which comply with the Government guidelines.

## **WATER**

Students have easy access to fresh drinking water throughout the school day at no charge. Water is available in the canteen at break and lunchtimes and from water fountains. Students are encouraged to bring a water bottle to school with them and to fill this as required at break and lunchtimes. Students are allowed to drink water in class.

## **CURRICULUM**

Healthy eating and nutrition is taught within the Food Technology, SMSC and Science curriculums. Healthy eating is a theme for assemblies and healthy eating guidelines are displayed in the hall and in all tutor rooms.

## **EXAMINATIONS**

Kingsdown School encourages all students to ensure they have eaten something before an exam and to bring water into the exam with them.

## **AFTER SCHOOL CLUB AND EVENTS**

Products available at these functions should be in line with healthy eating guidelines.

## **STAFF SUPPORT AND TRAINING**

Kingsdown School's Staff Handbook includes a section on healthy eating and healthy lifestyles. Staff responsible for delivering aspects of healthy eating regularly receive up-to-date training and information.

## **STUDENT VIEWS**

Kingsdown School welcomes student feedback about school catering via the School Council and operates a Catering Users Group which includes a Student Council representative from each year group. In addition students are encouraged to openly communicate to the catering team, the Business Manager and/or their teachers any queries or concerns they have in relation to the catering at Kingsdown School.

## **ASSESSMENT, MONITORING, EVALUATION AND REVIEWING**

Kingsdown School monitors the number of meals eaten in its canteen on a daily, weekly and monthly basis and in particular, checks whether those entitled to free school meals are actually taking them. We actively welcome feedback about school catering from parents/carers. We also hold taster sessions periodically to test new ideas on students.

## **PARENTPAY**

Kingsdown School operates a cashless catering system that includes ParentPay i.e. the means by which parents/carers can automatically add funds to a student's account using online methods from home or a barcoded letter at one of the local convenience stores. One of the benefits of this system is that students are then obliged to spend the money at the school canteen rather than perhaps spending on healthier options which they could easily do when simply carrying cash.

Signed :   
W Conaghan  
Headteacher

Date : 10<sup>th</sup> July 2017

Signed :   
M Blackwell  
Chair of Governors

Date : 10<sup>th</sup> July 2017

