



Food and Nutrition Policy

Background Information

Waverley Studio College is a maintained school for boys and girls aged 4 - 19 There are 975pupils currently on roll. The pupils come from the Small Heath area of Birmingham and reflect the wide social, ethnic and religious natures of these areas.

Aims of Food and Nutrition

Waverley Studio College recognises the important connection between a healthy diet and a pupil's ability to learn effectively and achieve high standards in school. The school also recognises the role the school can play, as part of the wider community, to promote family health. To this end the school worked hard and achieved its National Healthy School Standard in 2008.

The school aims to:

- Improve the health of pupils and staff and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet and hygienic food preparation and storage methods.
- Ensure pupils are well nourished at school and that every pupil has access to safe, tasty and nutritious food and a safe, easily available water supply during the school day.
- Present consistent, informed messages about healthy eating within school through all school practices.
- Improve the dental health of pupils through the inclusion of dental health education within the planned PSHCE programme.
- Ensure that food provision in the school reflects the medical and ethical requirements of pupils and staff for example medical, allergenic, religious, ethnic and vegetarian needs.
- Ensure the provision and consumption of food is an enjoyable and safe experience.
- The school will work towards these aims in partnership with the parents.
- Food and nutrition education forms part of the formal curriculum through Science, PSHCE, Citizenship and Food Technology.
- The food and nutrition element within the PSHCE programme focuses on the **three** strands of the national curriculum framework:

Personal Development - developing confidence and responsibility and making the most of their abilities

Health and Safety - developing a healthy, safer lifestyle

Relationships - developing good relationships and respecting the differences between people

Other school policies which have relevance to food and nutrition are:

- PSHCE
 - Science
 - Behaviour
 - Special Educational Needs
 - PE
 - Drugs Education
 - Health and Safety
 - Teaching and Learning
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MORAL AND VALUES FRAMEWORK

The food and nutrition education element of the Science, PSHCE, Citizenship, RE, Geography and Food Technology programmes will reflect the school's over-arching aims and demonstrate and encourage the following values:

- Respect and valuing themselves and others
 - Understanding and sensitivity towards the needs and views of others
 - Responsibility for their own actions
 - Responsibility to their own family & culture, the school and the wider community
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EQUAL OPPORTUNITIES

This school is committed to working towards equal opportunities in all aspects of school life. All resources used will support this commitment.

CONTENT OF FOOD AND NUTRITION EDUCATION

Detailed information and learning outcomes can be found in the Science, PSHCE, Citizenship and Food Technology Curriculum. Special events e.g. health week and assemblies on healthy eating messages are also used to support the programmes.

ORGANISATION OF FOOD AND NUTRITION EDUCATION

Food and nutrition education is jointly coordinated by the Heads of Department for Science, RE, PSHCE, Citizenship and Food Technology, who are responsible for the overall planning, implementation and review of the education provision. Delivery will be in timetabled PSHCE, Citizenship, Science, RE and Food Technology through other subjects including Careers Education and Guidance. Work placements are available in catering establishments. A variety of teach approaches is available, details can be found in the schemes of work. With regard to food and nutrition education it is important that staff feel comfortable with the subject matter. Staff will be supported through an in-service training programme. Active learning methods which involve pupils full participation will be used. At present all members of staff are committed to delivering elements of food and nutrition education supported by an in-service training programme. Liaison procedures which facilitate the spiral curriculum are already in place.

SPECIFIC ISSUES STATEMENTS

Packed lunches

Pupils are encouraged to bring healthy packed lunches. Fizzy drinks, chocolate and sweets are discouraged in packed lunches or snacks. Healthy packed lunch suggestions are displayed in Student reception and the canteen. Primary phase are working with the school nurse and parents to promote healthy lunch boxes

Water provision

All pupils have access to fresh drinking water at all times, at a number of points around the school. Pupils are also encouraged to carry water with them and consumption is permitted both in the class and during break and lunchtimes. Water is also available during sport activities.

Free Fruit

The primary phase provide children with a daily piece of fruit, as part of ht free fruit for schools scheme

Dental health education

The school uses the dental health resources provided jointly by the LA and the Directorate of Community Dental Health. The school takes part in the Directorate's Natural Nashers Programme.

Fair Trade Products

The school supports the use of Fair Trade products.

Free School Meal Provision

The school encourages all families entitled to free school meal provision to access this facility. Monitoring of uptake is undertaken confidentially.

Allergies

Parents inform the school if a pupil suffers from an allergy, identifying the foods to which she/he reacts and the usual symptoms of the reaction. To ensure all staff, including supply staff, are aware of the pupil allergies a list of class health problems is attached to every class register. Pupils with allergies are also identified on kitchen and

office notice boards. All staff members are aware of the school's medical and health and safety procedures. Any children with separate dietary requirements are identified and catered for individually. Care plans have been drawn up for individual children, who are at risk of allergic responses to consuming specified fruits

Food Poisoning

In the event of a food poisoning outbreak advice will be sought from the LA Health and Safety department and the local Environmental Health Office.(**0121 303 9900**)

COMPLAINTS PROCEDURES

Any complaints about food and nutrition education should be made to the Curriculum Deputy Head who will report to the Governors via the link governor. Any complaints about food and nutrition provision should be made to the Deputy Head who will report to the Governors via the link governor.

DISSEMINATION OF THE POLICY

The full policy and curriculum programmes are available to parents, the LA and OFSTED on request through the Head Teacher or Heads of Science, DT, RE, Geography, Citizenship or PSHCE.

EVALUATION, MONITORING AND REVIEW

Teachers and pupils work together, using self assessment and peer assessment as well as teacher feedback, to determine pupils strengths and development needs so that the report focuses on what pupils have achieved and what they hope to achieve in the future.

The provision of food and nutrition education will be monitored by the Curriculum Deputy in consultation with the Heads of PSHCE, Geography, RE, Citizenship, Science and DT and the CEG Coordinator.

Food and nutrition provision will be monitored by the Headteacher in liaison with the school catering staff, the school council and the school's Food and Nutrition working party.

The policy will be reviewed in consultation the LA's Healthy Schools Audit, staff, pupil and parent feedback on food and nutrition provision and education within the whole school community.

A HEALTHY SCHOOL STUDENT GROUP

A HEALTHY SCHOOL STUDENT GROUP operates at Waverley Studio College to support healthy eating choices. A nominated Governor will have a link role between the school and the Governing Body,

A HEALTHY SCHOOL STUDENT GROUP is a vital ingredient for the success of any whole school food project. It will provide the powerhouse for change that will then be able to tackle the education and health issues that the school has to consider.

Typical member will be:

- Pupil representatives
- A representative from senior management – Head teacher or Deputy Head teacher
- A teacher representing a key curriculum area (science, design and technology, PSHCE)
- The Healthy Schools coordinator (for schools involved in the National Healthy Schools Standard)
- The catering supervisor
- The SFVS school coordinator

In addition, other members could be co-opted, for example:

- A community dietician
- The school adviser/health education adviser/PSHCE adviser
- A dental health education representative
- A paediatrician /community physician
- The school nurse
- The school site manager
- A youth worker
- The SFVS area coordinator

The actual make-up of the **HEALTHY SCHOOL STUDENT GROUP** will depend upon local circumstances – who is interested, who has experience and who has the time. It will also depend on what already exists in the school. If the school already has a school council or, as part of the Healthy Schools Programme a health forum, it may not be necessary to form a new group. The **HEALTHY SCHOOL STUDENT GROUP** might be a sub-group of an already existing structure.

It is important that the **HEALTHY SCHOOL STUDENT GROUP** really works and is not just a body to 'rubber stamp' plans. It is crucial that pupils are included in the decision making process at an appropriate level for their age.

You should think about ways to ensure that everyone is able to participate effectively and the meetings are not dominated by one or two people. Don't limit yourself to a formal meeting structure with a chair, minutes and agenda but use other techniques such as brainstorming, drawing pictures and forming small groups to promote discussion and record ideas.

Policy adopted by Waverley Education Foundation Board of Trustees on:

___/___/_____

Policy to be reviewed on: ___/___/_____

Signed:

X _____
Chair of Trustees

X _____
Principal