



## Fazakerley High School



## Whole School Food Policy

May 2013

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# Fazakerley High School

## Whole School Food Policy

### **Introduction** - why we need a whole school food policy?

We value all members of the school community and seek to promote the health and well-being of all members as part of being an enjoyable place to work and learn. We recognise that food and nutrition form an important aspect of our health and well-being and thus contribute to all being able to learn effectively. We recognise that food and drink play an important role in our different cultures and for all of our emotional and social well-being and are committed to communicating consistent messages across the school.

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 schools environment, attitudes of staff and pupils, as well as, what children 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.

The purpose of this policy is to inform all members of the school community and implement systems and structures to be consistent about the food and drink provision at our school.

### **Development and dissemination process**

This policy was formulated by a working party consisting of the Headteacher, governors, a teacher, and the school catering manager. The policy was informed by consultation discussions with pupils during School Council meetings.

The policy was created in response to the comments and recommendations from the Healthy Schools Award that arose through consultation and finally approved by the governing body May 2013.

The policy has been disseminated via the school website.

### **We aim to:**

- Improve the health of the whole school community by supporting pupils and families to establish and maintain life-long healthy and environmentally sustainable eating habits
- Help our pupils acquire the skills and knowledge to make healthy choices and set a good example by offering healthy food and drink, across the whole school day, as outlined in the National Healthy School Programme
- Integrate our aims into all aspects of school life, including food provision within the school, the curriculum and pastoral and social activities

- Ensure that all aspects of food and nutrition in school promote the health and wellbeing of pupils, staff and visitors to the school

### **Our objectives and desired outcomes**

We shall accomplish our aims through food education, including the development of skills such as cooking and growing, the food served in school and core academic content in the classroom.

We shall work towards the following **objectives**:

- To increase pupils' knowledge of food production, manufacturing, distribution and marketing practices, and its impact on both health and the environment
- To 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
- To ensure the food provision in school reflects the ethical and medical requirements of all pupils and staff, e.g. religious, ethnic, vegetarian, medical and allergic needs
- To encourage parents/carers who provide food and drink for consumption at school (packed lunches, snacks, etc.) to meet the same standards as food provided by the school
- To ensure that food and drink available before and after school meets the same standards as that provided by the school (breakfast/after school clubs, study support/out of hours activities, residential visits, etc.)
- To make the provision and consumption of food an enjoyable, social and safe experience for all
- To encourage children to develop appropriate skills for choosing and preparing healthy meals
- To ensure adequate provision for children who have specific dietary requirements in relation to a medical condition (this may conflict with healthy eating principles), e.g. cystic fibrosis

### **Desired outcomes:**

- Staff are trained in practical food education
- Pupils choose healthy and nutritious food across the school day and enjoy it
- The whole school is aware of how they are transforming school food
- The school meets the new school food standards
- Pupils can plan and cook healthy food
- There are snacks available that are not rich in salt, sugar and fat
- There is increased fruit and vegetable consumption
- All pupils achieve a healthy body weight

## Management and co-ordination

There is an identified member of staff who oversees all aspects of food within the school. Their role is to ensure the following:

- Establish an effective structure to oversee the development, implementation, monitoring and review of this policy and to encourage a participatory approach to achieving the objectives (for example, by setting up a School Nutrition Action Group, SNAG).
- Provide an environment that is both physically and socially conducive to the enjoyment of safe, tasty, nutritious, environmentally sustainable food and drink.
- Establish a process for reviewing the formal curriculum to ensure information relating to food and nutrition in different lesson areas is consistent and up to date. Ensure the school complies with current
- National Nutritional Standards for school lunches and other food in school and with the Food in Schools Standards.
- Ensure that outcomes of the Policy contribute to the completion of the self evaluation process, including the Ofsted SEF and Healthy Schools Award.

Fazakerley High School food policy sets out the school's formal commitment to serving healthy food. It links this to education and life skills in order to promote optimal health, to develop social skills and to ensure maximum educational attainment of all students.

The Governors seek to ensure that all aspects of food and nutrition at Fazakerley High School promote the health and well-being of pupils, staff and visitors to the school, supporting individual needs (cultural, ethical and medical) as appropriate.

The Governors will ensure the creation of partnerships between staff; pupils, parents and other relevant groups so that all those involved in food at Fazakerley have the opportunity to plan, implement, deliver and evaluate the Fazakerley High School catering enterprise.

The designated member of staff is: Mr Paul Topping

Fazakerley High School is **committed to:**

- Strategic planning involving caterers, education, health, parents and pupils.
- Supporting school-based partnerships through the School Council, the healthy schools group or other alternatives.

The Policy takes full account of the Government Nutritional-based Standards for school lunches which were in place from September 2009 for Secondary Schools and the Government school food regulations. More information on the food standards and regulations is available on The Children's Food Trust website ([www.childrensfoodtrust.org.uk](http://www.childrensfoodtrust.org.uk)). Responsibility for meeting these regulations lies with the School's Governing body.

The school is fully committed to ensuring that all pupils stay safe, adopt healthy lifestyles and enjoy and achieve in their education. The school acknowledges that parents are the prime educators of their children and have the main responsibility for their diet. However, the school actively supports healthy eating and drinking throughout the school day, and ensures that all aspects of food and nutrition in school promote the health and well-being of pupils, staff and visitors to the school.

A good diet is important for good health. A healthy and varied diet can help maintain a healthy body weight, enhance general well-being and reduce the number of diseases such as heart disease, stroke, cancer, diabetes and osteoporosis. Healthy eating also promotes achievement. In this context, the school's commitment to healthy food is essential for the school to meet its overall goals and ensure the health and well-being of its students.

## **Catering**

The principal objective of the Catering service 'Chartwell' at Fazakerley High School is to provide a first class and efficient service, which meets the needs of all prospective customers.

The 'Chartwell' aims to:

- Identify and implement best practice recognising the need to provide a valued, varied and attractive catering service
- Provide a self-financing and all-embracing service available throughout the working day
- Continue to develop to support the school in meeting the needs and well-being of all learners

The potential customers include: -

Pupils from Years 7 - 11

Students from the 6th Form.

Staff

Parents, Governors and visitors

The service will be available for:

<b>Pre-school breakfast:</b>	from 8.15 a.m. for all students/staff.
<b>Whole day snacks:</b>	for staff / visitors and 6th Form Students.
<b>Morning Break:</b>	for all students and staff.
<b>Lunch time:</b>	for all students, staff and visitors.
<b>After school service:</b>	for all students and staff. To include a snack service for all after school clubs/teams/ensembles
<b>Staff/Parents meetings:</b>	for all evening meetings to provide a range of refreshments.

## **Links to the Curriculum**

The school aims to establish clear links between what is being taught in the curriculum and what is offered for consumption to students in school. The school must provide consistent messages to young people, at the same time as creating an interest in food and nutrition.

Fazakerley High School **is committed to:**

- A planned curriculum to which ensures that information relating to food and nutrition in different lesson areas is consistent and provides opportunities to learn about different food types in the context of a balanced diet. There will be learning opportunities in how to plan, budget, prepare and cook meals understanding the need to avoid the consumption of foods high in salt, sugar and fat and the increase the need for consumption of fruit and vegetables
- The development of appropriate new curricular materials, as required
- Training for all staff on the school's food agenda, school food regulations and up to date healthy eating messages

## **School Meals**

School meals should be nutritious, varied and appeal to students. For a significant proportion of students, school lunch may be the only freshly cooked meal of the day. School meals should help create an interest in food by offering pupils a range of new food experiences. School meals should also provide an opportunity for the development of social skills

Fazakerley High School **is committed to:**

- Ensuring a school lunch service that meets or exceeds current Government Nutritional standards
- Ensuring a welcoming eating environment that encourages the positive social interaction of students. This includes the display and labelling of food, promoting healthy eating, and making adequate time available for students to purchase and eat their food.
- Improving the food preparation facilities
- Ensuring there is easy access to free, clean and palatable drinking water in school
- Encouraging all students to eat a healthy balanced diet and to understand the importance of diet to health, academic performance and well being
- Encouraging all students to minimise the amount of food wasted

## **Morning Break**

Morning break plays an important role in school. It contributes to short-term health benefits by providing access to healthy food at break times and should primarily reinforce the key whole school food message.

Fazakerley High School **is committed to:**

Ensuring that the morning break offers a range of healthy choices including sandwiches, freshly prepared bread products, fruit, yoghurt and healthy drinks

### **Water**

Research has shown the value to pupils of gaining regular access to fresh, chilled drinking water throughout the school day. Intake of water is linked to good health, better concentration and increased attainment. We currently operate four chilled water units in school. Pupils are expected to fill water bottles at break and lunchtimes.

Fazakerley High School **is committed to:**

- Maintain units to supply fresh chilled drinking water
- Sanitisation of all water units

### **Packed Lunches**

The Governors recognise that choice is a key element of healthy eating and the school's role is in educating students to make informed choices about healthy eating. Some students may choose to bring a packed lunch to school. Parents are responsible for the provision of packed lunches for their children. However, the school recommends that packed lunches should follow guidelines issued by the Children's Food Trust (available on their website). Information is also available at parent evenings or on request from the School Catering Manager at 'Chartwells'.

Fazakerley High School **is committed to:**

- Ensuring that students can purchase a healthy packed lunch in school
- Ensuring that students choosing to have a packed lunch are provided with a suitable eating environment conducive to social interaction and enjoyment of the mealtime experience
- Students choosing to have a packed lunch will have free access to fresh chilled water

### **After School Activities**

It is recognised that many activities take place in schools but outside the conventional school day. These activities are aimed at both school pupils and the wider community. Some of the activities are organised by the school itself but others through independent groups based in the local community. It is vital that the school gives a consistent message to children and the community at large and that all aspects of the school's activities reinforce key healthy eating messages.

Fazakerley High School is committed to:

Requiring, where possible, that all after school activities follow the principles of healthy eating.

### **Partnership with Parents and Wider Community**

Parents need to be aware of the whole school food policy and how they can support it in other areas of their children's lives. A successful whole school food policy can and will impact on the wider community.

Fazakerley High School is committed to:

- Developing stronger partnerships between parents, the school and catering staff
- Communicating with parents on all aspects of food in school including information and advice on healthy packed lunches and snacks
- Developing dialogue with food suppliers to look at ways in which healthy eating activities initiated by the school can be maintained

### **Monitoring and Evaluation**

It is important to monitor progress and evaluate outcomes against this policy.

Fazakerley High School is committed to:

- Developing monitoring and evaluation systems, which record levels of uptake in school meals and free school meals
- Seeking and using feedback from pupils, parents and staff
- Seeking and using feedback from catering staff
- Increasing range of healthy options in line with school food regulations

### **Key recommendations from Liverpool Healthy Schools Audit Report – November 2012**

**1.3 The policy is** – School food policy needed

**1.5 Food Service/Contract monitoring** – Chartwells to bring findings of last QA report and outcomes to be discussed at next KIT meeting

**1.9 SNAG Group** – Schools Nutritional Action Group needed

**3.1 Menu Compliance** – The menu must be followed to ensure the nutritional analysis is accurate with the current sales mix should be used for the analysis

**4.3 Evidence of training/qualification** – Have evidence of all training available

**5.1 Menu Display** – Ensure the displayed menu reflects all products

**5.4 Following the recipe** – The nutrients analysis has been measured according to the menu. The menu should be followed precisely to ensure the nutritional breakdown is accurate and reflective.

**5.6 Portions numbers reflective of nutritional breakdown** - The food number split should be evident on the kitchen copy of the menu and followed for the food production, without this any nutritional measurement is flawed.

**5.6 Portions numbers reflective of nutritional breakdown** – The auditor overviewed the sales during the lunchtime it was clear that large number of the students were purchasing single sales items such as drinks, biscuits cookies and cakes.

**5.6 Portions numbers reflective of nutritional breakdown** – Although there were limitations on sales by the catering assistants (i.e. maximum 2 brownies or cakes. It is highly unlikely that the nutritional breakdown reflects the food sales during the lunchtime at this school.

### **Fazakerley High School Catering Service 'Chartwells' – Our Commitment**

- Meals will be freshly prepared on the premises.
- Menus will change each week and will be published on the website and notice boards.
- Cakes and biscuits served in the canteen will be prepared on the premises
- No MRM (mechanically recovered meat) will be used in preparation of school meals.
- Fresh and frozen vegetables will be used for school meals. Some exceptions e.g. baked beans.
- Vegetables or salad will be served with all cooked meals
- Fresh fruit, fresh fruit salad and low fat, artificial additive-free yoghurts will always be available at break and lunch times.
- Fresh milk will be used for custards etc.
- Fat, sugar and salt contents of food and drinks will be limited, in line with the Government nutrient based regulations for school lunches.
- Food will be sourced from local suppliers where possible. This integrates the school into the local economy, reduces food miles and encourages links with the local, rural community.
- Hot and cold healthy snacks will be available during break every day.
- A full menu will be available throughout the lunchtime period every day. This should allow better use of the canteen space and less of a rush at the beginning of the period.
- Teachers will use healthy alternatives to sweets as incentives/rewards where possible and will not supply sweets to students as incentives on a regular basis
- The school will not accept sponsorship from companies associated with unhealthy foods.
- School catering will be managed to break even. Any profits will be re-invested in the catering service and environment.
- A cashless payment system will be used to promote uptake of healthy options.
- The school will be open to developments, especially new ways of serving healthy food e.g. sandwich vending, different hours of opening.
- The school will continue to offer breakfast and after school catering provision.

#### **Staff training:**

- Customer service - the school will treat our students as valued customers
- Presentation of food and the serving/delivery of food will be of high quality
- Catering skills including nutrition, food hygiene and health and safety will be addressed

## **Sources of Information**

School Food Trust - <http://www.schoolfoodtrust.org.uk/index.asp>

The Children's Food Trust website: [www.childrensfoodtrust.org.uk](http://www.childrensfoodtrust.org.uk)

Healthy Weight, Healthy Lives: A Cross Government Strategy for England –  
[http://www.dh.gov.uk/en/Policyandguidance/Healthandsocialcaretopics/Obesity/DH\\_082383](http://www.dh.gov.uk/en/Policyandguidance/Healthandsocialcaretopics/Obesity/DH_082383)

Year of Food and farming web site at: [www.yearoffoodandfarming.org.uk](http://www.yearoffoodandfarming.org.uk)

Sustainable Schools website: <http://www.teachernet.gov.uk/sustainableschools/>

“Environmental Performance” page of the PSFPI web site:  
<http://www.defra.gov.uk/farm/policy/sustain/procurement/envperform.htm>

## **Additional Assistance**

<http://www.soilassociation.org/foodforlife>

<http://www.healthtrust.com>

<http://www.foodafactoflife.org.uk>

<http://www.schoolsnetwork.org.uk/cooking>

<http://www.dcsf.gov.uk>

<http://www.healthyschools.gov.uk/>