

# Tapton School



# Food Policy



# 2006 - 2007

Date Adopted: TBA



Date due for Review: TBA

## Whole School Food Policy for Tapton Secondary School

Name of member of senior management responsible for food at Tapton School is Mr. Paul West.

This document is freely available to the entire school community by contacting school. It has been highlighted to the whole community via the school newsletter and website and will be mentioned next year in the school prospectus.

At Tapton School we believe that healthy eating should be promoted as an enjoyable activity, as well as one that contributes to good health. We believe that it is the school's role to develop pupil's abilities to make informed food choices, in a way which acknowledges and respects the eating habits of individuals and families.

This policy brings together all aspects of food in Tapton to give coherence, clarity and consistency.

This policy applies to all food served throughout the school day and food prepared in the food Technology classroom during lesson time.

### Aim of this policy

- To ensure that all aspects of food and nutrition in school promote the health and well being of pupils, staff and visitors to our school.
- To equip pupils with the knowledge to make informed choices, about food throughout their lives, and to give them the opportunity to apply that knowledge on the school premises and beyond.
- To ensure that parents are aware of initiatives relating to food and nutrition through regular promotion in the Wednesday letter and on the website.

### Objectives

- Ensure that all food provided by the school complies with the food and nutritional based standards set out by the School Food Trust (2006)
- Review formal curriculum to ensure information relating to food and nutrition in different lesson areas is consistent and up to date.
- Ensure that the lunch break experience contributes positively to the pupil's personal development, through carrying out an assessment of the current dining room. We intend to take a whole school approach to this by involving pupils and the whole school community. Pupils will be asked for

their opinions by use of a questionnaire. Parents and guardians will be asked through the school newsletter and the website.

- Work with school caterer to run a healthy breakfast club which sells only:
  - White/brown/wholemeal toast, bagels, teacakes, crumpets
  - Spreads to include, margarine, peanut butter, marmite
  - Non sugar coated cereals, e.g. weetabix, cornflakes, rice crispies
  - Fresh/dried fruit
  - Fresh orange/apple/pineapple juice Semi-skimmed milk
  - Water freely available
- Ensure that the school staff preparing and cooking food with or without the pupils have basic food hygiene training. Pupils who work within Food Technology following the catering course will have a basic food hygiene certificate during their first year of study.
- Ensure that clean palatable drinking water is available for pupils throughout the school day and pupils understand the importance of keeping hydrated.
- Work with school meals provider to monitor pupil menus.
- Provide guidance so that the messages about food and nutrition are consistent across all the school's activities, including snacks eaten during the day, school meals and packed lunches brought in from home.
- Have an agreement that fruit should be the preferred snack at morning break, rather than crisps, sweets or chocolate-coated products.
- Whole School Food Policy will be presented to new parents during open evenings in Year 6 and familiarization evenings at the beginning of Year 7.
- We will share with parents/guardians through the Wednesday letter and the Healthy School website accurate and up to date nutritional guidance gained from the Food Standards Agency's website ([www.food.gov.uk](http://www.food.gov.uk)) to support them in planning healthy packed lunches for their children.

### **Strategies to ensure we meet our objectives. Actions to be taken**

- To launch and raise profile of healthy eating in school during Health Week
- Ensure that food in school is regularly on the agenda at school council and staff meetings

- Formal Curriculum: food and diet topics are included within subject areas where possible.
- Extra-Curricular: Establish after school exercise activities, which involve pupils, staff and parents/guardians.
- Ensure members of staff in charge of food have up to date basic food hygiene training.
- To work with oral health promotion and the Food in Sheffield Programme (5 A Day) to promote all aspects of Healthy Eating.
- To work with our PFI partners to ensure water coolers are installed throughout the school. To ensure that all staff and pupils are aware of the value of drinking water regularly (both staff and children are allowed to drink water during the school day, including in lessons).

### **Monitoring and Evaluation - How do we know our objectives are being met?**

- Ensure that any suggestions or ideas around food in school from the school council are fed back to staff and appropriate action is taken.
- Annual review of whole school food policy to include consultation with pupils and parents/guardians
- Formal Curriculum: Food and science staff to review through schemes of work how food is being taught within the curriculum.
- Member of staff responsible for food in school to review how the policy/scheme is working.

This policy was produced in collaboration with the school food providers, food Technology department, members of the science department, senior management. The School Council Healthy Schools Working Group and parents were consulted.

**Tapton School actively supports healthy eating and drinking throughout the whole school day.**