



# Food Policy

## Ranelagh School

Date reviewed by SLT	Autumn 1 2021
Date approved by Governing Body	17 December 2021
Date of next review	Autumn 1 2024
Published	Website Staff Shared Area (Q;Subject Areas;Policy Documents)

## **Aims of this policy**

- To ensure all legal requirements and standards with respect to food in school are met.
- To equip students to make informed healthy choices about their food.
- To raise awareness, as appropriate, of healthy food choices beyond those provided by the school catering service.
- To reinforce appropriate messages relating to food and drink, e.g. ensuring consistency between the formal curriculum and school food and drink provision.
- To develop a coherent and coordinated approach to healthy eating and related activities in school.

## **Policy context**

This policy relates to all the food provided in school, including before and during school.

## **Rationale**

The School Food Standards, published in 2015, apply to all maintained schools, and academies that were founded before 2010 and after June 2014. Whilst the school is not bound by the standards, governors at Ranelagh are committed to ensuring that the national standards are met.

The school recognises the important contribution a healthy diet makes to a student's wellbeing, their ability to learn effectively and their capacity to achieve. The school is committed to promoting a healthy learning environment and equipping students with the life skills to support and maintain a healthy lifestyle during their school years and beyond. We believe that, in partnership with parents and carers, the school can contribute to improving a student's health by increasing their knowledge and understanding of food and helping them to make healthy food choices.

This policy explains

- How we promote healthy eating
- What we do to provide healthy balanced food throughout the school day
- How we encourage students to eat healthily
- What we teach so that students know how to make healthy food choices
- Our approach to improving students' health through healthy eating

We aim to

- Increase knowledge and awareness of a healthy diet through our curriculum
- Provide safe, tasty, and nutritious food that promotes health
- Enable all students to have a healthy school meal
- Provide safe, easily accessible water during the school day
- Be a role model for healthy eating
- Monitor healthy eating choices
- Use a range of opportunities to promote healthy eating
- Ensure consistent messages regarding healthy eating are reinforced throughout the school day

## Food Provision

All of our school meals and snacks are provided by a contracted caterer, employed directly by the school, following invitation to tender.

A summary of the national school food standards for all food sold or served in schools can be found here:

[http://www.schoolfoodplan.com/wp-content/uploads/2014/09/School\\_Food\\_Standards\\_140911-V2c-tea-towel.pdf](http://www.schoolfoodplan.com/wp-content/uploads/2014/09/School_Food_Standards_140911-V2c-tea-towel.pdf)

In accordance with these standards, only food permitted under current legislation must be sold.

- **Breakfast Club**

Breakfast Club operates on Tuesdays, Wednesdays and Thursdays (due to the constraints on the use of the dining hall for assemblies). The food offered complies with the nutritional standards for all school food other than lunches, set by the Government and provides a healthy start to the day. It includes bread, low fat spread, low salt/low sugar fortified cereals (occasionally offering others as a choice), fruit, and protein such as oven cooked bacon or omelette.

- **Snacks**

These comply with the nutritional standards for all school food, other than lunches, set by the Government. This means, for example, that no confectionary and no bagged snacks are sold, a variety of fruit is available, and the drinks sold comply with the standards. Cakes and muffins (handmade and not bought in) are low in sugar and must contain fruit. Chocolate and chocolate-coated products (excluding cocoa powder used in chocolate cakes or low-calorie hot drinking chocolate) are not available.

- **School lunches**

These comply with the nutrient-based standards and food-based standards for school lunches. This means, for example, that fish is available every week, meals do not contain more than two deep-fried items in a single week (this includes products which are deep-fried in the manufacturing process), and table salt is not made available. Nutrient-based standards apply to an average school lunch, and relate to overall provision rather than individual consumption.

- **Packed lunchboxes**

Students may bring packed lunches to school and, by providing a dining hall as well as picnic tables and benches outside, they are encouraged to sit down to eat them. We recognise that it is harder to have influence on students' packed lunches but opportunities for raising the profile of healthy lunchboxes are sought during Food Awareness Week.

- **Water/Drinks**

Water is freely available and accessible throughout the school day to all members of the school community. There are drinking fountains and bottle fillers both inside and outside the building and access to tap water is also available in the dining room. All drinking fountains are regularly sterilised and maintained. All taps with drinking water are labelled as such.

Students are able to take bottles of water into lessons. Education regarding the importance of hydration is particularly highlighted in hot weather via assemblies and tutors. It is also emphasised at examination times and students are allowed to take bottles of water in to examination rooms. Bottles of water, chilled and unchilled, are for sale in

the dining room at breaks and lunchtimes. Other drinks for sale comply with the current legislation or are sugar free.

- **Prizes/rewards**

These very rarely take the form of food. Where they do, staff are encouraged to consider giving healthy eating alternatives.

### **Food Education**

There are numerous and varied opportunities across the curriculum for students to develop their knowledge and understanding of healthy eating and lifestyles, including through the Food Preparation and Nutrition curriculum. This provides opportunities for students to apply healthy eating messages through theoretical and practical work with food, including preparation and cooking. At key stage 3, all students assess diet and ways to improve research into specialist diets and prepare healthy meals. Where possible Fairtrade products will be used during demonstrations. The principles of Fairtrade are taught in key stage 3 lessons. At key stage 4 students learn about nutritional labelling, use of additives and other topical issues relating to food preparation and nutrition.

### **Extra-curricular activities**

The school is committed to the provision of a range of extra-curricular activities which develop students' interest in and understanding of food and nutrition. These include a key stage 3 Cooking Club and opportunities to enter competitions such as the annual Young Chef competition, run by the Rotary Club. The school has also been involved in National Food Awareness Week and the Food Department organises an annual residential visit for lower school students to France in order to foster an interest in international cuisine.

### **Choice**

Students may make decisions about their own food e.g. they may wish to be vegetarian or vegan. We recognise that students have a choice about their food and drink intake, but we aim to educate and encourage them to make balanced decisions about lifestyle, food and exercise. In circumstances in which young people do not appear to be achieving a balance, it may be necessary to discuss concerns with them, or their parents/carers. This discussion would usually be initiated by the relevant Head of Year, or the Assistant Headteacher with responsibility for student support and guidance.

### **Partnership with parents and carers**

The school is committed to working in partnership with parents/carers to promote and reinforce positive messages about healthy eating. Parents and carers are kept informed about relevant policies through newsletters and at parent information evenings.

### **Medical needs**

There may be medical reasons why certain foodstuffs should be available to, or carried by a small number of students. For example, diabetic students may need to carry sugar products in case of low blood sugar. In these circumstances, appropriate arrangements are put in place to ensure that staff are aware of the needs of these individuals.

All staff, teaching and non-teaching, receive Epipen training annually; anaphylaxis requiring administration of an Epipen may be a response to a food allergy. All students known to have such an allergy are highlighted to staff and appear on Medical alerts in key areas. Students with eating

disorders are dealt with sensitively and personalised arrangements made in support of their needs as appropriate.

### **Food for religious faiths and beliefs**

Families and children may choose to exclude, include, or prepare foods in a particular way according to their religious faith and beliefs. Where possible, the school will provide food in accordance with children's religious beliefs and cultural practices. To support the school, we ask that parents or carers contact the child's Head of Year to discuss any requirements. All staff will be made aware of specific students and their identification through detail on SIMS.

### **Monitoring and Evaluation**

The school catering company is responsible for ensuring that the food that it serves in school is in line with this policy and complies with the current Government legislation. The school caterer reports regularly to the Head of Finance; the outcome of these discussions is subsequently reported to the Headteacher.

The school catering manager also maintains links with the student body through the School Council. They attend meetings periodically in order to respond to questions raised by students about the quality and choice of food and drinks available in the canteen.

The Headteacher and other senior staff are responsible for supporting colleagues in the delivery of this policy.

### **References:**

<http://www.childrensfoodtrust.org.uk/childrens-food-trust/schools/school-food-standards/>

<https://www.gov.uk/government/publications/standards-for-school-food-in-england>

<http://www.schoolfoodplan.com>

<http://schools.fairtrade.org.uk>