

# BANK VIEW HIGH SCHOOL



## FOOD AND NUTRITION POLICY

Reviewed: .....

Signed Chair Governors: .....

Next Review date: .....

# FOOD AND NUTRITION POLICY

## Background Information

Bank View High School is a maintained school for boys and girls aged 11-16. There are 120 pupils currently on roll. The pupils come from the residential areas of Liverpool and reflect the wide social, ethnic and religious natures of these areas.

## Aims of Food and Nutrition

Bank View High School 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.

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

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, the school and the wider community

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 eg 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 on a number of noticeboards around the school.

### Water provision

All pupils have access to filtered 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.

### 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 noticeboards. All staff members are aware of the school's medical and health and safety procedures.

### 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.

## 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 (Jan Pollard). 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 Headteacher 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 SNAG (School's Nutrition Action Group) operates at Bank View High School to support healthy eating choices (see attached).

A nominated Governor will have a link role between the school and the Governing Body, (Jan Pollard, Chair of Governors).

## BANK VIEW HIGH SCHOOL

### 'SNAG' GROUP

Membership: L Feeney (Lead Mentor)  
K Brocken (Cook)  
2 council members, parent rep, MO SM, LA Catering Manager, School

Nurse

Dissemination: School Council  
Staff meetings  
SMT  
Parents via newsletter/website

A School Nutrition Action Group (SNAG) 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 membership of the SNAG will be:

- Pupil representatives
- A representative from senior management – Headteacher or Deputy Headteacher
- 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:

- The Grab 5! Area coordinator (if there is one)
- 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 caretaker
- A playscheme manager
- A youth worker
- The SFVS area coordinator

The actual make-up of the SNAG 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 to focus specifically on food and nutrition. The SNAG might be a sub-group of an already existing structure.

It is important that the SNAG 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.