



DRAFT

**Barking Abbey School
Whole School Food Policy Plan**

The Governing Body approved this Statutory Policy:

Review date:

INTRODUCTION

Barking Abbey School recognises and understands the importance of healthy eating and the pupils' education.

The whole school food policy will enable us to develop and maintain a shared philosophy on all aspects of food and drink, encouraging healthy living and the wellbeing of our students.

KEY CONTACTS:

Named member of the SLT responsible for food:

- Jo Tupman, Acting Head

Named member of staff leading on healthy food:

- Scott Leather Health school co-ordinator

FOOD POLICY AIM

Aim

- To ensure that BA students are well nourished in school and food provision reflects Government led standards.

Objectives

- To recognise and acknowledge the important connection between a healthy, balanced diet and a student's ability to learn effectively and achieve high standards in school.
- To ensure that 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 that all members of the school community are able to make informed choices about the importance of food and its production.
- To promote the school's role, as part of the larger community, to promote family health, and sustainable food and farming practices.
- To ensure that all menus served in school meet statutory Government nutritional guidelines

FOOD AND DRINK PROVISION THROUGHOUT THE DAY

As part of the School Food Plan a new set of standards for all food served in schools was launched by the Department for Education. They became mandatory in all maintained schools, and new academies and free schools from January 2015.

These school food standards are intended to help children develop healthy eating habits and ensure they obtain the energy and nutrition they need across the whole school day, which includes food provided for breakfasts, mid-morning snacks, lunches, tuck shops and after school clubs.

Breakfast

The school operates a breakfast service that provides a nutritious meal for students from 8-8.30am every day and a Breakfast Club on a Tuesday where students can get breakfast and complete homework as well as meet new people.

The schools breakfast club meets the School Food Standards. <http://www.schoolfoodplan.com/actions/school-food-standards/>

Snacks and Vending Machines

Sweets, unhealthy snacks or drinks are not allowed.

During break fresh fruit is available for free for students and staff. Students can also purchase freshly baked cookies and packed juices/ yoghurts.

Our vending machines promote healthier food and drink options which:

- encourage healthier eating habits;
- increases the variety of food and drinks available;
- helps keep pupils on site during the day

In line with the food standards no crisps, sweets, chocolate bars, cereal bars and fizzy or sugary drinks are provided.

School lunches

Food prepared by the school catering department meets the national nutritional standards.

Barking Abbey provides hot lunches cooked onsite for all the students and employs catering staff who provide hot homemade meals daily. The needs of different groups are considered – there is a regular, vegetarian, halal, pork-free and gluten-free option every day.

Bidvest and Brakes are our two main suppliers of food to the school, and we liaise closely with them to ensure standards are maintained.

All staff and visitors are offered hot lunches free of charge and are encouraged to share the tables with students. This promotes atmosphere of companionship and encourages good manners among the students.

Staff are all asked to sit at tables with students daily.

FOOD AND DRINK BROUGHT INTO SCHOOL

Packed lunches

Packed lunches are encouraged to be healthy. <http://www.healthylunch.org.uk/government/>

Drinks

Students are encouraged to have a water bottle with them throughout the day as well as being encouraged to drink water at lunch.

There are 3 drinking water sources at lower school and water machines. At upper water machine are on the school premises which are clearly marked.

Fizzy drinks and sweets are not allowed in school or during trips.

COOKING AND FOOD EDUCATION IN THE CURRICULUM

Healthy eating is included as part of the Programme of Studies in Science, Design and Technology, PE and is incorporated into PSHE curriculum. The following topics are discussed in the lessons:

- Different types of food: carbohydrates, proteins, vitamins and fibre, etc.
- What is a healthy diet?
- What food and drink is unhealthy?
- Are you eating a healthy diet?
- Healthy eating tips
- Is dieting good?
- What's the perfect body shape?

Cooking co-curriculum clubs run every week. Each half term different students are encouraged to attend. These co-curricular sessions also allow all students the opportunity to learn some simple, basic and healthy cooking techniques.

With the development and expansion on the Lower school site, Food technology will be added to the curriculum for all KS3 students. This will give the opportunity for students to learn about healthy food choices and give the students the opportunity to prepare and cook healthy foods to eat

THE DINING EXPERIENCE

Welcoming, social environment by:

- Dining tables are separated to seat 12 people each. Staff are encouraged to sit with students to bond during lunch, have conversation, showcase best table manners and encourage courtesy. Napkins are provided for each table and no trays are used to make lunches feel more homely.
- Students queue up outside the dining hall and are let in by an adult on duty

Attractive eating environment by:

- The dining hall is decorated with posters with reminders of good manners.
- Students are not allowed to take their school bags or coats with them.

Promotion of healthy eating by:

- School's chef offers a range of options of hot meals each day – ordinary, vegetarian, no pork, halal and gluten-free.
- All food is cooked on site from fresh produce and with low salt content with the use of various spices.

A clean and hygienic environment by:

- The dining hall floor is wiped clean every morning and after break/ lunch daily.
- Students are expected to take their plates and glasses to the service station.
- The school kitchen was recently inspected by Food standards and achieved the highest scores available.

FOOD SAFETY

- The School identifies staff CPD needs for health and wellbeing including cooking skills, food safety, hygiene and education and provides the appropriate training and development opportunities.

- Each school trip is organised following the Trips flow diagram in the Risk assessment folder on Google drive.
- Individual dietary/medical requirements are available from school SIMS

MONITORING AND EVALUATION

Food provision.

Our Senior Leadership Team will work in partnership with the Logistics Manager, Link Governor for Wellbeing and school chef to constantly monitor and check the food provision for the students.

- Our students will be encouraged to eat healthily and to take responsibility for encouraging others to eat more healthily.
- Any food concerns will be discussed with caterers, pupils, parents and staff as the need arises

Teaching and Learning

The curriculum content is monitored and evaluated using the following methods:

- In class assessment
- self and peer assessment
- observations
- half-termly tests
- internal examinations.

Pupil progress and achievement is assessed, recorded and reported using the following methods:

- All data are entered onto iSams, collated and analysed half-termly. The students' progress is clearly marked on their individual progress trackers in their books.
- Underachieving students are being followed up during interventions and provided with additional support. Students are encouraged to know their current and prospective levels and ways of achieving the later. This is closely monitored during Lesson observations, Learning walks and Book looks.

We celebrate pupil progress and achievement using the following methods:

- Students receive regular feedback
- Their progress is praised during celebratory Assembly at the end of each Term with all school present.
- Parents are informed via weekly bulletin.

SHARING THE POLICY

Monitoring and Evaluation

The school will monitor and evaluate the impact of the whole school food policy by feedback received from pupils, teachers and parents and governors. This ensures the whole school community are involved in a consultation process and the policy will be reviewed annually.

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