



Kingdown School

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WHOLE SCHOOL FOOD POLICY

Last amended: **March 2018**

By **David Richardson**

For review: **3 years**

Believe, Aspire, Achieve

This policy is consistent with all other policies adopted by the governors and should be read in alongside the following policies relevant to the safety and welfare of our pupils:

- Health and Safety Policy

RATIONALE

We believe that knowledge and understanding of nutrition is essential for good health, conduct and effective teaching and learning. We recognise the important connection between a healthy diet and a child's ability to learn effectively and perform well within the class room environment. An adequate fluid intake has also been proven to enhance energy and alertness.

AIMS

- To improve the health of staff, pupils and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes a healthy, balanced diet.
- To develop healthy eating and drinking habits that will last beyond pupils' time at our school and lead to a healthier lifestyle in future years.
- To give pupils the information they need to make healthy choices and to encourage these choices by being a good role model.
- To ensure that the school community gives consistent messages about food and health and that healthy eating is promoted in lessons, through school publications and by providing good role models.
- To ensure that food provision in the school reflects the ethical and medical requirements of all children and staff e.g. religious, ethnic, vegetarian, medical and allergenic needs.
- To encourage fluid intake, with an easily accessible water supply provided throughout the day.
- To make the provision and consumption of food a positive, sociable experience.
- To contribute to the healthy physical development of all members of our school community.

BREAKFAST CLUB

In line with our commitment to encouraging a healthy start to the day, Kingdown runs a breakfast club where a nutritious and filling breakfast is made available for our Free School Meal and most vulnerable students.

BREAK TIME SNACKS

No crisps, sweets or chocolate are sold. Snacks include sandwiches, baguettes, and fresh fruit and to drink, boys can choose from fruit juice, still and flavoured water and car. Water is also available free of charge from fountains around the school site.

SCHOOL LUNCHES

- All our school meals are cooked on site by our own catering team.
- All food bought by the catering department is either locally produced or a recommended supplier
- Fresh fruit and vegetables are bought in daily as required from local sources. Fresh meat and free range eggs are also supplied locally.
- Vegetables are offered as part of a main meal every day.
- 'Meal deals' are promoted in order to encourage students to buy nutritious and balanced dishes.
- Regular 'themed' days and weeks encourage students to try something new and widen their diets.
- The pupils are students about how they feel about school lunches, through surveys and via the school council
- Alternatively, children may bring a packed lunch to school

THE DINING ENVIRONMENT

In the main Dining Hall (or 'Hub') students can sit where they choose, which encourages a social setting where they can eat with their friends.

The dining environment is also available for those eating packed lunches or buying food on site. Staff and visitors also use the facility with the pupils.

We also use three other food facilities (two 'Snack Shacks' and the Sixth Form Centre kitchen) to allow students to choose nutritious options they can eat whilst socialising.

As far as possible we want the dining environment to be an attractive and inviting place to eat, where children are encouraged to interact with each other and enjoy their food.

DRINKS

We recognise that low fluid intake can lead to reduced academic performance through poor concentration and lethargy, reduced physical performance and health problems. We encourage all children to drink water at regular intervals throughout the school day. Water is freely available to all members of the school community via water fountains. We continue to encourage pupils to bring a bottle of water to school which can be re-filled from the various water opinions around the school. It is a school rule that fizzy drinks and energy drinks should not be brought into school. In the event of this happening, such drinks will be confiscated.

FOOD ACROSS THE CURRICULUM

There are a number of opportunities for children to develop their knowledge and understanding of food and healthy eating within the curriculum. It is covered in the formal curriculum through PSHE, Design (Food), PE, Science, and MFL.

EVENTS

There are times where students may, infrequently, wish to hold events such as cake sales to raise money for house charities. We don't believe foods should be 'demonised' but we hope instead that members of the school follow the 'everything in moderation' school of thought, encouraged through the curriculum.

CELEBRATIONS

As mentioned, students are taught to view sweets and chocolate as foods to be eaten in moderation on special occasions. In general pupils are discouraged from bringing sweets and chocolate to school. As long as common sense prevails children could bring in sweets and cakes from their holidays as it could be seen to be educational to eat food from other cultures.

ORAL HEALTH

As part of our endeavor to educate students on healthy eating, good oral health is also explored in PSHE lessons in Years 7 and 8. In relation to this, the importance of being aware of sugar intake in food and drink is also discussed in PSHE, Design and Science lessons.