

# **The Endeavour School**



## **Whole School**

## **Food Policy**

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This policy was reviewed by the Curriculum Committee and recommended to the full Governing Body on 3 November 2015.

Signed : A M Pepper  
Chair of Curriculum Committee

This policy was reviewed and adopted by the full Governing Body on 2 December 2015.

Signed : P Bedwell  
Chair of Governors

## WHOLE SCHOOL FOOD POLICY

### INTRODUCTION

The Endeavour School is Special Needs School for pupils with moderate learning difficulties. Many of our pupils are on the Autism spectrum and will only eat specific foods. They find tasting new foods extremely taxing as they need to get used to the look, texture and smell before they will try. As a school we are dedicated to providing an environment that promotes healthy eating and enabling pupils to make informed choices about the food they eat but realise how difficult this is for some of our pupils. We believe this will be achieved by the whole school approach to food and nutrition documented in this whole school food policy.

The policy was formulated through consultation between members of staff, governors, parents, pupils, and our school nurse.

### FOOD POLICY CO-ORDINATOR

This school food policy and healthy eating strategy is co-ordinated by  
**(Senior Leadership Team, Key Stage Leaders)**

### FOOD POLICY AIMS

The main aims of our school food policy are:

1. To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes
2. To provide healthy food choices throughout the school day

These aims will be addressed through the following areas:

#### 1. EQUAL OPPORTUNITIES

In healthy eating, as in all other areas of the curriculum we recognise the value of the individual and strive to provide equal access of opportunity for all.

#### 2. CURRICULUM

Food and nutrition is taught at an appropriate level throughout each key stage.

#### Teaching methods

##### Primary Phase

Food, its production and preparation is an important part of the curriculum for all pupils and is taught across the curriculum through, Knowledge and Understanding of the world, Science and PSHE. We ensure cooking is taught from Early Years up to Year 6, in line with the new national curriculum and emphasise safety issues.

##### Key Stage 3 and 4

We have a specific Food Technology curriculum to teach our pupils life skills. We have a dedicated Food Technology Room which is well resourced where all pupils have weekly lessons on a half termly basis.

#### Leading by example and staff training

It is the responsibility of all staff including teaching, support staff and catering staff to implement the food policy and to actively act as role models to demonstrate positive attitudes to healthy eating and to develop pupils' awareness and understanding of how to make healthy food choices.

Senior members of staff lead on development and monitoring of the policy and liaise with lunchtime support staff, cook and kitchen staff. The Food Technology lead is responsible for what is taught about healthy eating and food education in the curriculum. This is evident through their planning.

The Lead governor on Healthy Schools ensures the policy is implemented.

### **Visitors in the classroom**

This school values the contribution made by the school nurse in supporting class teachers and appreciates the valuable contribution of outside agencies. We believe it is the responsibility of the school to ensure that the contributions made by visitors to the classroom reflect our own philosophy and approach to the subject. The status of visitors to the school is always checked ensuring that the content of the visitor's talk is suitable for the ages of the pupils. The school's code of practice for visiting speakers is adopted.

### **Resources**

Resources for the teaching of healthy eating in PSHE have been selected to complement the delivery of the curriculum in other subject areas. These are stored on the school server. Samples from some of these resources are displayed in the PSHE teacher's folder and are clearly linked to the term's programme of work. The range of materials used is available for review on request to the head teacher. Books are available for pupils in the library.

### **Evaluation of pupils learning**

#### **◆ Primary**

The healthy eating aspects of the National Curriculum are assessed regularly through Science and PSHE curriculum and the B-squared assessment tool

Other aspects of healthy eating work are evaluated through activities, which have been built into the programme, as part of the planning process.

#### **◆ Secondary**

Teachers are encouraged to use a range of strategies to evaluate the teaching and learning in healthy eating.

These include:

- ◆ Discussion of the suitability of resources and methodology at team meetings
- ◆ Consultation with pupils through the School Council about existing programmes of study and special events
- ◆ Questionnaires for pupils at the end of a unit of work or at the end of a special event about the suitability of the programme and resources
- ◆ The formation of task groups or focus groups of pupils to look at existing provision and to make recommendations for the future.

### **3. FOOD AND DRINK PROVISION THROUGHOUT THE SCHOOL DAY**

#### **Breakfast**

Breakfast is an important meal that should provide 25% of a child's energy requirement and contribute significantly to their vitamin and mineral requirements.

The school operates a breakfast club that provides a nutritious meal for pupils before the school day. The breakfast menu includes: a choice of wholegrain cereals, toast with a choice of spreads, milk and /or water

#### **School Lunches**

All of our school lunches are freshly made by our cook each day, who acts in accordance with the School Food Standards. A copy of the Bi-weekly menu is on display in the dining area. The dining area has a calm and positive atmosphere where the pupils socialise and enjoy eating their lunch. Staff monitor food choices and encourage pupils to try new foods. We work with families who are eligible for free school meals to encourage them to take this up.

#### **TUCK SHOP**

Our tuck shop provides a range of snack foods that contribute positively to the welling of all pupils this *includes a range of fresh fruit, yoghurts, and rolls with a variety of healthy fillings and baked crisp snacks.*

#### **SNACKING**

Our school understands that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet.

##### **Primary**

All KS1 and KS2 classes include a morning snack time of fruit or vegetables. As part of promoting healthy eating children are encouraged to eat the fruit or vegetables. Children are given the responsibility for passing the fruit to others and for helping to clear it away.

The school discourages the consumption of snacks high in fat and sugar at break-time.

#### **USE OF FOOD AS A REWARD**

Our school does not encourage the regular eating of sweets or other foods high in sugar or fat, especially as a reward for good behaviour or academic or other achievements. Other methods of positive reinforcement are used in school including merits and certificates.

#### **DRINKING WATER**

Pupils are allowed to have drinks of water throughout the day. There are cups provided in each class. We also have water stations around the school building which the pupils are free to access at all times.

### **4. FOOD AND DRINK BROUGHT INTO SCHOOL**

## **PACKED LUNCHES**

Packed lunches prepared by the school caterers adhere to the School Foods Standards

Our school encourages parents and carers to provide children with packed lunches that complement these standards. This is achieved by promoting healthy packed lunch options through our school council and assemblies.

## **5. SPECIAL DIETARY REQUIREMENTS**

### **SPECIAL DIETS FOR RELIGIOUS AND ETHNIC GROUPS**

Our school provides food in accordance with pupils' religious beliefs and cultural practices

### **VEGETARIANS AND VEGANS**

School caterers offer a vegetarian option at lunch everyday. When necessary our school also provides a vegan option.

### **FOOD ALLERGY AND INTOLERANCE**

We are a nut free school but cannot guarantee that food products are totally nut free. Parents are asked to refrain from providing food products, which many contain nuts, in packed lunches or any other food brought into school and the children with nut and/or peanut allergy have an individual health care plan. Staff are trained to recognise and manage allergic reactions.

## **6. FOOD SAFETY**

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include: ensuring that adequate storage and washing facilities are available; that food handlers undergo appropriate food hygiene training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. We consult our local Environmental Health Department about legal requirements.

### **MONITORING AND EVALUATION**

Parents are invited to a Bi-annual review of the healthy eating policy and to contribute to a healthy eating approach where appropriate.

This policy will be shared the whole school including pupils and staff through assemblies, school council and class council meetings. The policy will be shared with governors at the curriculum meeting and parents at the Friday morning group.

## **REVIEW**

Date policy implemented: 03.11.15

Review Date:03.11.17