



Respect and **Courtesy Always**

HEALTHY EATING AND DRINKING POLICY

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CONSULTATION	<ul style="list-style-type: none"> • Students • HCC teachers • Catering Team • Governors • Parents 	Links to other policies and statements	<ul style="list-style-type: none"> • Aim of the School • Child Protection and Safeguarding • Confidentiality • Citizenship • Out of School activities • PSHE • Teaching and learning
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STATEMENT OF VALUES

At Newbridge we believe that our students should be empowered to make positive healthy choices. This reflects the school's ethos in respecting individual's values whilst promoting good health.

We want students and staff to enjoy their meals and snacks and for the Dining areas to be positive social places where everyone behaves well.

Food and water have a significant part to play in determining health and well-being and enabling learning. We aim to ensure that all students understand the makeup of a healthy diet and give them the opportunity to apply that knowledge on school premises.

We want to encourage students to enjoy eating together so we:

- Offer "free" lunch and break time tickets as a reward
- Invite students to host guests/visitors for courtesy lunches
- Supervise the Diner (usually senior staff) to promote good and respectful behaviour (Break time only)
- Offer early lunch tickets as a reward as part of the Houser Points system
- Supervise vulnerable students, eating together
- Offer a number of places for students to purchase and eat food
- Use a biometric system which enables students on free school meals to be anonymous and receive a well-balanced main meal.

NB. Students in school council have recognised that the biometric system can be difficult for some to get used to, so on the first two days of the Autumn term students are shown how to use it.

ACCESS AND EQUALITY

All students have access to food and drink in the Diner at breakfast time, break and at lunchtime. Students can bring a packed lunch and eat it with friends in or outside the Diner, the Hall or the Quad. There are two outside areas available, one near the bike sheds and another outside the Diner which is under cover and serviced via a hatch.

Only a minority of staff eat in the Diner although many purchase their meals to take out. Despite encouragement they prefer the peace and quiet of the staffroom.

NB. Students in the school council would like more staff in the Diner. From 2014 a Pastoral Manager and senior staff on duty eat in the Diner.

Staff are provided with a courtesy lunch if they provide a lunchtime club/activity and Pastoral as well as Senior Staff eat with students in the Diner when they can.

Fresh water is available at four sites throughout the day, as well as available free in the Diner at mealtimes. We do not provide vending except for community use out of hours.

In an effort to counter disadvantage, all families in receipt of free school meals are also invited to have children visit the school Diner for a free breakfast.

Students in receipt of free school meals are known to staff, and helped discreetly to make healthy balanced meal choices. Biometric sales ensure students in receipt of free school meals choose anonymously.

The catering team alert the pastoral team if they are concerned about any of the access or eating habits of the students. Some students are allowed early entry to the Diner re: quieter environment. Some are aided e.g. butter spread on toast.

The Catering team are always alert to students giving food to others or buying food for others and again alert the Pastoral Team.

Students are taught to have high expectations of behaviour in the dining areas and to show respect and courtesy to each other and the staff. Poor behaviour leads to consequences including blue slip detentions, contracts and bans. The catering team monitor names.

ACCOMMODATION AND QUEUING

The Diner is a prefabricated building used solely for meal times. Students queue outside on a first come first served basis. If the weather is poor they queue in the PA corridor. Three queues inside facilitate different choices, with one queue at lunchtime being dedicated to the youngest students.

Students taking part in competitive sport and training at lunchtime are active first then take lunch.

The Diner is very popular and not really big enough. Fabrics have been added to reduce noise and a new outside Dining area has been built in 2015. Despite its business it is still very popular.

STAFF TRAINING

Staff have undergone training to recognise the value of good nutrition to the process of learning. Updates are regular including hygiene certification.

Catering staff are employed on terms and conditions and in patterns that recognise their skills.

(A specialist supervisor works on the doors of the Diner each day and knows all students well.)

PROVISION OF FOOD AND WATER

Students have access to fresh water whenever they want it between lessons and in most cases they can drink water in lessons. In some lessons water is not permitted as the risk assessment deems potential spills to be a hazard. Posters on entry to these classrooms make this very clear.

Cans and glass bottles of all kinds are not permitted on school premises.

Staff are encouraged to use merits and House points as rewards, not sweets or chocolate. However, food rewards are not banned in recognition of the autonomy required to work successfully with some students. Often, a free lunch ticket is used as a reward.

Lunch 'pack ups' are provided free to all students (FSM) going on a school trip.

Every year each year group enjoys a full Christmas Dinner with accompaniments, crackers and carols. Tutors eat with their groups.

EVENTS AND LETTINGS

There are no restrictions on food and drink consumed on the premises when rooms are leased. Where possible the school's catering team is promoted as provider.

School catering is always used on staff training days.

FOOD SAFETY

(See separate Newbridge Food Safety Policy). Please note that the school does not knowingly purchase, prepare or sell genetically modified foods, or foods containing nuts.

COMMUNICATION WITH PARENTS

The Prospectus, New to Newbridge Handbook, the student planner, Newbridge News and open evenings are the key communication vehicles.

The Newbridge Tea, an informal event for new parents is held in the Diner.

Every year students produce a DVD for Year 6 students that is delivered with a menu to primary schools before their induction day.

Any changes to menus are preceded by menus being provided on the website.

Due to the biometrics system parents can request office staff to inform them about the details of their child's food choices.

QUALITY CONTROL/MONITORING AND EVALUATION

Newbridge is a 3rd generation 'Healthy School' reaccredited with enhanced status for the 2nd time in January 2016.

All students have the ability to place "food", "lunchtime" or any other matter on agendas of school council meetings.

Annually the School Council conducts a Healthy Schools survey of all students. Students are asked about food choices, favourites and menu requests. A separate Catering Survey has taken place this year, led by students to gather information for the Catering Team.

When governors visit the school they are invited to dine with students for lunch.

The catering manager team invites key people into the Diner on a regular basis, e.g. environmental health.

The school is registered with the Food for Life Partnership.

APPENDIX 1

Choice/Restrictions

Students are able to make healthy food choices in the Diner having learnt and understood the theory from the curriculum or at home: (taught in Science, PE and Food Technology)

- Low fat, low sugar, no added salt.
- Balanced hot meal deal.
- 5 portions of fruit and vegetables per day.
- Salad bar.
- All meat is fresh as are the vegetables.
- Canned drinks are not for sale, nor are high sugar fizzy drinks, only water or flavoured water, hot drinks and fruit slush.
- High caffeine/sugar “power” type drinks are banned. They are nutritionally unsuitable for children.
- High salt savoury snacks are not sold (this includes crisps).
- Sweets, chocolate and confectionary are not sold.
- Chips are only on the menu once a week.
- Beefburgers only once a fortnight.
- Cakes, pastries and biscuits are produced to low fat standards, and are only available at lunchtimes.
- All cakes and biscuits are homemade.
- The meal deal requires students to choose fresh vegetables.
- Pricing encourages choice of healthier menu options.
- Chewing gum is not permitted on school premises.
- There is always one vegetarian choice each day.
- Students who require a special diet or restrictions are known to staff. Special choices are set aside on request or planned for.
- Students with issues around others seeing them eat are allowed to eat privately in the lunchtime managers’ office.
- Vulnerable students and those with sensory issues leave class 2-3 minutes early to avoid queues and noise, and can eat with a Pastoral Manager in a family style setting.

Also teachers are discouraged from giving sweets or chocolate as a treat/reward but encouraged to offer a voucher for a snack from the Diner. Evening events for the Community e.g. School Shows, use the Diner for refreshments.

PACKED LUNCHES FROM HOME

No restrictions apply, the policy authors being of the opinion that school should not dictate or lecture to parents. It is hoped that what students learn about healthy food choices in class and at home will influence them to create their own lunch boxes, or to persuade parents to select a balanced box containing fresh, healthy food choices.

The possibility of helping students to keep their lunch boxes cold in summer has been explored and found to be unworkable. Instead students are encouraged to use cool bags. This information forms part of the year 8 healthy eating course in food technology. Students are encouraged to use freezer blocks in

lunch boxes. Students with packed lunches queue like everyone else and eat with friends who are purchasing a lunch. Most choose to eat in the Hall or outside.

APPENDIX 2

Curriculum

Students are taught by qualified specialist teachers in all key areas.

Their knowledge of healthy food choices can be practised when making mainly savoury healthy dishes.

Science

- Food groups and choice of foods are introduced in year 7 early in the autumn term curriculum.
- Students study their own diet creating a food diary.
- Energy provided by foods and energy requirements recommended for young people is part of the same unit of study.

Food Technology

- Students are introduced to “the healthy plate” in year 7. They learn how to use the cooker and learn basic food handling and cooking techniques, including fruit and vegetable preparation (8 dishes).
- Year 7 design and make a rice salad and analyse its nutritional make up.
- A major scheme of work in year 8 food studies covers food choices, definitions of key vocabulary (diet, obesity, RDAs etc.) and current healthy eating messages and a ‘Nutrition’ course teaches all the key nutrients and includes 8-9 practical cookery sessions.
- Students learn to adapt recipes and practise cooking fruit and vegetable dishes, high fibre dishes and low fat dishes.
- Students are encouraged to think of diet as balanced over time not just per meal.
- The Diner staff fully support the food technology curriculum.
- In Year 9 students follow practical cookery skills course with those opting for food starting GCSE food and nutrition courses that include recipes from cuisines around the World.

Citizenship and Careers Education

- The human rights module and the units on sex and drugs education in year 8 ask students to make the link between rights and responsibilities and consequences of actions. Multi-cultural day explores diversity through food.
- In Careers in year 9 students practise making decisions, learn to prepare for change and undergo preparation for making choices about their futures.

PSHEE

- Tutors follow a rolling programme to teach PSHEE.
- Current affairs sessions, Progress File/ROA and work on decision making, problem solving etc. supports empowerment.

Activities Week

- Three activities include practical cookery skills and support healthy food choices e.g. Budget Cookery.
- The principles involved in Activities Week build self-esteem and empowerment.

School Nurse

The School Nurse visits weekly offering scheduled appointments. She offers support and advice on diet.

APPENDIX 3

Useful Websites / References

Breakfast Clubs	www.breakfast-club.co.uk
British Meat Education Service	www.bmesonline.org.uk
British Nutrition Foundation	www.nutrition.org.uk/healthyschools.htm
	www.nutrition.org.uk
Department for Education and Skills	www.dfes.gov.uk
School lunches	www.dfes.gov.uk/schoollunches
Design and Technology Association	www.data.org.uk
Enuresis Resource and Information Centre	www.eric.org.uk/watercool.html
Focus on Food Campaign	www.waitrose.com/focusonfood
Food 4 Life	www.food4life.org.uk
Food and Drink Federation	www.fooklink.org.uk
Food Forum	www.foodforum.org.uk
Food Standards Agency	www.food.gov.uk
Fruit Tuck Shops	www.food.gov.uk/multimedia/pdfs/fruittuckwales
Health Development Agency	www.had-online.gov.uk
Health Education Trust (SNAGs)	www.healthedtrust.com
Scientific Advisory Committee on Nutrition	www.sacn.gov.uk
Seafish Education	www.seafish-education.org.uk
Sainsbury's Taste of Success	www.j-sainsbury.co.uk/tasteofsuccess
Sustain Grab 5!	www.sustainweb.org/grab5_index.asp
The Dairy Council	www.milk.co.uk
The Growing Schools Garden	www.schoolsgarden.org.uk
The National School Fruit Scheme	www.doh.gov.uk/schoolfruitscheme
Wired for Health	www.wiredforhealth.gov.uk
Improving Up Take of Free School Meals	http://www.dfes.gov.uk/research/data/uploadfiles/RR270.pdf www.ngc.org.uk www.teachernet.gov.uk/wholeschool/healthyliving/food www.foodinschool.org

www.childrensfoodtrust.org.uk

www.schoolfoodplan.com

APPENDIX 4

Nutritional Food Standards In School

All food served in schools must meet the school food standards so that children have healthy, balanced diets.

This means there must be:

- High quality meat, poultry or oily fish
- Fruit and vegetables
- Bread, other cereals and potatoes
- Milk and dairy
- Only healthier drinks

There can't be:

- Drinks with added sugar, crisps, chocolate or sweets in school meals and vending machines
- More than 2 portions of deep-fried battered or breaded food a week

You can read more about [school food standards in schools](http://www.schoolfoodplan.com) on the School Food Trust website (see the 'Teatowel' – www.schoolfoodplan.com)

FOOD OTHER THAN LUNCH

What do these standards cover?

The school food standards for all school food other than lunches apply to all food and drink provided to students on and off school premises, during an extended school day (up to 6pm)

The standards cover:

- Breakfast clubs
- Mid-morning break services
- Vending machines
- Tuck shops
- After school snacks and meals

Food provided at times other than lunch must comply with the following standards:

- Fruit and vegetables must be provided in all school food outlets. These can include fresh, dried, frozen, canned and juiced varieties.
- Free, fresh drinking water should be provided at all times.
- No cakes, biscuits, pastries or desserts (except yoghurts or fruit based desserts (50% fruit))
- No savoury snacks/crackers/breadsticks