



CREATING A CLIMATE FOR GREAT LEARNING,
SUCCESS AND OPPORTUNITY

Whole School Food and Drink Policy

Approved at a Full Governing Body Meeting on 29th June 2017

Date of Next Review: May 2020

Responsible Officer: Business Manager

Introduction

Benton Park School is dedicated to providing an environment that promotes the health and wellbeing of all its students, staff and visitors. By developing this whole school approach to food and drink provision and food education, we are actively promoting healthy eating and enabling students to make informed choices.

This policy was formulated through consultation between members of staff, the school chef, governors, and the student leadership council.

The nutritional principles of this policy have been guided by the 2015 School Food Standards (published by the Department for Education) and we have consulted with the Leeds Health and Well Being Team.

This school Food and Drink Policy and healthy eating strategy is co-ordinated by the Deputy Headteacher, Vikki Taylor, who has responsibility for student voice and Healthy Schools.

Aims

The main aims of our school Food and Drink Policy are:

- To provide a range of healthy food choices throughout the school day, in line with the mandatory School Food Standards;
- To enable students, staff and visitors to have appropriate information and guidance to enable them to make healthy food choices;
- To support students to make healthy food choices and be better prepared to learn and achieve;
- To ensure our dining experience is pleasurable for all our staff, students and visitors;
- To ensure a consistent approach to healthy eating across the whole school community;
- To give our students the appropriate skills, attitude and knowledge towards food and drink.

Food throughout the school day

To ensure we comply with the 2015 School Food Standards, we aim to apply these guidelines across the whole school day: mid-morning snacks, lunch, vending machines and after school clubs.

1. Mid-morning snacks

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

A range of healthy and nutritious snacks and drinks are available to purchase at break times. In addition, students are permitted to bring in to school their own healthy snack. The school discourages the consumption of snacks which are high in fat and sugar. Parents/carers are advised of appropriate snacks in newsletters, and at Parent Consultation Evenings and transition events. Students are also informed about appropriate snacking in lesson activities, display boards around school, enrichment days and on-going assemblies.

Our vending machines are stocked using a specific healthy range by our Live Well Vendor. Live Well's range of snacks and drinks contribute positively towards our aim of complying with food standards. Drinks from these machines include water, milkshake and fruit juices.

2. Drinks

Fresh, clean drinking water is readily available, free of charge, to all the students through water coolers around school. Students are encouraged to bring a water bottle to school, to enable them to access water throughout the day. A range of drinks are available to purchase, which comply with Government Regulations and offer a healthy alternative to water. Fizzy drinks and those with high sugar content are not permitted on site, including any energy based drinks.

3. School Lunches

School meals are provided by our own in house catering team, under the direction of an Executive Chef.

The school meals meet the mandatory requirements of the School Food Standards. All the menus are planned on a weekly basis to ensure a balanced diet is provided which offers both variety and quality nutrition. The menus are available in advance and are advertised to students and staff both internally and on our website, to enable them to plan their meals in advance.

All food is freshly made with a great emphasis placed on the provenance of our food. Wherever possible, fresh seasonal ingredients are locally sourced. We offer cold and hot meal deals which provide a balance of carbohydrate, protein, dairy and fat. Students entitled to free school meals are eligible for the 'meal deal' on a daily basis.

A wide variety of dietary requirements are catered for and all the menus are clearly labelled with allergen information. Special dietary requests are accommodated, such as gluten free, and vegan. Fresh fruit and vegetables are offered on a daily basis with fried foods kept to a minimum. Fresh salad, sandwiches, pasta dishes and lighter options are all available daily. We do not sell crisps, chocolate or high sugar fizzy or energy drinks.

4. Packed Lunches

Packed lunches prepared by the school caterers must be guided by the 2015 School Food standards. Our guidance on packed lunches is developed using standards from the Children's Food Trust, which aims to support students to have a balanced lunch and best prepare them for learning in the afternoon. The school works with all our students to encourage them to follow these standards when bringing packed lunches from home.

Packed lunches should aim to include:

- Some starchy foods such as bread (sliced bread, pitta bread, wraps, bagels), pasta, potatoes, couscous; choose wholegrain where possible;
- 1 portion of fruit and 1 portion of vegetables or salad;
- Dairy food such as cheese or yoghurt;
- Meat, fish, or another source of protein such as eggs, beans and pulses, hummus, falafel;
- Oily fish once every 3 weeks e.g. sardines or salmon;

Packed lunches should not include:

- Crisps or crisp-type snacks e.g. flavoured rice cakes or cheddars;
- Sweets;
- Any items containing chocolate including bars, biscuits, cakes or yoghurts/desserts.

Special dietary requirements

The school does everything possible to accommodate students' special dietary requirements including allergies, intolerances, religious or cultural practices. All our main menus are coded with allergy information.

Individual requirements for students with food allergies can be met by our caterers through liaison with our Catering Manager. Key members of staff are first aid trained and are available on hand in case of any adverse reactions.

Curricular and extra-curricular activity

Food and nutrition is taught at an appropriate level throughout each Key Stage in Science, PSHE and Design Technology (cooking and nutrition). The Eatwell model is used within school as a model of understanding a balanced diet.

The following subjects also provide the opportunity to reinforce this healthy eating message:

- RE explains the religious significance of foods in various cultures.
- Geography investigates the changing environment and the impact of consumer choices on people across the world who rely on growing food for a living.
- History studies changes in diet and food over time.
- Physical Education looks at the impact of sport, exercise and other physical activity. A wide variety of extra-curricular fitness / sport activities are offered and students are encouraged to take part.

Rewards

The school does not encourage the use of sweets or other foods high in sugar or fat to be used as a reward for good behaviour or achievement.

Other methods of positive reinforcement are used in school including:

- Postcards home
- Stamps
- Form Tutor awards
- Achievement assemblies
- Headteacher awards
- Reward trips
- Newsletter items

Monitoring and review

The policy will be reviewed every 3 years by governors, or earlier if required. As part of the review, the views of the following stakeholders will be considered:

Caterers, Student Leadership Team, Senior Leadership Team, School Staff, Governors, Parents and Carers.