

SOUTH WILTS GRAMMAR SCHOOL FOR GIRLS (ACADEMY)

School Aims

South Wilts is a progressive grammar school for girls, which aims to maintain high academic standards and cultural achievement within a caring environment. We seek to encourage responsibility and personal fulfilment so that students attain their maximum potential. The school is dynamic and works with the community to prepare its students for life-long learning and adult independence.

South Wilts Grammar School values and respects all students equally and aims to provide equality of opportunity wherever possible.

SCHOOL FOOD POLICY

INTRODUCTION

The school is dedicated to providing an environment that promotes healthy eating and enabling pupils to make informed choices about the food they eat. This will be achieved by the whole school approach to food and nutrition documented in this whole school food policy.

FOOD POLICY CO-ORDINATOR

This school food policy and healthy eating strategy is co-ordinated by the Assistant Head.

FOOD POLICY AIMS

The main aims of our school food policy are:

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

These aims will be addressed through the following areas:

1. CURRICULUM

Food and nutrition is taught at an appropriate level throughout each key stage. This is addressed through:

Teaching methods

Effective teaching requires pupils to develop their understanding of healthy eating issues and appropriate skills and attitudes to assist them in making informed decisions. Teaching methods adopted in the classroom offer a rich variety of opportunities for participatory learning and include debating issues, group discussions and role-play. This is addressed in both food technology and PSHE lessons.

Leading by example and staff training

Teachers, caterers and school nurses have a key role in influencing pupils' knowledge, skills and attitudes about food, so it is important that they are familiar with healthy eating guidelines. All staff have access to appropriate training.

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 regularly reviewed and the shared lesson plans are updated accordingly.

Surveys

The school takes advantage of surveys that are available to be well informed of the student needs, for example to SHEU survey and the Tomorrow's Voice surveys. The results of these surveys are shared with students and inform the school lesson planning and policy.

Evaluation of pupils learning

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 meetings
- ◆ Simple tick sheets for completion by the teacher at the end of a session

- ◆ 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.

2. FOOD AND DRINK PROVISION THROUGHOUT THE DAY

The school adheres to the School food standards and considers the provision of high quality and value for money meals to be a high priority.

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 canteen offers breakfast before school; it is served until 8.20am.

School Lunches

Food prepared by the school catering team meets the needs of the students and aims to offer a wide variety of nutritious meals prepared freshly in school and using good quality and locally sourced ingredients.

Vegetarian options are always available, as are salads, fruit and freshly made sandwiches. There is free access to drinking water throughout the day within the Dining Room and other water fountains. Students are permitted to have water bottles within lessons.

Vending Machines

Our vending machine is stocked with a range of snacks and drinks that contribute positively to the balance of good health.

Snacking

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

The school discourages the consumption of snacks high in fat and sugar at break-time. The school offers food at both morning and afternoon break to encourage students to choose a healthy snack.

Use of food as a reward

The school does not encourage the regular eating of sweets or other foods high in sugar or fat. We recognise that such foods are used as rewards within the school and this can be a very effective reward. However, with the awareness of some students being vulnerable to

eating disorders, staff are encouraged to consider the alternatives where possible and to use this method of reward in lessons sparingly. Other methods of positive reinforcement are used in school.

Charity Events

The school recognises that cake sales are an effective way to raise money for charity and one favoured by the students. The number of cake sales will be restricted to one per mini term and students are encouraged to find other more inventive ways to raise money where possible.

4. PACKED LUNCHES

The school encourages students to work with their parents and carers to provide a healthy packed lunch. Students other than in the 6th form are not allowed off site at lunchtime.

5. SPECIAL DIETRY REQUIREMENTS

Special diets for religious and ethnic groups

The 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 the school also provides a vegan option.

Food allergy and intolerance

Individual care plans are created for pupils with food allergies. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details. School caterers are made aware of any food allergies/food intolerance and requests for special diets are submitted according to an agreed process. Food is carefully prepared and labelled to cater for different dietary requirements but there is no completely nut free preparation area in the kitchen. Staff are regularly trained in the use of epipens.

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.

7. THE FOOD AND EATING ENVIRONMENT

Recent refurbishment and extension has made the Dining Room a pleasant environment to eat in. Staff are also encouraged to eat in this area.

New Year 7 parents are invited to share a lunch in the dining room at the start of the September term.

8. MONITORING AND EVALUATION

The policy will be reviewed by the Governors every three years. Regular meetings are held with the Business and Catering Managers as well as PSHE and Technology teachers to monitor the implementation of this policy.

Reviewed by	Date of Review / approval	Review cycle	Next Review Date	Statutory / Non-statutory	Website
Curriculum	Implemented Autumn 2014 18.9.17	3-yearly	Autumn 2020	Non-statutory	Yes