



Cape Cornwall School Whole School Food Policy

Introduction

At Cape Cornwall School we aim to provide a caring, disciplined environment so that every pupil may prepare confidently for a fast changing world. Our commitment is to educate each pupil to his or her maximum potential and to develop in each person habits of self-discipline, responsibility and respect for others.

We demand high standards from our pupils and expect maximum effort in our shared determination for success. Although we place a high priority on good examination results, we are proud of all the achievements of our young people- academic, social, sporting and cultural and are committed to developing the whole person.

A balanced, healthy nutritious diet is important for the development of a child's physical state, as well as for their intellectual abilities. Feeding the body with the proper nutrients helps fuel the mind to be more receptive to learning new skills, hence Feed the Body, Fuel the Mind.

Aims

- To ensure that all aspects of food and nutrition in school promote the health and well-being of pupils, staff and visitors to the school.
- To improve the health of pupils, staff and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet.
- To ensure that children are well nourished throughout the school day and that every pupil has access to safe, tasty and nutritious food and a safe, easily available water supply during the school day.
- To make the provision and consumption of food a healthy, enjoyable and safe experience throughout the whole school day

Rationale

This policy has been developed in order to help provide direction in supporting our drive to:

- Assist in reducing childhood obesity
- Support every Child Matters agenda and its outcomes
- Improve the ability of children to learn effectively through encouraging healthy nutrition
- Support the development of the school as a health-promoting environment
- Reflect in practice the taught curriculum on food and health

- Recognise the important connection between healthy eating and a pupil's ability to learn effectively and achieve high standards in school. It also recognises the role the school can play, as part of the larger community, to promote family health and well-being.

Objectives

- To improve the health of pupils, staff and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes healthy eating.
- To ensure pupils are well nourished at school, and that every pupil has access to safe, tasty, and nutritious food, and a safe, easily available water supply during the school day.
- To ensure that food provision in the school reflects the ethical, cultural and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian, medical and allergenic needs.
- To provide an opportunity for pupils to plan recipes, budget, prepare and cook food.
- To monitor menus and food choices to inform policy development and provision.
- To make the provision and consumption of food an enjoyable and safe experience in a pleasurable and dedicated environment.

The whole school food policy covers the areas of

- Breakfast clubs
- School Lunches
- Packed Lunches
- Water
- Curriculum

Breakfast Club

A low cost, healthier breakfast, in line with government guidelines, will be provided from 8.20am to 8.35am for all students who request it.

- It is hoped that students who might otherwise go without breakfast will find this a convenient way of ensuring they are set up for the day
- Also we aim to reduce lateness by providing this service.

School Lunches

All school lunches will be prepared by our Catering team following the latest government nutritional guidelines.

Lunches will be served from the Canteen and service will be organised to minimise delay.

We will encourage our pupils to buy the hot meal option which will be deliberately priced as low as possible.

The school will provide free school meals to all those pupils who are entitled to them.

Dining Room Environment-The lunch time setting will be friendly, attractive and welcoming to all pupils, visitors and staff.

Packed Lunches

We will regularly send information home in the newsletter giving advice and ideas for healthy and nutritious packed lunches.

We will discourage parents and carers from sending children with chocolate, sweets and fizzy drinks.

The Food Technology Department will give information on healthy packed lunches, possible recipe ideas and encourage students to implement ideas carried out in lessons into packed lunches.

Examinations

In order to ensure that all our pupils have eaten something before a morning exam, we will provide fruit to all those who would like some.

Water

Students will have easy access to fresh, chilled drinking water throughout the school day, at no charge from the school canteen.

Curriculum

The whole school policy will encompass nutrition education in the curriculum. Healthy eating will be covered within the Food Technology, Personal, Social and Health Education (PSHE) and Science curriculum.

An audit will be carried out across the whole school curriculum to ensure that teaching of food and nutrition is consistent.

Assessment, monitoring, evaluation and reviewing

We will monitor the number of meals eaten in our canteen on a monthly basis and in particular, check whether those entitled to free school meals are actually taking them. We will receive feedback about school catering from our School Council.

We will also hold taster sessions periodically to test new ideas on students. Our biannual questionnaire will include questions on food in school.

Within the KS3 Food Technology curriculum students will be encouraged to complete the online Licence to Cook Assessments covering the four core competencies.