



**Pent Valley**  
TECHNOLOGY COLLEGE

Policy: Whole School Food Policy

Pent Valley Technology College  
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## WHOLE SCHOOL FOOD POLICY

### 1. RATIONALE

The school recognises 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 sustainable food. The school recognises that sharing food is a fundamental experience for all people; a primary way to nurture and celebrate our cultural diversity; and an excellent bridge for building friendships, and inter-generational bonds.

As part of the curriculum and to improve the well being of our students, we have incorporated:

- Healthy eating
- Provision of water containers for students
- Achieved accreditation as a Healthy School
- A SNAG which meets each term

We are now taking the work, already done on food in our school, a stage further by introducing a **Whole School Food Policy** . This policy will cover the following:

- School meals
- Non-school lunch packs
- Food provided at the school, other than school meals
- Healthy eating, as part of the curriculum
- Extra curriculum activities, such as cookery clubs, etc

Our belief is that 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. In addition we are working towards Enhanced Healthy Schools status.

### 2. AIM

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.

### 3. OBJECTIVES

- a) 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.
- b) To provide an opportunity for pupils to plan recipes, budget, prepare and cook food.
- c) To increase pupils' knowledge of food production, manufacturing, distribution and marketing practices, and their impact on both health and the environment.
- d) 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.

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- e) 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.
- f) To make the provision and consumption of food an enjoyable and safe experience in a pleasurable and dedicated environment.
- g) To introduce and promote practices within the school to reinforce these aims, and to remove or discourage practices that do not support them.
- h) To monitor menus and food choices to inform policy development and provision.

### 4 Catering at school

4.1 Catering at school must meet the new nutritional standards for school meals (The Education (Nutritional Standards and Requirements for School Food)(England) Regulations 2007) and non-school meal food provided in school. The school' catering provision must offer the following food groups as part of the school meal and from September 2008 the nutrient standards:

<p><b>Fruits and vegetables -</b></p> <p>these include fruit and vegetables in all forms (whether fresh, frozen, canned, dried or in the form of juice)</p>	<ul style="list-style-type: none"> <li>▪ Not less than two portions per day per child, at least one of which should be salad or vegetables, and at least one of which should be fresh fruit, fruit tinned in juice or fruit salad (fresh or tinned in juice)</li> </ul>
<p><b>Meat, fish and other non-dairy sources of protein -</b></p> <p>these include meat (including ham and bacon) and fish (whether fresh, frozen, canned or dried); eggs; nuts; pulses; and beans (other than green beans)</p>	<ul style="list-style-type: none"> <li>▪ A food from this group should be available on a daily basis</li> <li>▪ Red meat shall be available three times per week in secondary schools</li> <li>▪ Fish shall be available twice per week in secondary schools. Of that fish, oily fish shall be available at least once every three weeks</li> </ul>
<p><b>Manufactured meat products</b></p>	<p>Manufactured meat products may be served occasionally as part of school lunches, provided that they:</p> <ul style="list-style-type: none"> <li>i) meet the legal minimum meat content levels set out in the Meat Products (England) Regulations 2003. Products not specifically covered by these legal minima must meet the same minimum meat content levels prescribed for burgers</li> <li>ii) are not "economy burgers" as described in the Meat Products (England) Regulations 2003; and</li> <li>iii) contain none of the following list of offal, except that mammalian large or small intestine may be used as a sausage skin (including chipolatas, frankfurters, salami, links and similar products): Brains, lungs, rectum, stomach, feet, oesophagus, spinal cord, testicles, large intestine, small intestine, spleen, udder.</li> <li>iv) A meat product (manufactured or homemade)</li> </ul>

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	<p>from each of the four groups below may be provided no more than once per fortnight and also meets requirements set out in points i-iii. Group 1; burger, hamburger, chopped meat, corned meat; Group 2: sausage, sausage meat, link, chipolata, luncheon meat. Group 3: Individual meat pie, meat pudding, Melton Mowbray pie, game pie, Scottish (or Scotch)pie, pasty or pastie, bridie, sausage roll. Group 4: Any other shaped or coated meat product.</p>
<p><b>Starchy foods (also see additional requirement on deep frying below) -</b></p> <p>these include all bread (e.g. chapattis), pasta, noodles, rice, potatoes, sweet potatoes, yams, millet and cornmeal</p>	<ul style="list-style-type: none"> <li>▪ A food from this group should be available on a daily basis</li> <li>▪ Fat or oil shall not be used in the cooking process of starchy foods on more than three days in any week</li> <li>▪ On every day that a fat or oil is used in the cooking process of starchy foods, a starchy food for which fat or oil is not used in the cooking process should also be available</li> <li>▪ In addition, bread should be available on a daily basis</li> </ul>
<p><b>Deep fried products</b></p>	<p>Meals should not contain more than two deep fried products in a single week. This includes products which are deep-fried in the manufacturing process.</p>
<p><b>Milk and dairy foods -</b></p> <p>includes milk, cheese, yoghurt (including frozen and drinking yoghurt), fromage frais, and custard</p>	<p>A food from this group should be available on a daily basis.</p>
<p><b>Drinks</b></p>	<p>The only drinks available should be:</p> <ul style="list-style-type: none"> <li>▪ plain water (still or fizzy);</li> <li>▪ milk (skimmed or semi-skimmed);</li> <li>▪ pure fruit juices;</li> <li>▪ yoghurt or milk drinks (with less than 5% added sugar);</li> <li>▪ drinks made form combinations of those in bullet points 1 to 4 on this list (e.g. smoothies);</li> <li>▪ low calorie hot chocolate;</li> <li>▪ tea; and</li> <li>▪ coffee</li> </ul> <p>NB - Artificial sweeteners could be used only in yoghurt and milk drinks; or combinations containing yoghurt or milk</p>
<p><b>Water</b></p>	<p>There should be easy access to free, fresh drinking water.</p>
<p><b>Salt and condiments</b></p>	<p>Table salt should not be made available.</p> <p>If made available, condiments should be available only in sachets.</p>

<b>Confectionery and savoury snacks</b>	Confectionery, chocolate and chocolate-coated products (excluding cocoa powder used in chocolate cakes, or low calorie hot drinking chocolate) shall not be available throughout the lunch time.  The only savoury snacks available should be nuts and seeds with no added salt or sugar.
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**4.2 The school will introduce school meal themes days/weeks, such as:**

- British Food fortnight
- Bonfire night
- Chinese new year
- International themes
- Historical themes
- Farm day, etc
- Taster days
- Curriculum theme days

**4.3 The school will include, as it has in the past and will continue to include, work associated with healthy balanced diets in its curriculum**

As part of the work that students do for sciences, and for personal, social, health and citizenship education (PSHCE), they will be taught:

- The components of a healthy diet
- The importance of healthy eating both now and in the future
- Design a menu for school/at home lunch/Breakfast/evening meal
- Cost of menus, etc
- Have a growing club where vegetables can be grown by the students
- Food in history
- Extra curriculum activities, including:
  - After school cookery clubs
  - Caterer's talks about the changes in school meals and nutritional standards
  - Breakfast clubs with cooks and/or volunteers

The school will enlist the help of its school caterer/dietician/healthy living co-ordinator or another professional to help promote healthy eating habits. The school will also arrange for advice and assistance about healthy eating issues to be provided to parents, if there is sufficient interest.

**4.4 The school will provide information on healthy foods that should be included in Lunch boxes from home**

The school recognises the benefits of a well balanced hot school meal for students, in the middle of the day, and would recommend to parents that this as the best option. However, should parents decide to send in a packed lunch from home, please note the following recommended guidelines set out by the British Nutrition Foundation.

A child's lunch should include only the following:

- A portion of starchy food, e.g. wholegrain bap/bread, sesame seed pitta bread, plain crackers, pasta or rice salad
- Fresh fruit and vegetables, e.g. apple/orange/banana, cherry tomatoes, carrots sticks, mini fruit chunks, etc

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- A portion of milk or dairy food, e.g. cheese, plain/fruit yoghurt, etc.
- Small portion of lean meat, fish or alternative, e.g. two slices of ham, chicken, beef, Quorn, cheese, tuna, egg or hummus, etc.
- A drink - fruit juice (not fizzy or diluted squash), water (not flavoured), milk (not flavoured)

Parents are advised to include an ice pack. Food products, prepared and stored in ambient temperatures, can after a period of between two to four hours, have increased levels of bacteria in them, which may be harmful to your child. Although the school provides ambient storage facilities, the school cannot take legal responsibility for foods prepared at home and then brought into school.

In addition, the school recommends that parents do not include the following items in packed lunches:

- Sweets (including Winders), chocolate, etc.
- Crisps or any packeted savoury snacks high in salt and fat
- Fizzy drinks/sugary drinks
- Sweet cakes, e.g. sugary cakes, doughnuts, etc.
- Sweet nut bars, etc.
- Foods containing salted nuts, etc.
- Packets of salted nuts

### **4.5 The School will provide a safe and healthy eating environment for pupil, staff and visitors having lunch at midday in the school**

The school provides a clean, sociable environment, indoors and out, for students to eat their lunch. (Indeed, in 2009, an additional dining hall has been added to the school that houses 240 students in one sitting.) In doing so, the school requests students adhere to the following Bistro charter:

#### **OUR PROMISE TO YOU**

- To provide you with safe and nutritional food.
- To respect all our customers.
- We will endeavour to meet your cultural and lifestyle dietary needs
- We will encourage students to sample different dishes and initiate theme events with different dishes.
- Encourage feedback from students and staff.
- Review menu options and source fresh supplies from local suppliers.
- Provide healthy menus in line with Healthy Schools.

#### **YOUR PROMISE TO US**

- To respect all staff and all other students.
- To respect the dining room environment.
- You will clear all plates, cutlery, tray and rubbish from your table and place on the clearing station.
- The Bistro will be a chewing gum free zone.
- Help us improve our service with your ideas and suggestions.
- Queue in an orderly manner.

**The service will continue to evolve through partnership, innovation and communication.**

**4.6 The school will Reward pupils for good meal time etiquette and good behaviour**

To encourage good behaviour and social interaction during the meal time:

- Parents are invited to join their children for a school meal for a nominal fee

**4.7 The school will ensure that catering staff are trained, at least, to Basic food Hygiene Standards**

The school will ensure that catering staff will receive basic food hygiene training. Either

- In-house training provision
- Local college/KCC course

**4.8 The school will make arrangements for monitoring and evaluating the activities to ensure these objectives are met**

This policy, its procedures and activities, used to meet the school's Whole School Food Policy, will be monitored and reviewed annually by the Healthy school Co-ordinator, SNAG and the governing body.

**4.9 The school recognises the links between water, dehydration, health and learning.**

How does drinking water link to health?

- Drinking adequate amounts of water regularly throughout the day can protect health and contribute to well-being.
- Drinking adequate amounts of water can help prevent a range of short and long-term health problems from headaches, bladder, kidney and bowel problems to cancer.
- Water has none of the health problems associated with drinks containing sugar, additives, sweeteners, acids or caffeine.

How does drinking water improve learning?

- The key to boosting the capacity to learn is to keep well hydrated throughout the day.
- When we are thirsty, mental performance deteriorates by 10%
- Pupils concentrate better because they are not distracted by the effects of dehydration such as thirst, tiredness and irritability
- Drinking water can aid behaviour management by helping to settle pupils in the classroom.

PVTC recognises that students will achieve more when both their health and learning needs are met. Ensuring free access to water and promoting a regular water intake throughout the school day is vital in promoting health and providing a healthy learning environment.

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### At Pent Valley Technology College:

- Students can drink freely from water bottles in lessons (unless H& S restrictions apply - ICT, Music, Science, Technology rooms).
- Bottles of water (only) are allowed on desks and students are encouraged to sip frequently from these.
- Students can access the drinking fountains in school.
- Students can access free drinking water in the Bistro at lunchtime and break.
- Students can purchase water in bottles from the vending machines. Pure fruit juice and milk drinks can also be purchased from the vending machines.
- Students can access water in the medical room throughout the day when necessary.
- Students have access to the toilets all day.
- Students are actively encouraged to drink before and after PE
- Students have access to water in the breakfast club before school.
- Students are encouraged to drink water before attending the after school provision.
- On school trips, students are actively encouraged to have healthy drinks. Water and toilet breaks are scheduled on longer journeys.
- Taps with drinking water are clearly labelled in the college
- Hot drinks are available to students before and after school.

### **Staff welfare**

Staff have free access to staff toilets

Staff have access to free tea and coffee in the staff room.

Staff have prepared tea and coffee available at break and lunchtime.

Staff have a water cooler dispenser in the staff room.

Staff can purchase bottled water from the staff room and from the Bistro.