



Food Policy

Review date: May 2020

Next Review date: June 2021

Staff resp. for review: CRS

NORBURY MANOR WHOLE COLLEGE FOOD POLICY

Why have a whole college food policy?

Over the last 30 years, we have seen dramatic increases in adults suffering from diseases such as obesity, diabetes and heart disease. These are related to a poor diet as a result of dietary imbalance. We are now beginning to see children developing symptoms of these diseases while still in childhood.

We also know that if children's diets are inadequate or provide insufficient fluid their performance at college will be affected; they will have trouble concentrating and are more likely to be absent through ill health.

As a result of these increasing concerns, healthy eating became a core part of the National Healthy Schools Scheme.

The college participates in the Healthy Schools London scheme. This ensures the college continues to meet high standards, offers consistent messages relating to nutrition that are appropriate to the college community and is able to communicate these efficiently.

What is a whole college food policy?

A whole college food policy provides a framework that enables us to:

- Set out a coordinated approach to food and drink
- Ensure equality of access for all
- Reinforce appropriate messages relating to food and nutrition, ensuring consistency between the curriculum and food provision
- Provide parents/carers with information about, and involvement with, the way food is consumed and worked within college
- Establish effective working partnerships with the local community, e.g. local procurement
- Make provision for staff training and resources
- Undertake work to contribute towards healthy schools action plans

Description of the college

Norbury Manor is a college for 11-18 year old girls (and sixth form boys) in the north of the borough of Croydon. Our 1,200 students are from a wide range of religious and cultural backgrounds; approximately one third are from black ethnic groups, one third are of Asian ethnicity and one third are from white ethnic groups or of mixed heritage. We are a comprehensive school offering free school meals (FSM). Our catering partner is Independent Catering.

Our morning break lasts 25 minutes and our lunch break 50 minutes. Staff are on duty during these periods and prefects monitor lunchtime queues which are managed by dividing students according to the types of goods on sale.

Senior staff are also on duty and we have a team of lunchtime supervisors who help to promote a welcome eating environment.

Our dining hall provides seating for 264 at fold down tables. The conservatory area is a pleasant environment and this is enhanced by students' artwork and posters. We also use the Enterprise Hall for food service.

Students eat in two sittings: KS3 have the first sitting for 20 minutes at the start of lunch then are encouraged to go outside, whilst KS4 have the second sitting. The rationale for this is twofold: firstly, all students then have the opportunity to sit down to eat their meal and secondly, food can only be eaten in canteen areas meaning litter around the site has significantly reduced.

Mission/rationale

Our mission is to meet the standards required and raise the quality of food provided in the college as we recognise the importance of a healthy diet for students and staff.

Our college mission statement states:

Norbury Manor is a community where all students and staff are valued as individuals. We take strength from our cultural diversity and pride in our cultural richness and use this to prepare students to actively embrace their place in the local and global community.

At Norbury Manor we aim to enable all students to live a full and active life. We promote the value of knowledge and push every student to achieve their full academic potential. We are committed to providing a curriculum that develops self confidence, strong communication and leadership skills as well as a **healthy lifestyle**.

We are dedicated to preparing students for the future – to developing confident, motivated and resilient independent learners. Norbury Manor students are encouraged to establish a strong sense of self-worth; they become articulate young adults who are both creative and enterprising.'

Our policy is clearly in line with the national agenda as specified in Every Child Matters, Choosing Health and the Healthy Living Blueprint.

People with key responsibilities for food in college

- Chair of Governors – Mrs Mary Turner
- Caitlin Roberts, Assistant Headteacher – Healthy Schools coordinator
- Winnie Kinnon – line manager, catering, budgeting and accounts

- Karen Kershaw, Head of Food Technology - overseeing the planning and co-ordination of nutrition education
- Chris Evans, Deputy Head – responsible for curriculum
- Head of PSHE – responsible for PSHE curriculum
- Independent Catering - provision of food throughout the college day, meeting the needs of children with special dietary needs, in charge of college meals supervisors
- Site manager - physical resources, e.g. equipment, dining room, utensils

Aim of the whole school food policy

To ensure that all aspects of food and nutrition in college promote the health and well-being of students, staff and visitors.

Monitoring

- Staff are aware that we are a 'Healthy School' and in general supportive of maintaining these standards
- Meetings with Student Voice – Student Voice are keen to work with the catering staff to share ideas and concerns; meetings are conducted regularly to discuss issues - catering is to be an ongoing agenda item for Student Voice
- Feedback is requested from parents; the majority have supported healthy eating and have proactively helped Norbury Manor meet the new School Food Trust (SFT) standards
- Independent Catering ensure compliance with government standards

Objectives of the whole school food policy (including responsibilities)

Nutrition in the curriculum

- Link to PSHE policy/curriculum
- Ensure information relating to food and nutrition in the curriculum is consistent and up-to-date; all students study food technology in years 7-9; health is also on the formal curriculum in many subject areas including PE, science and PSHE - in addition, health issues can arise in all subject areas and are often addressed through discussion and debate

The eating environment

- To provide a welcoming eating environment appropriate to the young people who use it
- To ensure the physical eating environment is comfortable and age-appropriate for students; we provide fold-down tables and seats are

provided; staff are on duty at break and lunch time to monitor behaviour/noise in the dining room

- To provide adequate time during breaks to enable all students to purchase and eat their meals
- Teachers are aware of their influence and the importance of positive role modelling

School food and drink provision

- To ensure that all meals provided meet food-based standards defined by the School Food Trust (SFT)
- To make menus available for students; these are available on Independent Catering's website (to which there is a link on the college website)
- To promote healthy vending, with machines only retailing fruit juices and water that meet SFT standards
- To ensure that food provision outside of lunchtimes adheres to SFT 'food other than lunch' standards
- The establishment of a school fruit and vegetable garden and support from Master Gardeners 2016 (MA research into the impact of this on students' food choices 2016-17)

Rewards and special occasions

- Link to behaviour and rewards policy
- Food if used as a reward within the college day must take note of healthy schools and provide a healthy option
- Care will be taken to ensure that food which is provided on special occasions and at events meets the SFT standards through liaison with the Assistant Head teacher; the intention is to widen our repertoire of menus for seasonal celebrations
- To continue to provide food across the college day that meets SFT standards

Communication

- To regularly consult with parents about our catering provision and enlist their support and ideas via our newsletters and website
- To consult with students about our catering provision via Student Voice

Quality assurance

- To ensure staff offering practical cookery skills sessions have basic food hygiene training
- To ensure staff teaching nutrition have received training to ensure a consistent approach and baseline knowledge of healthy eating
- Outside visitors will be made aware of the policy and ethos of the college towards healthy eating before planning their sessions

- Expert advice will be sought for matters outside of basic healthy eating advice to ensure an evidence based approach to nutrition within the college

Monitoring and evaluation

- To continue to monitor college food choices via the cashless system and incorporate this into menu planning
- Discussions with caterers, students, parents and teachers as appropriate via meetings, questionnaires and newsletters

Meeting the needs of students with special dietary needs

Medical: caterers are informed of special dietary needs and make every effort to accommodate them. This information is provided via parents and heads of year.

Cultural: within our multi-cultural community we provide daily vegetarian options and are aware of the requirements of different religious groups.

Involvement of parents and carers

Parents' views will be sought at every stage of the policy development and review process; we utilise our parent governors and the parent on the task group, as well as via newsletters.

Links to other policies

- Behaviour and rewards policy
- Physical activity policy
- Health and safety Policy
- Equal opportunities and inclusion
- Working with partner agencies
- PSHE

Definitions and terminology

- **Healthy eating**: defined by the balance of good health
- **Vegetarian**: someone who abstains from meat, chicken and fish
- **Vegan**: someone who abstains from meat, chicken, fish and their associated products
- **Food allergy**: an inflammatory response to a particular food, one of the most severe of which is nut allergy
- **Overweight**: where body weight exceeds the upper limit of the parameters identified for body height and age (i.e. where the body mass index [BMI] is above 25)
- **Obese**: where BMI is above 30; associated with a higher risk of vulnerability to diseases such as diabetes and heart disease

- **Underweight:** where BMI is below 18.5 and considerably lighter in weight than medically acceptable for age, sex and height

Dissemination of policy to the whole college community will be through inclusion within college prospectus, on college entry, in college newsletters and on the college website.

An Equality Impact Assessment has been carried out with regard to this policy. There was found to be no significant impact on any group with protected characteristics i.e. this policy does not discriminate against anyone on the basis of disability, gender re-assignment, pregnancy and maternity, race, religion or belief, gender or sexual orientation.