



## **Food Policy**

**Review date: September 2022**

**Next Review date: September 2023**

**Staff resp. for review: NCL & KCA**

## ***Realising potential, nurturing leaders of the future***

# **NORBURY HIGH SCHOOL FOR GIRLS WHOLE SCHOOL FOOD POLICY**

### **Why have a whole-school 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 school 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 school participates in the Healthy Schools London scheme. This ensures the school continues to meet high standards, offers consistent messages relating to nutrition that are appropriate to the school community and is able to communicate these efficiently.

### **What is a whole-school food policy?**

A whole school 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 school
- 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 school**

Norbury High School for Girls is a school for 11-18 years old girls 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 20 minutes and our lunch break is 60 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. Our lunch times are also split into two in order to reduce queuing time and to allow students to eat their lunch without having to rush.

Senior staff are also on duty at lunch and break time 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 and we have additional seating in the Mary Turner Hall for 120. The conservatory area is a pleasant environment and this is enhanced by students' artwork and posters. From September 2022 we have a new 'Snack Shack' located outside which offers cold food and drinks to students at break and lunch time which they can eat outside in the seating provided.

Students eat in two sittings: one year group will have the first sitting for 30 minutes at the start of lunch then are encouraged to go outside, whilst the second year group 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 (except for the Snack Shack which has a specific seating area and only food bought from the Snack Shack can be eaten here).

## **Mission/rationale**

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

Our school mission statement states:

'Norbury High School for Girls 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 High School for Girls 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 High School for Girls 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 school**

- Chair of local governing body – Caroline Parker
- Niall Campbell, Assistant Headteacher – Healthy Schools coordinator
- Chief Financial Officer, The Manor Trust – Marie Ghansah-Poku, line manager, catering, budgeting and accounts
- Kelsey Campbell, Head of Department for Food Technology - overseeing the planning and co-ordination of nutrition education
- Angharad Ryder Owen, Deputy Head – responsible for curriculum
- Head of PSHE – responsible for PSHE curriculum
- Independent Catering - provision of food throughout the school day, meeting the needs of children with special dietary needs, in charge of school 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 school 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 High School for Girls meet the new School Food Trust (SFT) standards
- Independent Catering ensure compliance with government standards and often meet with our Student Executive Team for feedback on the menu's and food provided

### **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 school 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 policies
- Food if used as a reward within the school 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 school 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 school 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 school

## **Monitoring and evaluation**

- To continue to monitor school 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 policies
- 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 school community will be through inclusion within school prospectus, on school entry, in school newsletters and on the school 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.