



SIR THOMAS RICH'S Healthy Eating Policy

This policy was drawn up in accordance with the Department for Education publication: School food in England. Departmental advice for governing bodies, July 2016, the School Food Standards, September 2016, the School Food Plan website: schoolfoodplan.com and the Children's Food Trust website: childrensfoodtrust.org.uk.

Review Date: June 2018

Responsibility: The School's Senior Management Team draws up and implements the policy. It is the responsibility of the Governors Curriculum and Evaluation Committee to approve the policy and monitor its implementation and execution.

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1. Introduction

Sir Thomas Rich's School is committed to helping its pupils to gain a knowledge and understanding of how to keep themselves healthy. The School is aware that a nutritious diet has a significant role in the development of a young person and it is aware of its impact on behaviour and learning. This policy contributes to the School's wider commitment to promote staff and pupils' physical and emotional well-being within the curriculum and beyond it. The Healthy Eating policy should be read in conjunction with the Behaviour and Discipline policy and the Anti-Drugs policy.

2. Aims

The School aims to provide an environment in which pupils are able to make informed choices about their diet so that they are well-nourished and develop healthy eating habits.

This is achieved by:

- developing pupils' understanding of nutrition and how a balanced diet affects health and well-being through the curriculum in subjects such as PSHE, Food Technology, Science and Physical Education.
- offering pupils the opportunity of developing their understanding of health and nutrition through extra-curricular activities such as 'Tommy's Kitchen' and participation in sports.
- ensuring that every pupil has access to a variety of nutritious food during the school day, including breakfast;
- ensuring that the food served in school reflects the ethical and medical requirements of pupils. For example, religious, vegetarian, medical and allergenic needs;
- ensuring that pupils have regular access to drinking water throughout the school day;
- providing a pleasant environment where pupils can eat with their friends alongside members of staff.

3. Facilities

The Food Technology building comprises a teaching area, modern, energy-saving cooking equipment and food preparation areas where pupils can apply their culinary skills and their knowledge of diet and nutrition for real purposes.

The fruit and vegetable patch gives pupils access to and promotes the importance of the use of fresh, healthy ingredients in food preparation and consolidates pupils' understanding of seasonality.

The dining area provides a welcoming environment, including an outside eating area with picnic benches, in which pupils can eat with their friends and staff. There is also a serving hatch next to the Sports Hall that is used at break and lunchtime to minimise queues in the main dining room. In the Autumn Term, Year 7 pupils are dismissed from period 3 at 10:50 a.m. and period 6 at 1:00 p.m. (5 minutes early) so that they may be served and seated before older pupils arrive.

The Sixth Form Centre has its own dining area and kitchen. The Catering Manager is responsible for the quality and safety of the food served in this area.

4. Healthy Eating in the Curriculum

Pupils learn about and are given the opportunity to apply their knowledge of diet and nutrition through the curriculum in all Key Stages. For example:

PSHE: Pupils in Key Stage 3 develop their understanding of a balanced diet, how dietary needs vary with age and how their choice of food affects their health. Pupils are also taught about food labelling and ingredients and are given the opportunity to consider the ethics surrounding their food choices.

Technology: Pupils in Key Stage 3 develop their understanding of the health and safety aspects of food storage and preparation and they are taught basic culinary skills. Pupils also increase their awareness of alternative diets, for example, vegetarianism, and the impact of an excess of ingredients such as sugar, salt and fat in food. By the end of the Key Stage, pupils are expected to be able to devise and prepare a healthy and appetising meal.

Science: Pupils in Key Stage 3 and Key Stage 4 consolidate their understanding of a healthy, balanced diet by considering the sources and functions of the major food groups. They also learn about deficiency diseases and heart disease. Pupils examine energy requirements and they keep a food diary so they can analyse how to improve their own diet. In Key Stage 5, Biologists study the effect of salt and fat on blood pressure, heart disease and arterial disease and explore the effects of malnutrition.

Enrichment: Pupils in Key Stage 5 consider what constitutes a balanced diet in terms of nutrients and calories by planning and producing a diet sheet for a normal day. Pupils also explore the impact of diet on maintaining healthy levels of fitness, the ethics of companies that sell alcohol and foods which are high in fat, salt and sugar alongside the social and economic impact of food production. The 'Cooking on a Budget' module gives pupils the opportunity to devise and prepare a variety of healthy meals on a budget.

Physical Education: Pupils studying GCSE examine food types in terms of the nutrients and the proportions required to ensure a balanced diet alongside the health problems that can arise through an incorrect diet. Pupils explore how diet is linked to levels of activity and how the timing of food consumption can affect performance. Pupils also develop their awareness and understanding of specific diets that athletes might follow to enhance performance in a particular sport.

5. Healthy Eating Outside the Curriculum

Sports teams are offered advice by coaches and teachers on nutrition and diet to optimise performance and promote recovery. Pupils are also encouraged to consider the negative impact of drinks and supplements which are high in ingredients such as sugar and caffeine on their general health and well-being.

'Tommy's Kitchen' is a cookery club open to all pupils and staff. Participants are able to apply and develop their culinary skills as well as their understanding of what constitutes a healthy, balanced diet. The aim is to reduce pupils' reliance on processed food by encouraging them to produce a range of simple, inexpensive dishes that are also tasty and nutritious.

Pupils are also encouraged and supported to enter national competitions such as 'Sainsbury's Superstar Cooks' and 'Future Chef'.

6. Provision of Food in School

Sir Thomas Rich's gained academy status in 2011. Therefore, the funding agreement does not require it to comply with the national standards for school food. However, as part of its commitment to encourage pupils to lead a healthy lifestyle, the School is compliant with the School Food Standards alongside the Government Buying Standards for Food and Catering Services. After a wide consultation with pupils, staff, and governors the School made the decision to tender the catering service. Innovate Services Ltd were appointed as the School's catering provider following a rigorous tender process ensuring compliance with the Official Journal of the European Union (OJEU) legislation. Innovate's mission is to 'provide secondary schools and sixth forms with great nutrition to grow healthy kids, with passion, dedication.' Innovate aims to 'provide great meals, drinks and snacks that promote sharp, positive and energetic minds; and healthy bodies, habits and attitudes for a lifetime.'

6.1 Free School Meals

Innovate operate a biometric cashless catering system within the school meaning fund for FSM students is preloaded each day and is available to spend all day. Therefore FSM pupils are anonymous.

6.2 Special Dietary Requirements

The School aims to provide food in accordance with pupils' religious beliefs and cultural practices wherever possible. Options are always available on the menu for vegetarians and vegans.

Individual Care Plans: The School's catering team are made aware individual pupils' needs regarding food allergies or intolerance and strive to cater for their requirements. The Catering Manager endeavours to meet personally with parents of pupils with special dietary requirements to ensure that the school is doing its utmost to support their needs.

A list of ingredient content is held in the catering office of all food prepared, and is available upon request, in accordance with allergenic guidelines.

7. Food Safety

Innovates food safety management is managed internally by their own compliance team following all legal requirements in food safety & health & safety.

They are supported and regularly reviewed by an external consultancy as well as being part of a Primary Authority Partnership with Woking County Council & Surrey & Bucks Trading Standards.

The kitchen currently is rated with a food hygiene rating of 5 which is the highest achievable score from the local authority's environmental health department.

All catering staff receive training in food safety upon induction and regularly throughout their employment.

The School's catering department adopts the '*Safer Food Better Business*' practice whereby strict routines are adhered to with regard to storing of food and maintaining high levels of hygiene. Strict cleaning schedules are followed, concise records are kept, and routines such as opening and closing checks are maintained to high standards.

Innovate strives to maintain the 'very good' Food Hygiene Ratings that have been awarded from the Environmental Health Officer in recent years.

Health and Safety checks and Risk Assessments are reviewed on a regular basis.

8. Provision of Drinks in School

The School recognises the importance of adequate hydration to health and well-being as well as cognitive function. Pupils are encouraged to maintain hydration levels through access to fresh drinking water throughout the school day.

Pupils are permitted to drink water during lessons.

Pupils are permitted to drink water during internal and external examinations provided that the bottle or container is plain and all labels are removed.

A range of fruit juices and bottled water is available at breakfast club and at break and lunchtime in the canteen and the Sixth Form Centre.

9. Food & Drink brought into School

Pupils are permitted to bring food to school to consume before and after school and at break and lunchtime. However, pupils are strongly discouraged from bringing to school food and drink that is high in fat, sugar and salt. For example, confectionary, deep-fried products, pastries and fizzy drinks.

Parents whose children prefer to bring a packed lunch may wish to refer to the advice of the Children's Food Trust: <http://www.childrensfoodtrust.org.uk/parents/schoolfood/packedlunches>

9.1 Restrictions

Pupils must not bring into school the following:

Cans

Tins

Glass bottles or containers

Chewing gum

Nuts (to protect pupils with an allergy) or any products containing nuts

Food or drink that is not for their own consumption (pupils are not permitted to sell food or drink to others).

10. Policy Review and Development

As well as the formal arrangement where the Governors Curriculum and Evaluation Committee approve the policy and monitor its implementation and execution, this policy will be reviewed on an annual basis by the Catering Manager and the Senior member of staff who oversees catering in school. The views of all stakeholders including the views of pupils, through the School Council, alongside the views of staff will be sought in order to monitor its implementation.