

St Vincent's School for Blind and Partially Sighted Children

Policy Document Title:	Food and Nutrition Policy
To be read in conjunction with:	Health Promotion Policy Food Technology Policy Health, Safety and Security Policy
Updated:	07/09 BB
To be reviewed:	07/10

St. Vincent's School Mission Statement:

Inspired by the example of St. Vincent, we work together in a safe and caring atmosphere, where a high standard of education and care are provided.

We encourage a sense of achievement, self-worth, moral responsibility and mutual respect, honouring all faith traditions and beliefs. Each one of us in our community is special and unique. Gifts and talents are valued and nurtured through all our work.

We are outward looking In our approach to the wider educational and social community and we encourage all our young people to become independent and to integrate fully into society.

Policy Formation and Consultation Process

Subsequent to a food and nutrition audit looking at the formal curriculum, extra curricular activities and consumption of food in school this policy has been developed in consultation with governors, staff, and pupils.

Pupils are provided with healthy, nutritious meals that meet the New Food School Standards (2009) and all of their dietary needs. The school is inspected annually by OfSTED, who monitor all menus and food provision.

Aims of Food and Nutrition

We recognise the important connection between a healthy diet and a pupil's ability to learn effectively and achieve high standards in school and the role the school can play to promote family health.

Throughout the day and residential operation we aim to ensure that the five outcomes of the Every Child Matters Agenda are embraced;

- ❖ **Be Healthy**
- ❖ **Stay Safe**
- ❖ **Enjoy and Achieve**
- ❖ **Make a positive contribution**
- ❖ **Achieve Economic Well Being**

We can achieve this, by aiming to:

- ❖ Improve the health of pupils, staff and families by influencing eating habits through increasing knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet, hygienic food preparation and storage methods.
- ❖ Ensure pupils are well nourished, and that every pupil has access to safe, tasty and nutritious food, and a easily accessible water supply during the school day.
- ❖ Present consistent, informed messages about healthy eating through all school practices
- ❖ Ensure that food provision reflects the medical and ethical requirements of pupils and staff for example; medical, allergenic, religious, ethnic and vegetarian needs.
- ❖ Ensure the provision and consumption of food is an enjoyable and safe experience.

Food and nutrition education forms part of the formal curriculum through Science, Geography, PSHEE and Food Technology. It is also an important part of the 24-hour curriculum for residential pupils.

Content

Topics and themes will be introduced and revisited from year to year taking account of the pupils' development and curriculum planning.

Organisation

Delivery will be:

- ❖ as topics
- ❖ through planned aspects of PSHEE, science, FT, geography and RE
- ❖ addressed occasionally in assembly time
- ❖ during pastoral time
- ❖ through the personal, social and emotional development area of learning in the foundation stage
- ❖ through extra-curricular activities
- ❖ through special projects e.g. healthy eating sessions, tasting sessions, competitions
- ❖ through the residential care programme
- ❖ active learning methods which involve pupils' full participation.

Where applicable, relevant staff will be supported by INSET for elements of Food and Nutrition.

School Fruit and Vegetable

All Primary pupils are provided with fruit during break. This is arranged through the Playroom Co-ordinator and the school kitchen.

Breakfast Club

The school does not specifically provide breakfast for day pupils. However, pupils identified as requiring breakfast are catered for by Learning Support Staff within the primary department and the Food Technology tutor in the Secondary department. Fruit, cereal, milk, fruit juice, water and toast may be provided.

School Meal Provision

School meal provision meets government nutritional standards. Sandwiches, salads, jacket potatoes, fruit and vegetables are readily available. Menus are on display in the school in print and braille. The dining room is supervised by members of the care staff and dining room staff.

The school council is regularly asked to report on school meal provision. They consider the organisation of the dining experience and the food provided. Catering staff are supported with in-service training on food and nutrition awareness (including allergies) and food hygiene. Catering staff monitor the temperature of food daily. Regular meetings are held between the Catering Manager and the Pastoral and Independence Skills Manager to ensure a good working relationship where the catering environment and the food provision are reviewed. Meetings are also held with all pupils to discuss menus and healthy options.

Residential Pupils

A record of what pupils eat is kept by residential Care Workers, in line with national guidelines. Records of provisions to groups are monitored, and kitchen staff work closely with all care staff to maintain a balance between healthy choice and snack food.

Packed Lunches

Most pupils have meals provided by the school. For those who choose to bring a packed lunch, parents are encouraged to provide healthy selections. Fizzy drinks are not permitted in packed lunches. The school provides healthy, nutritious packed lunches for pupils who are at off-site visits and activities during meal times. These are ordered in advance from the Catering Manager.

Water Provision

All pupils have access to drinking water at all times. These are available at a number of points around the school, although pupils are encouraged to use the filtered water

fountain in the dining room. Pupils are also encouraged to carry water with them and consumption is permitted both in the class, and during break and lunchtimes. Water is also available during physical education and sport activities.

Milk Provision

Milk at lunchtime is supplied free of charge to all.

Key points for healthy eating

- ❖ Enjoy your food
- ❖ Eat a variety of different foods in order to get a mixture of nutrients
- ❖ Eat at least 5 portions of fruit and vegetables daily
- ❖ Eat plenty of food rich in starch
- ❖ Eat plenty of fibre rich foods
- ❖ Drink plenty of water, 8 glasses daily/approx 2 litres
- ❖ Cut down on saturated fatty foods
- ❖ Cut down on sugar/sugary foods/sweets
- ❖ Cut down on processed and fast foods
- ❖ Eat plenty of calcium rich foods
- ❖ Eat plenty of iron rich foods, green leafy vegetables etc

(Taken from Sportslinx's Fruit and Vegetable resource publication)Food technology

All pupils have weekly Food Technology lessons, which focus on health and nutrition within the programme of study.

Special events

The school ensures that catering for special events includes healthy options. All such catering is delivered by the school kitchen. If a pupil brings a birthday cake to school the pieces are divided up for distribution in the dining room or residential group.

Sponsorship

The school considers carefully the messages being sent out to the pupils before becoming involved in any sponsorship scheme. Schemes which require the consumption of large amounts of fatty or sugary snacks are not promoted.

Hygiene

Pupils are encouraged to wash their hands after going to the toilet and before handling food. All government regulations appertaining to food hygiene are complied with by food service providers. Cleaning and disinfectant schedules are regularly inspected by the Health and Safety Co-ordinator and the Catering Manager. All staff employed in food preparation hold a Basic Food and Hygiene Certificate. All members of staff involved in the provision of food and nutrition are supported by an in-service training programme, implemented when certification needs renewal. An independent food hygiene inspection of food storage, meal preparation and food serving areas is carried out twice a year. The water supply is regularly tested.

Allergies

Parents inform the school if a pupil suffers from an allergy, identifying the foods to which s/he reacts and the usual symptoms of the reaction. To ensure all staff are aware of pupil allergies, information is disseminated by the Health Care coordinator and relevant information is kept on pupil profiles, kept in the Resource Room. All staff members are aware of the school's medical, and health and safety procedures.

Food Poisoning

In the event of a food poisoning outbreak advice will be sought from the local area health authority and the local environmental health office.

Evaluation, Monitoring and Review

Food and nutrition elements within the curriculum will be assessed in accordance with the school Monitoring and Evaluation procedures. A governor to be nominated will have a link role between the school and the governing body.