



# **Lincoln Christ's Hospital School**

## **Food Policy**

**Link member of staff: Sharon Wilkinson**

**Date presented to Governors: March 2016**

**Review Date: March 2018**

## **The Rationale for the School Food Policy**

- As children spend an average of one quarter of their waking lives in school, schools need to promote healthy food and drink choices throughout the school day.
- The school environment, staff and pupil attitudes and what children learn in the classroom have a major influence on their knowledge and understanding of health issues.
- Diet is central to health and a child's diet can influence both current and future health, as well as affecting learning potential. A good diet in childhood can help protect against chronic diseases when older.
- All recent studies demonstrate that children eat too much saturated fat, added sugars and salt.
- On average, children only eat 2 of the recommended 5 portions of fruit and vegetables a day.
- Poorly nourished children, including the overweight and obese, often experience social and psychological problems which can also impact on their behaviour and performance at school.

## **Introduction**

Lincoln Christ's Hospital School is dedicated to providing an environment that promotes healthy eating, and provides students with the opportunity to make informed choices about the food they eat. The school will promote healthy eating in curriculum lessons (e.g. Food Technology, PE, Science and PSHE/Citizenship) and in the food served in the school canteen.

This policy has been drawn up through consultation between members of staff, governors, students and, via the website and surveys, with parents.

All parents will be informed that a draft healthy eating policy has been drawn up and will be invited to comment on it. This will be achieved through the end of term Head teacher's letter outlining our progress and via our website.

This healthy eating policy document will be used to reflect the school's plans to achieve a whole school approach to food and nutrition.

The Leadership Group (LG), the catering manager and her team, the Head of Design Technology (DT), pupils and three governors contribute to the delivery of the school healthy eating strategy.

The healthy eating strategy will be reviewed on a yearly basis to evaluate progress and consider further developments.

Named contacts:

- Sharon Wilkinson                      Catering Manager
- Glen Thompson                         Deputy Teacher
- Phil Donington                         Head of DT
  
- *School Council or other student voice* representatives
  
- Phil Scully, Staff member for Student Voice

## **Food Policy Aims**

The main aims of our school healthy eating policy are:

- To enable students to make more informed choices about healthy eating through the provision of information and development of appropriate skills and attitudes.
- To provide students with healthy food choices throughout the day.
- To encourage the drinking of water during the school day.

These aims will be addressed through the following areas:

### **1. Equal Opportunities**

In Food and Nutrition education and in the canteen, as in other areas of the curriculum, we recognise the value of the individual and strive to provide equal access to opportunity for all.

### **2. Curriculum**

Food and Nutrition is taught at an appropriate level throughout at KS3 by developing a scheme of work, including 'Creating a Healthy Snack' in Y7 Design Technology and through Learning To Learn (L2L) in Y7. Food is also a GCSE option at KS4.

Food and digestion is taught in Y8 Science and health, diet and food choice in Y9 Science.

In Year 8 Citizenship, as part of the 'Looking after your self' topic, pupils look at links between diet and health. Particular attention is given to the nutritional content of 'junk food'. The pupils consider more healthy options.

Before their SATs, Y9 students are offered healthy snacks and drinks to ensure that they are at their best for their tests.

### **3. Food and drink provision throughout the school day**

The school operates a policy so that only those students who go home for lunch are permitted to leave the site. Students are not able, therefore, to buy food or snacks from fast food outlets, supermarkets etc. Their choices are to bring food provided by home or to eat food purchased in the school canteen, both at break and lunch. About 50% of our students choose the canteen; our aim is to increase this percentage.

#### Breakfast

Breakfast is an important meal that should provide 25% of a child's energy requirements and contribute significantly to their vitamin and mineral intake. Children are encouraged to eat breakfast before they come to school and this is promoted through the curriculum work.

The school operates a breakfast service.

#### School Lunches

The Government introduced compulsory School Food Standards in 2014. These standards apply to all hot and cold meals prepared for students during term time for all services between 8.00am and 6.00pm, including packed lunches. Food prepared by the school catering team meets the School Food Standards for the school foods and a wide range of hot meals and hot and cold snacks are available.

The school will continue to investigate ways of encouraging free school meal (FSM) students to take up their entitlement and successfully runs cashless catering which improves efficiency, provides information about student choices and removes any stigma attached to FSMs.

Mid-morning breaks – mirrors dinner service with hot meals also available.

A range of sandwiches, baguettes and paninis containing fresh fillings prepared by the school catering team are on sale. A selection of fresh fruit, low fat snacks, including pasta, and fruit breads are available. Drinks provided include milk, low-fat flavoured milk, water and no added sugar fruit juice.

#### Drinking water

The School Food Standards recommends that drinking water should be available for students every day, free of charge.

- Water fountains have been installed, drinking water is available in the Buzz Bar.
- There are water and cups provided in the school canteen throughout the morning.

#### **4. Special Dietary Requirements**

##### Religious and ethnic groups

The school will provide food in accordance with students' religious beliefs and cultural practices.

##### Vegetarians and vegans

School caterers offer a vegetarian option for break and lunch every day. When necessary the school will also provide a vegan option.

##### Food allergy and food intolerance. The canteen do not use nuts and are aware of students' allergies.

Law changes from December 2014 on Food Allergens are followed.

#### **5. Food Safety**

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include; ensuring that adequate storage and washing facilities are available; that refrigerators are used when necessary; that food handlers undergo appropriate food hygiene training; that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. We consult our local environmental health department about legal requirements when necessary. The School kitchen was awarded 5 stars for Food Hygiene rating.

#### **6. The Food Eating Environment**

Though the canteen doubles as a hall, efforts have been made to reflect its purpose as a cafeteria by displays of food related posters.

The school hall which doubles as our refectory and school kitchens were completely remodelled for the start of the 2010-11 school year, immediately prior to this a Cashless Catering system was installed. Together these have transformed the food provision. The wider range of choices now available at break has meant that many students now choose to eat their main meal then rather than later, this has meant that the long lunch queues have almost disappeared.

There are three vending machines near superloos/Science/PE selling healthy drinks and cold snacks all within nutritional standards. There are also two in the Sixth Form block.

## **8. Staff continual professional development**

The school provides ongoing training for the staff appropriate to food and nutrition education, for example, NVQs in Hospitality as well as first aid and health and safety training.

### **Monitoring and Evaluation**

The steering group, which represents students, staff, parents, carers and governors, will review the policy on a yearly basis.



## **Customer Service Policy**

### **Our Promise**

The Buzz Bar staff are committed to providing a first class service to all Pupils, Staff and Visitors. Our promise is to provide the best possible meal time experience to each and every customer. All staff are trained to a minimum of level 2 standards and are encouraged to continually develop themselves through further training. As a school catering facility, we work in line with the Government Food Standards to promote healthy eating.

### **Our Principles**

- We strive to provide the best home cooked meals whilst recognising diversity and dietary requirements.
- We regularly seek to advice customers on healthy eating options.
- We aim to provide affordable meals and a variety of choices.
- We ensure all staff are aware of data protection through training of the cashless system.
- We listen to all feedback and act accordingly.
- We offer a full refund of money or alternative items if required.

### **Our Team**

When you contact any member of the Buzz Bar Team they will:

- Display good customer service skills through eye contact, good body language and communication.
- Provide information on products available.
- Always answer questions from customers.
- Anticipate the needs of customers.