



**THE CAMDEN
SCHOOL FOR GIRLS**

Whole School Food Policy



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Link Governor:	Manuela Grayson

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Introduction

This policy covers all food provided and consumed in school including before, during and after school and on school trips and in extra-curricular activities.

Why a policy is needed?

In Camden LA, more than 1 in 3 Year 6 pupils are overweight or obese. Research suggests that many of these children will go on to be overweight or very overweight teenagers and also adults. We recognise that what we do in secondary schools can make an important contribution to preventing obesity in adolescence and adulthood.

We also recognise the important part a healthy diet plays for student wellbeing and their ability to concentrate and learn effectively and achieve.

We believe we can support our pupils' health by ensuring students eat a healthy, balanced diet while at school, learn about healthy eating and how to make lasting healthy choices and know how to cook healthy meals.

This policy explains

- How we promote healthy eating
- What we do to provide a range of healthy foods throughout the school day
- How we help students make healthy eating choices
- What we teach students about healthy eating, making healthy food choices and cooking healthy meals

Our approach to improving students' health through healthy eating.

We aim to

- Improve knowledge and awareness of a healthy diet
- Improve knowledge and skills for cooking healthy meals
- Ensure that any food we provide throughout the school day is tasty and nutritious and promotes health; at breakfast clubs, afterschool clubs, break, lunch and special events
- Make healthy eating enjoyable and the norm
- Provide safe, easily accessible water throughout the school day
- Promote healthy eating/healthy food choices and discourage unhealthy eating/unhealthy food choices
- Use a range of opportunities to promote healthy eating
- Ensure consistent messages regarding healthy eating are reinforced throughout the school day including at special events and celebrations

Responsibility:

It is the responsibility of all staff including teaching, support staff and catering staff to implement the food policy and to act as role models, demonstrating positive attitudes to healthy eating and developing students' awareness and understanding of how to make healthy food choices.

Senior Members of staff lead on the development and monitoring of the Whole School Food Policy and liaise with the lunchtime meal supervisor, cooks and kitchen staff. Senior Members of staff liaise with the caterer and food contractor to ensure that the food and drinks served, consistently comply with the National School Food Standards (SFS); at breakfast clubs, afterschool clubs, break, lunch and special events.

The PSHE lead in liaison with the Science Department, is responsible for what is taught about healthy eating and the Head of Design and Technology is responsible for the Cooking and Nutrition curriculum.

The lead governor on PHSEE ensures the policy is implemented.

Caterers and kitchen staff are responsible for providing high quality food, promoting healthy eating and contributing to a welcoming and positive eating environment.

Key contacts:

PSHE and Citizenship Lead:	Rebecca Maggs
Science Lead:	Lynda Charlesworth
Design and technology lead (including Cooking and Nutrition):	Leanne Ronayne
Lead Governor:	Manuela Grayson
Healthy School Lead:	Kathia Derrar
Senior Leadership Team Member with responsibility for food in schools:	Rosemary Bradshaw
Catering contact:	Rider Coddington

This policy will contribute towards other policies in the following way

PSHE	Healthy food and making healthy choices is included in the curriculum
Science	Healthy eating and nutrition is part of the science curriculum
Design and Technology (including Cooking and Nutrition)	We teach the statutory Cooking and Nutrition curriculum at Key Stage 3, which includes practical cooking opportunities
Equality	We take account of the needs of all our children, including those with disabilities, dietary needs, religious or cultural requirements and allergies

Teaching about healthy eating and cooking in the curriculum

The statutory Cooking and Nutrition curriculum encompasses the teaching of food and its production, preparation and nutritional value. It is a statutory part of the curriculum for pupils at Key Stages 3. The main subjects which incorporate the teaching of Cooking and Nutrition include PSHEE, science, PE and Design and Technology.

• **PSHEE**

- KS3 Focus on healthy lifestyle and well-being. Healthy diet is explored and students are encouraged to record and discuss their eating habits.
- KS4 The importance of a balanced diet in maintaining mental health in preparation for exams. The emphasis is upon 'brain' food.

- **Science**

The department studies Food and Digestion in Year 8. The students learn and understand about nutrients and how the body uses them. In Year 9 the emphasis is on Food and Health; the topic is studied to a greater depth than Year 8. Related modules in GCSE examine the role of more specialised food stuffs e.g. fats and extended discussions take place about a balanced diet and lifestyle choices.

- **PE**

Healthy eating is constantly promoted within the department. Posters are displayed around various parts of the gym raising awareness of what pupils should eat and should try to avoid eating. Pupils are made aware of the calorie content of food and of how much exercise is needed to 'burn them off'. We look at suitable diets for athletes (especially at Key Stage 4) and offer Health Related Fitness units of work to all year groups. Pupils are able to look at their physical profile and suggest ways of improving overall health and fitness, or work on individual elements of skill related fitness.

- **Food Technology**

The principles of healthy eating are developed through the Key Stage 3 curriculum focusing on developing an understanding of the nutrients and food groups to achieve a daily balanced diet. Pupils look at foods from cuisines around the world and develop an understanding of designing and making food for consumers, taking into consideration specific dietary needs.

We ensure that students are taught cooking in Key Stage 3 and cover (we aim to offer each year group at least 3 cooking opportunities per year). This is in line with the national curriculum and with an emphasis on hygiene and safety issues. We also link the teaching about healthy food choices with the school lunch menus and celebrations.

Students' learning about healthy eating is monitored and assessed in line with the school's assessment policy.

Training staff to deliver practical cooking lessons

Staff routinely involved in food preparation and cookery lessons attend training to up-date their skills, knowledge and understanding in food related issues including food hygiene. Practical cooking lessons are based upon healthy and predominantly savoury recipes and lessons are taught in line with health and safety guidelines. Staff teaching aspects of food with no formal training are supported by those who have. Food is handled and stored safely in line with the Food Standard Agency guidance. As best practice, all members of staff hold a basic food hygiene certificate.

School lunches

We encourage parents/carers and students to choose school meals which ensure students receive a nutritious, well-balanced hot meal every day. School lunches are promoted to new parents/carers through the school website and those eligible for free school meals are supported to access the entitlement.

A copy of the weekly menu is communicated via the website to parents/carers and students. A copy is also on display in the dining area.

We ensure that the menus are visually appealing and highlight healthy choices, enabling students to easily choose a healthy lunch.

The dining area has a calm and positive atmosphere where students can socialise and enjoy the dining experience and we use feedback from students on how to make lunch times and the dining hall a positive environment to eat in.

The school council gathers the views of students and gives feedback. Any proposed changes are always in line with the School Food Standards.

Food other than Lunch

All food other than lunch provided by the school or by an external provider (including at breakfast club, break times and afterschool activities) is in line with the School Food Plan guidelines for “food other than lunches” and reflects the healthy eating principles as promoted in the Eatwell Guide (see page 11). We use further guidance supplied by the Camden Health and Wellbeing Team on appropriate foods to provide at these times.

We promote healthy snacks including

- Fresh or tinned fruit e.g. whole or sliced fruit or tinned fruit salad in its own juice - not syrup
- 150ml glass of 100% fruit juice or diluted juice with 50% water
- Vegetables e.g. carrot, celery and cucumber sticks, cherry tomatoes, sweet corn, sugar snap peas, avocado dip, beetroot dip
- Sandwiches, toast, bagels, English muffins, wraps, plain rice cakes, pasta, couscous or teacakes (preferably wholegrain varieties)
- Low fat Greek or natural yoghurt with no added sugar
- Low fat cheese
- Boiled eggs
- Tinned tuna, mackerel or salmon
- Lean meats e.g. ham, chicken, turkey
- Tinned beans, chickpeas or hummus
- Reduced-fat spreads, such as olive oil or sunflower spreads
- Water

Water for all

During school meal times the only drinks which may be consumed are water, pure fruit juice and milk.

Students are allowed to take bottles of water into any lesson except for the computer rooms. Sweetened drinks are not allowed.

We have water fountains at various locations throughout the school grounds and students are encouraged to drink water regularly throughout the day.

Healthy events and cake sales

We have a number of fundraising opportunities throughout the year and a healthy alternative is provided at all cake sales.

We believe it is important for students to learn about cultural celebrations and food often forms an important part of these celebrations. When we hold celebrations, we predominantly serve healthy foods which are low in fat and sugar and include fruit and vegetables.

Rewards

We do not reward students with food, instead we use non-food rewards, such as commendations, prizes (cook books, school equipment & stationery)

Food allergies

In order to minimise the risk of an allergic reaction it is important a shared responsibility between the pupil, family, school, school caterer, GP and school nurse is taken. As part of this we have procedures in place to minimise the risk of a reaction occurring in a food-allergic child and these procedures are reviewed following the event of a reaction occurring. These include:

Communication

- Firstly and most importantly we ask that parents of a child diagnosed with a food-allergy by a health professional e.g. a GP or dietician, make the school aware of the diagnosis in the first instance and this will be communicated to the school nurse and school caterer. It is essential that the school has full details of pupils' allergies and parents are expected to provide updates when there are changes.

Individual management plan development

- We work with parents to develop an individual management plan that accommodates the pupil's needs throughout the school day. The plan is communicated to all school staff and staff are aware of and look to minimise any potential triggers.
- The child's management plan is reviewed annually or following the event of a reaction occurring (whichever occurs first).
- All medication is clearly labelled with drug name, the child's name, date of birth and the expiry date.

Training and education

- All staff are appropriately trained on minimising triggers and on the management of allergies, including the use of epi-pens.

- **Staying Healthy and Safe**

Self-harm through cutting, anorexia or bulimia can be especially difficult conditions for the school to cope with and it is often difficult to rehabilitate the student whilst also giving a guarantee of safety. In such situations a special offsite unit or a hospital school may be necessary and more appropriate.

Re-introduction after treatment may need a special 'helper' but this should be short term and not intrusive.

No agreement should be drawn up to offer provision to monitor and encourage anorexic students to follow certain diets or to supervise eating on the school site. Staff welcome medical advice but relatives and friends and employees are not offered facilities to feed students on the school premises.

- a. **Definition of Eating Disorders**

People with eating disorders are preoccupied with food and/or their weight and body shape, and are usually highly dissatisfied with their appearance. The majority of eating disorders involve low self-esteem, shame, secrecy and denial.

Anorexia nervosa and bulimia nervosa are the major eating disorders. People with anorexia live at a low body weight, beyond the point of slimness and in an endless pursuit of thinness by restricting what they eat and sometimes compulsively over-exercising. In contrast, people with bulimia have intense cravings for food, secretively overeat and then purge to prevent weight gain (by vomiting or use of laxatives, for example).

- b. **Risk Factors**

The following risk factors, particularly in combination, may make a young person particularly vulnerable to developing an eating disorder:

- Individual Factors**

- Difficulty expressing feelings and emotions
- A tendency to comply with other people's demands
- Very high expectations of achievement

- Family Factors**

- A home environment where food, eating, weight or appearance have a disproportionate significance
- An over-protective or over-controlling home environment
- Poor parental relationships and arguments
- Neglect or physical, sexual or emotional abuse
- Overly high family expectations of achievement

- Social Factors**

- Being bullied, teased or ridiculed due to weight or appearance

- Pressure to maintain a high level of fitness / low body weight for e.g. sport or dancing

c. **Warning Signs**

School staff may become aware of warning signs which indicate a student is experiencing difficulties that may lead to an eating disorder. These warning signs should always be taken seriously and staff observing any of these warning signs should seek further advice from one of the designated teachers for safeguarding children – at Camden School for Girls these are the Deputy Headteachers in charge of the main school and sixth form.

Physical Signs

- Weight loss
- Dizziness, tiredness, fainting
- Feeling cold
- Hair becomes dull or lifeless
- Swollen cheeks

Behavioural Signs

- Restricted eating
- Skipping meals
- Scheduling activities during lunch
- Strange behaviour around food
- Wearing baggy clothes
- Wearing several layers of clothing
- Excessive chewing of gum/drinking of water
- Increased conscientiousness
- Increasing isolation / loss of friends
- Believes s/he is fat when s/he is not
- Secretive behaviour
- Visits the toilet immediately after meals

Psychological Signs

- Preoccupation with food
- Sensitivity about eating
- Denial of hunger despite lack of food
- Feeling distressed or guilty after eating
- Self dislike
- Fear of gaining weight
- Moodiness
- Excessive perfectionism

d. **Staff Roles**

The most important role school staff can play is to familiarise themselves with the risk factors and warning signs outlined above and to make the designated teacher for safeguarding children – Deputy Headteachers i/c sixth form and main school, aware of any child causing concern.

Following the report, the designated teacher will decide on the appropriate course of action. This may include:

- Contacting parents / carers
- Arranging an appointment with a counsellor
- Arranging a referral to CAMHS – with parental consent

e. **Parents Roles**

- Identification of any worrying signs (see Warning Signs)
- Discussion with the Head of Year regarding concerns
- Arrangement of an appointment with GP

Partnership with parents and carers

We inform and involve parents and carers about healthy eating, including this policy, through the school website and newsletters. The partnership of home and school is critical in shaping how young people behave, particularly where health is concerned. Each helps to reinforce the other. As a school we always aim to lead by example and thereby provide a consistent message around healthy eating.

During out of school events, the school will encourage parents/carers to consider the food policy and packed lunch guidance in the range of food and drinks offered. Parents/carers are also informed of the school meals on offer through the weekly menu being displayed on the school website and parent's noticeboard.

Parents/carers are made aware that we are a healthy school through the information booklet, school website and regular newsletters and how our approach to healthy eating is in keeping with this.

Disseminating the policy

A full copy of this policy is freely available to parents on request and is on the school website. Copies are supplied to other professionals whose work relates to healthy eating or who may be involved in supporting the curriculum. Aspects of the policy are included in the school information booklet.

The policy is included in the

- Staff Information Site
- Governor Handbook
- School website

Appendix 1: Packed Lunch Guidance

Aim

To ensure that all packed lunches brought from home and consumed in school hours (or on school trips) provide students with healthy and nutritious food that is in line with The School Food Standards.

Why was this guidance produced ?

- To make a positive contribution to students' health and reflect a Healthy School
- To promote consistency between packed lunches and food provided by the school which complies with the National Food Standards set by the government.

Packed lunches should include:

- At least one portion of fruit and one portion of vegetables every day.
- Meat or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus or falafel) every day.
- Fish at least once a week and oily fish, such as salmon, trout, mackerel and sardines, at least once every three weeks.
- A portion of a starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day. Aim for wholegrain varieties.
- A portion of dairy such as semi-skimmed milk, low fat cheese, low fat and sugar yoghurt, fromage frais, soya products every day.
- Only water, (pure fruit juice, semi-skimmed or skimmed milk, smoothies, yoghurt or milk drinks are permitted).
- If a pudding is included we suggest that it is fruit based. Examples are fruit salads or tinned fruit (in juice) with yoghurt or custard, fruity rice puddings (eg. Muller Rice), fruit smoothies and fruit based crumbles.

Packed lunches should not include:

- Salted snacks such as crisps.
- Confectionery such as chocolate bars, chocolate-coated biscuits, chocolate spread, sweets and chewing gum.
- Meat products such as sausage rolls, individual pies, corned meat and sausage/chipolatas should be included only occasionally (no more than twice a week)
- Fizzy, energy or sugary drinks

Special diets and allergies

The school recognises that some students may require special diets that do not allow for the National School Food Standards to be fully met. In this case parents/carers are asked to be responsible for ensuring that packed lunches meet the school's packed lunch guidance and are as healthy as possible. For these reasons students are also not permitted to swap food items.

Packed Lunch Containers

Students and parents/carers are responsible for providing a packed lunch container where food items can be stored securely and appropriately until the lunchtime period. Students and parents/carers are encouraged to bring packed lunches in reusable plastic containers, rather than disposable plastic bags

and bottles. Foods are at risk of harmful bacteria if they are prepared and stored in warm temperature, so it is advised that an ice pack is included in the food container.

Disseminating the guidance

Key information from this guidance will be incorporated into the following documents

- School Handbook
- Staff Handbook
- Governor Handbook
- School website

A full copy of this guidance is freely available to parents on request and on our school website.

Appendix 2: Eatwell Guide

