



## Whole School Healthy Food Policy – Okehampton College

This policy was adopted by The Dartmoor Federation Governing Board on

1 July 2014

And reviewed by the Safeguarding & Behaviour Group Committee on

16 June 2017



### INTRODUCTION

Okehampton College is a larger than average sized mixed secondary school (11-18 years) serving Okehampton and the surrounding areas. We are part of The Dartmoor Federation of Schools and also the Dartmoor Co-operative Learning Trust. Our school motto is “Nothing but the best is good enough”

We are committed to providing all students with consistent messages concerning all aspects of healthy lifestyles to help them understand the impact of particular behaviours and encourage them to take responsibility for the choices they make.

We provide one of the primary schools with the same variety of choices that we provide within the college, so from an early age they can try different foods and learn to choose a healthier lunch and continue to do so through their college years.

Our belief is that a balanced healthy, nutritious diet is important for the development of children and young people’s physical state, as well as for their intellectual abilities. Feeding the body with the proper nutrients helps fuel the mind to be more receptive to learning new skills, hence ‘Feed the Body, Fuel the Mind.’

This Policy has been developed in response to the Healthy Child Quality Mark Bronze Process. This policy will state our school aims, current provision, relevant curriculum coverage, facilities and management procedures.

## **AIMS**

Primarily our aim is to ensure that all aspects of food and nutrition in school promote health and wellbeing of pupils, staff and visitors to our school.

In particular our school aims to:

- Improve the health of pupils and staff, and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues.
- Present consistent, informed messages about healthy eating within school through all school practices.
- Ensure the provision and consumption of food and drink is an enjoyable and safe experience for all and ensure pupils have easy access to water throughout the school day.

## **SCOPE**

We are now taking the work, already done on food in our school, a stage further by introducing this Whole School Food Policy. This policy will cover the following:

- School meals
- Non-school lunch packs
- Food provided at the school, other than school meals
- Healthy eating, as part of the curriculum
- Extra curriculum activities

## **FOOD PROVISION**

School meal provision meets the government's new nutritional standards. Food is provided which meet the ethnic, allergenic, vegetarian, religious and medical needs of staff and pupils. Food is consumed on-site, before, throughout and after the formal school day.

We encourage pupils with special requirements to talk to us and ask their parents/carers to discuss with the catering manager, so that we can provide a choice of foods for them to purchase.

School Break-Times are: 10:55 -11:20am

School Lunch Period is: 1:20 - 2:00pm

We have a lot of pupils on site and some collect their lunch at break time so they can do activities during the lunch time, this gives students the chance to pick up a healthy packed lunch (which is made fresh each day in the college kitchen).

Main meals are provided at lunch time service only, giving pupils more time to eat and enjoy their meal.

## **CANTEEN**

Day to day life at Okehampton College is busy. The College has a large campus that requires plenty of walking in the course of the day.

In order for students to refuel, the **Canteen** is open at both break and lunch time, providing a selection of hot and cold food. We also serve food at the **Octagon Theatre** service hatch. The Canteen is keen to promote healthy eating, and is working to improve the choices on offer to encourage healthy food choices.

The Canteen also opens before College in order to provide a **breakfast club** for students. We have regular pupils using the breakfast club and more and more are coming in with their friends, it is a nice way to start the day as some students catch buses or are dropped off early at college and may not have chance to get breakfast before they leave home. Socially it gives pupils time to talk to each other about lessons, exams etc.

Tutor rooms are open at both break and lunch times, but students are requested not to eat in science laboratories.

We had a mezzanine floor put in to the dining room Sept 2014, which has given pupils more space to enjoy their food and encourage more social interaction.

### **Café Six**

The café is situated in the 6th Form Centre for 6th form use only. Open from 8.30am – 2.30pm daily (Cooking stops at 2.15 p.m.). There is a variety of hot and cold food available, some of which can be made to order.

### **Cashless System**

Each student has a Squid account that can be topped up as part of the cashless system. Students then 'pay' for food and drink purchased using a finger print scanner. Students with PP and FSM have an allocated budget added to their account per day to spend.

### **CONSULTATION - STUDENT COUNCIL**

Okehampton College has a College Student Council that is made up of the ten House Captains and two 6th Form Presidents. The Council meets monthly to discuss issues that have been raised by the student body. It is also consulted about changes to College policy. Recently we have discussed changes to the College's Canteen and arrangements for food – with some students visiting to discuss options for vegetarians and vegans in college.

The Catering manager aims to set up a food user group within the student council, who will meet termly to discuss foods likes and dislikes and to receive feedback from the group, in the next academic year (2017-18).

### **TEEN HEALTH GROUP – Student survey**

The Teen Health Group has been writing a questionnaire in conjunction with the Catering Manager, Mrs Mcanelly, to investigate students buying habits in the canteen and to discover what would encourage them to make healthier choices.

They are also working towards 'sugar' labelling for the drinks on sale in both the canteen, hatch and Café 6 to raise students awareness of the recommended daily added sugar intake, and the amounts actually in different drinks.

### **PACKED LUNCHES**

Parents/carers are encouraged to provide healthy packed lunches for their children. Healthy packed lunch suggestions are promoted on a regular basis through the school's newsletters and website. Pupils are encouraged to bring packed lunches in a cool bag.

### **WATER PROVISION**

All pupils have access to drinking water at all times, at a number of points around the school. Pupils are also encouraged to carry water with them and have access to water in all lessons at all times.

## 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 food handlers undergo appropriate food hygiene training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled.

## REWARD SYSTEMS

All staff recognise the need for consistent messages about healthy eating within school. Sweets and chocolate are not used to reward good behaviour or work.

## Healthy Diet and the CURRICULUM:

Students are offered courses in eleven areas (Faculties) to help them maintain breadth and balance. Each area is able to provide courses which enable in-depth study.

- **Science:**
  - **KS3 – Yr 8 Health unit looking at diet**
  - **KS4 Biology – Units 3 on the digestive system & Unit 6 preventing and treating disease including diabetes and heart disease.**
- **Technology:** Within Food Preparation and Nutrition (FPN), students learn how to select, prepare and cook mainly savoury and fruit dishes.
  - In Year 7/8 there is a focus on the “Eat Well Guide” and nutritional groups. As well as studying diet related diseases and special dietary needs, students also learn about the provenance of foods such as milk, wheat and eggs - farm to fork.
  - Year 9 students gain a more detailed understanding of specific nutrients, the ethics of food production, seasonality, and food waste. By the end of Year 9, students should be able to cook at least 15 healthy and nutritionally balanced dishes.
  - KS4 students opting to study FPN or Catering learn about healthier cooking methods. FPN students study nutrition and the prevention and treatment of diet related diseases, such as heart disease, diabetes and cancer, in detail.
- **Modern Languages:** have run sessions in the Eco Hut focusing on foreign food, and run a French café where students are able to try typical French food.
- **PE and Leisure:** promotes health and fitness, including balanced diet as part of the PE GCSE syllabus.
- **Vocational courses** run throughout KS4 and KS5, including **Health and Social Care**.
- **PSHE: Yr 8 Healthy living unit:** looks at balanced diets, and how to read food packaging labels to understand if students are getting a balanced diet and help them make informed choices.

## Personal Social Health Education

The curriculum also provides each student with a programme of Personal, Social and Health Education, Vocational Guidance, and Vocational preparation (including Work Experience in Year 10). PSHE is delivered through discrete lessons in Year 7 and Year 8 with a plan to roll this out into Year 9. A thematic approach on specially arranged Citizenship days within the academic year and delivery through subject areas, tutor time activities and assemblies complements this. Visiting speakers, the school nurse, organizations and other relevant bodies join us in delivering PSHE so as to provide expertise, knowledge and contrasting opinions in order to invite discussion and debate. Feedback from students is extremely valuable. Their thoughts, feelings and views help us plan for an appropriate and necessary PSHE programme in order to meet their needs and help us create a happy, responsible and independent student body.

## **ENRICHMENT**

We also offer various experiences in our Curriculum Extension Weeks, including a popular 'Ready, Steady, Cook'

We have been fortunate enough to secure the services of Growing Our Future to run a food initiative here at the College. The aims of the project are:

- To help our pupils and the community learn how to grow their own food
- To help promote sustainable living in general



Students and staff of the 'Green Flag' Eco Club action plan. This includes:

- Food Dimension - To grow food on site for the canteen through student involvement with the Growing Our Future (GOF) Project, including large strawberry and raspberry beds in the Quad near the canteen that students are free to graze on during the summer term.
- Global Dimension - To promote Fair Trade products via an annual workshop in conjunction with the Devon Development Centre and local primary schools.
- To compost all food waste that the school canteen, food technology department and staff rooms produce via our Zero to Landfill waste collection service.

### **Young Carers Afterschool Cookery Club**

Members of the Food Technology department run a weekly after school club for young carers to come together and cook healthy, balanced meals once a week on Tuesdays.

### **Young Chef Competition**

Each year we offer students the chance to put together a seasonal and locally sourced menu to be entered in the Young Chef Competition, with several successful contestants making it to the next regional round in the past two years.

## **MANAGEMENT & DEVELOPMENT**

The PSHE co-ordinator and Food Tech teachers will be responsible for collating information on where 'healthy food' fits in the curriculum of the school, adapt it as necessary where possible, and encouraging a consistent approach across all departments.

We aim to set up a School Nutrition Action Group, to include the Canteen manager, SLT, school staff, students and governors, in order to manage and continue to develop the promotion and uptake of healthy food in the college and beyond.

## **MONITORING AND IMPLEMENTATION:**

The virtual team described above in consultation with our catering manager will be responsible for the monitoring and implementation of this Policy. This Policy will be consulted upon by our student council,

teaching staff, Governors and students' parents/carers through appropriate channels and will be formally approved by our Senior Management Team.

### **SUPPORTING POLICIES**

This policy should be acted upon alongside all other school policies and in particular with the following:

- Charging & Remissions Policy
- Curriculum Policy
- Teaching & Learning Policy