



Learning
Respect
Compassion
Responsibility

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<u>Southview School, College & The View</u> <i>Hereafter referred to as “Southview School”</i> <u>Food Policy</u>	
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Approved by:	Local Advisory Committee
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INTRODUCTION

Southview School is dedicated to providing an environment that promotes healthy eating and enables learners to make informed choices about the food they eat. The whole school approach to food and nutrition is documented in this policy.

FOOD POLICY AIMS

- 1) To enable learners to make healthy food choices through the provision of information and the development of appropriate skills.
- 2) To provide healthy food choices throughout the school day.
- 3) To contribute to the physical development of all members of our school community.

Healthy Snacks

Due to budgetary constraints we are no longer able to provide free snacks for learners but have encouraged parents to bring healthy foods to school for break time snacks.

School lunches

All our school meals are provided by Elm Hall School Kitchen and comply with the latest requirements for healthy meals. As part of a healthy food approach we ask them to aim to provide as much unprocessed local food as possible. This includes the use of fresh fruit and vegetables each day as a choice for the children. We provide a hot and cold option, both of which are in line with national food standards and nutritional requirements.

Packed Lunches

Some learners bring a packed lunch to school. We encourage healthy choices for the contents of their lunch boxes.

The View

At the View, meals will be cooked homemade by both staff and students as part of students learning independent skills. A meal planner will be created by students each week and ingredients will be ordered to the school at beginning of every week.

Water

Water is freely available throughout the school day to all children and staff. Children may drink water at any time except during assembly. Regular water breaks are built into the school day and curriculum by class teachers. In Primary Phase children are also reminded to drink water at their snack time.

Food across the Curriculum

In all classes there are a number of opportunities for children and students to develop knowledge and understanding of health, including healthy eating patterns and practical skills that are needed to understand where food comes from such as shopping, preparing and cooking food. Safety and hygiene are always emphasised in the approach to food and cooking by all staff. All classroom leads have the food hygiene qualification and must be present when food lessons are conducted. They ensure cooked and uncooked foods are stored appropriately, pupils wash their hands when handling food and all activities are carried out safely.

Literacy provides children with the opportunity to explore poetry, persuasion, argument and narrative work using food and food related issues as a stimulus.

Maths offers the possibility of understanding nutrition labelling, calculating quantities for recipes, weighing and measuring ingredients.

Science provides an opportunity to learn about the types of food available, their nutritional composition, digestion and the function of different nutrients in contributing to health and how the body responds to exercise.

Computing can afford learners the opportunity to research food issues using the internet and other electronic resources. Children and students design packaging and adverts to promote healthy food choices.

Food Technology as part of Design Technology provides the opportunity to learn about where food comes from and apply healthy eating messages through practical work with food, including preparation and cooking. Appropriate and adapted utensils and equipment are available to match learner's needs.

PSHE encourages young people to take responsibility for their own health and well being, teaches them how to develop a healthy lifestyle and reinforces healthy food choices.

Geography provides a focus on the natural world and changing environment, offering the chance to consider the impact our consumer choices have on people across the world who rely on growing food as their source of income.

History provides insight into changes in diet and food over time.

RE provides the opportunity to discuss the role of certain foods in the major religions of the world. Children and students experience different foods associated with religious festivals.

Physical Education provides children and students with the opportunity to develop physically and to understand the practical impact of sport, exercise and other physical activity such as physiotherapy, yoga and dance.

Partnership with Parents and Carers

The partnership of home and school is critical to us in shaping how our children and students behave, particularly where health is concerned. Each must reinforce the other. This is not always easy but our school is well placed to lead by example.

Role of the Governors

Governors monitor and check that the school policy is upheld and can also offer guidance where a member of that body has particular expertise in this area.

Role of Teachers and Assistants

Teachers and support assistants encourage all learners to make healthy choices. They emphasise the benefits of healthy snacks and offer an alternative to chocolate and biscuits when appropriate.

Monitoring and review

School leaders and the Senior Management Team are responsible for the curriculum development of the Food Policy.

The Senior Management Team are responsible for supporting colleagues in the delivery of the Food Policy.

The Head teacher is responsible for the provision of school meals.

Elm Hall School is responsible for the content, preparation and cooking of school meals.

Reviews take place formally and informally and include children, students, governors, staff and parents.