



ALSOP HIGH SCHOOL

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Food Policy

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The Mission Statement

Alsop High School provides a welcoming, caring and successful environment which promotes and values the achievements of others.

Introduction.

This policy covers all food provided and consumed in school including before, during, on school trips and in extra-curricular events. We have achieved the Liverpool Healthy Schools Award and are in the process of its renewal.

Why a policy is needed?

At Alsop we recognise the important part a healthy diet plays for a child's wellbeing and their ability to learn effectively and achieve. We believe that the school, in partnership with parents and carers, can make a major contribution to improving children and young people's health by increasing their knowledge and understanding of food and helping them to make healthy food choices.

This policy explains

- How we promote healthy eating
- What we do to provide healthy balanced food throughout the school day
- How we help pupils eat healthily
- What we teach so that pupils know how to make healthy food choices

School Aims

1. Values and Attitudes

We believe that children learn their values and attitudes from a wide range of sources. The most important of these is the home, but the school has a vital part to play, so we aim to:

- 1 Develop a clear understanding of right and wrong by encouraging self-discipline, responsibility and a positive self-image.
- 2 Recognise and respect the rights of others and encourage the ability to work co-operatively in a caring environment.

2. Teaching and Learning

Every child has the capacity to learn and has something positive to offer society. We aim to provide a broad and balanced curriculum that stimulates and develops all children, recognising their individual needs and celebrating their achievements. We aim to give our students an education which will enable them to make a valuable contribution to twenty first century society.

3. Partnerships

We believe we have many partners in educating children and that learning is a lifelong process. We therefore want to encourage students to play a full and active part in the school community. Equally we want to encourage the local community, including industry, to play a full and active part in the school.

All partners in the education process are valued and we will maintain the fullest possible links with all agencies.

4. Staff

To create the best possible school for students, we must have a well-qualified, enthusiastic, caring and committed staff. To this end we aim: To work as a team, valuing and recognising each other's contribution and improving our skills through a rigorous quality assurance process, tailored in service training, and developing the use of technology to enhance learning and teaching.

The Vision

Alsop High School is set up to serve the Walton area and as such aims to provide an education for all children in this area. The climate of the school is person-centred; the teaching and learning is characterised by a collaborative approach. There is an absence of bullying, and an atmosphere of co-operation exists throughout the whole school. Classrooms are arranged in different ways to cater for individual learning. The school is a learning institution for all: every member of staff and every student recognises that they are here to learn. They will use the latest technology freely, with the applied learning aspect being encouraged to formulate students' practical and career aspirations.

1. Excellence

The school produces excellent examination results every year: Excellence is a feature of all aspects of the school, not just the academic areas. All aspects of learning and achievement are recognised, this includes theatre productions, drama and sports.

2. Self-esteem

The school places high emphasis on the raising of the self-esteem of children and staff. There is unconditional, positive regard for everyone, with everyone's views, opinions and abilities being recognised and celebrated.

3. Responsibility for All

There is a recognition in the school that students play an active role in their own learning, facilitated by members of staff; All members of staff recognise their duties and comply with the Teachers' Standards. Students and staff share a partnered responsibility for the success of the whole school community.

4. Environment and Culture

We will work to maintain the pleasant environment which exists in classrooms and enhance the environment which exists in and on the corridors. Our Jamieson building, refurbished areas and ongoing improvements means we can boast some of the finest facilities in the city. We will celebrate students' work on the walls; framed pictures and framed work by students will be on display throughout the school.

5. Equality of Opportunity

The school has a well-recognised policy of equal opportunities. We will continue to ensure this is embedded into all lessons and is related back to our person-centred education. We will ensure literacy and numeracy skills are developed in all curriculum areas, as we believe these are the major tools which allow students to access the curriculum; it is vital for the achievement of the rest of the vision.

In summary, the vision will be:

- The school is recognised in the community for excellence and valued by all members of the community as a centre of learning.
- The school will have a welcoming, caring atmosphere where we will welcome visitors at any time without special preparation. They will witness staff working in a collaborative way with each other and the students to enhance educational opportunities. There will be an absence of bullying, aggression and shouting.
- All members of the school community will be clearly focused on academic progress and ways to improve.

Improving pupils' health through healthy eating.

We aim to:

- Increase knowledge and awareness of a healthy diet through workshops and our PSHE, Food Preparation and Nutrition, PE and Science curriculum.
- Provide safe, tasty, and nutritious food that promotes health
- Enable all pupils to have a healthy school meal
- Make healthy eating enjoyable and the norm
- Provide safe, easily accessible water during the school day.
- Promote healthy eating/healthy food choices and discouraging unhealthy eating/unhealthy food choices
- Be a role model for healthy eating
- Monitor healthy choices, including packed lunches
- Use a range of opportunities to promote healthy eating
- Ensure consistent messages regarding healthy eating are reinforced throughout the school day

Responsibility:

It is the responsibility of all staff including teaching, support staff and catering staff to implement the food policy and to actively act as role models to demonstrate positive attitudes to healthy eating and to develop pupils' awareness and understanding of how to make healthy food choices. Senior Members of staff lead on the development and monitoring of the WSFP and liaise with the lunchtime meals supervisors, Angela Morrison the catering manager, kitchen staff and food contractors.

Key contacts:

PSHE and Citizenship Lead: Mr Hart
Science: Mrs Bohan
Food Preparation and Nutrition: Mrs Powell
PE: Mr Weights
Lead Governor: xxxxxx
Senior Leadership Team Member: Dylan Williams
Catering Manager: Angela Morrison

Development of the policy

This school policy takes account of national guidance produced by the School Food Plan, Children's Food Trust, Change4life and information from the Department of Health and NHS.

Teaching about healthy eating and cooking in the curriculum

Food, its production and preparation is an important part of the curriculum for all pupils and is taught across the curriculum through Catering, Science, PSHE and PE. We ensure that pupils are taught Catering up to Year 8, in line with the new national curriculum and emphasise safety issues.

School lunches

All our school meals are provided by school employed caterers, who act in accordance with the School Food Standards. A copy of the weekly menu is on display in the dining area and on the Website. There are 2 designated eating areas:

1. The Jamieson Restaurant where hot meals, pastas and toasties are served.
2. The Cold Food Restaurant where sandwiches and salads are served.

Information regarding allergies and healthy choices are clearly labelled in both dining areas. The dining area has a calm and positive atmosphere where children socialise and enjoy the dining experience. If any parents or carers wish to discuss allergens or medically diagnosed eating conditions, please contact the school and appointments will be made with our catering manager who will assist with any enquiries

Breakfast club and after school clubs

The Breakfast club is offered to all pupils and we actively encourage pupils who are

more vulnerable to attend. The food offered at breakfast and after school clubs is healthy. We request that any food brought onto the school premises by pupils to after school clubs is consistent with the guidance given in the packed lunch policy and conforms to the school food standards for food other than lunches.

Partnership with parents and carers

We inform and involve parents and carers about healthy eating through Open Evenings, Parents Evenings, school website and newsletters. The partnership of home and school is critical in shaping how children and young people 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.

Parents and carers are updated on our policies through school newsletters and on the school website. We ask parents and carers not to send food or drinks which conflict with our food policy and we remind them that only water, low sugar juices or milk be consumed during the school day.

During out of school events, the school will encourage parents and carers to consider the food policy and packed lunch policy in the range of food and drinks offered.

Water for all

During school meal times only drinks which comply with the School Food Plan guidelines may be consumed including water, low sugar fruit juice and milk. If children bring in a sugary drink/energy drink they will have it confiscated.

Monitoring food provision

Alsop is responsible for ensuring the quality of the food offered for school meals. We consult annually with pupils, parents and carers and staff and involve them in reviewing the school meals. The results are used to evaluate the impact of the food policy and to further improve the school meals. We will monitor food waste when appropriate and take relevant measures to reduce food waste. A recent survey produced the following results:

572 pupils from years 7 – 11 took part in the survey

- 47% buy/get food at morning break
- 62% buy/get school lunch
- 37% bring in a packed lunch
- 1% do not eat during the school day
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Pupils who bring in a packed lunch do so as a result of:

- 30% are fussy eaters
- 36% queue is too long
- 34% dining room is too noisy and overcrowded.

Of these pupils:

- 15% have fruit
- 12% have salad

Pupils who say school dinners:

- 50% visit the cold food area every day with 50% visiting occasionally
- 10% visit the pasta bar every day with 90% visiting occasionally
- 30% visit the main meal area every day with 70% visiting occasionally
- 65% bring in hand held snacks every day
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Pupils who think their diet/lifestyle is:

- 30% healthy, 40% unhealthy and 30% unsure

Pupils who think school offers enough healthy choices:

- 90% replied yes 10% replied no

Pupils who would like to find out more about healthier lifestyles

- 25% replied it should be on the curriculum and 27% would attend an after school cooking club.

Packed lunches should include:

- At least one portion of fruit and one portion of vegetables every day.
- Meat, fish or other source of non-dairy protein (e.g. hummus or falafel) every day.
- Oily fish, such as salmon.
- A starchy food such as any type of bread, pasta, rice, couscous, or noodles.
- Dairy food such as milk, cheese, yoghurt, fromage frais or soya products
- Only water, pure fruit juice, semi-skimmed or skimmed milk, smoothies, yoghurt or milk drinks are permitted.
- If a pudding is included we ask that it is fruit based, examples are- fruit salads or tinned fruit with yoghurt or custard and fruit based crumbles
- Savoury crackers or breadsticks served with fruit, vegetables or dairy food

Packed lunches should not include:

- Snacks such as crisps. Instead, seeds, vegetables and fruit (with no added sugar or fat).
- Confectionery such as chocolate bars, chocolate-coated biscuits, chocolate spread, sweets and chewing gum.
- Meat products such as sausage roll and individual pies.
- Fizzy or sugary drinks.

All parents are sent an information sheet regarding packed lunches, posters are clearly visible in all form rooms and the website has information regarding advice for healthy packed lunches.

Special diets and allergies

The school recognises that some pupils may require special diets that do not allow for the standards to be met exactly. In this case parents and carers are urged to be responsible in ensuring that packed lunches are as healthy as possible.

D.Williams / A.Morrison / T.Powell

18/10/18