



Stockport School



Whole School Food and Allergies Policy



Rationale

Stockport School recognises the importance of a healthy diet and the significant connection between a healthy diet and a student's ability to learn effectively in school. It is important that Stockport School consider all elements of work to ensure that awareness of healthy eating is promoted to all members of the school and wider community.

Aims

- To ensure that all aspects of food and nutrition in school promote the health and wellbeing of the whole school community
- To ensure that all members of the school community are able to make informed choices and are aware of the importance of healthy food, where our food comes from and the need to support sustainable food and farming practices.
- To ensure that food provision in the school reflects the ethical and medical needs requirements of pupils and staff: e.g. religious, ethnic, vegetarian and medical needs and that all relevant staff members are aware of these. (including non-teaching staff)
- To involve the school community in all aspects of food in school
- To ensure that the mandatory food based standards for food other than lunches are met
- To ensure that the mandatory food based and nutritional standards for school lunches are implemented
- To ensure that all food and drinks consumed as snacks are healthy for teeth
- To ensure that all staff and volunteers involved in food preparation, other than school lunches e.g. breakfast clubs, after school clubs, fund raising events and cooking in the classroom, demonstrate good food safety practices
- To take a whole school approach to healthy eating to ensure that messages taught in the curriculum are reflected throughout the school day
- To ensure that opportunities are sought to encourage an increased take up of school meals provision, both of free and paid meals, to facilitate development of the catering service.
- To ensure that parents and pupils are encouraged to be involved with the ongoing development of the service through questionnaires, taster sessions and consultation



Background

Ages of students	11 - 16
Typical number of students having a meal	66%
Typical number of students entitled to FSM	27%
Typical uptake of FSM	75%
School meal provider	In-house
Catering Management Consultants	CMC

Food Purchasing Statement

Our commitment to a quality service that offers value for money is demonstrated in our purchasing policy.

Stockport School's purchasing of food is undertaken to meet stringent requirements. All food items are purchased via nominated suppliers, therefore ensuring a compliance with set-down quality standards.

All food products and ingredients are checked for acceptability (i.e. nutritional specifications, genetically modified organism requirements and nut ingredients).

With reference to genetically modified foods, our aim is to purchase foods that are free from genetically modified ingredients or derivatives. However, we rely on the supplier of a product to provide evidence, if required, of the GM status of any ingredient or derivative.

We will continue to place great emphasis on customer response to new products. Throughout this process, we will liaise and consult with our customers to ensure acceptable quality.



Food provision in Stockport School

All our school meals are provided in-house; however, we employ a firm of Catering Management Consultants (CMC) to advise on the planning of the school menus as part of their tender. CMC annually monitor the nutritional standards to ensure compliance through the Legal Audit and ensure that the school meals meet the government based standards. This includes the use of fresh fruit and vegetables each day as a choice for the students and staff. We provide hot and cold options, both of which pay regard to nutritional balance and healthy options. Staff are able to eat with students in the dining room, acting as role-models. Early and late lunches are available via prior arrangement. The cashless catering system that is operated through Wisepay allows student uptake of school meals, FSM uptake etc. to be monitored on request.

The introduction of Wisepay has eradicated the possibility of stigma attached to receiving FSM.

Through the cashless system, parents/carers can monitor their child's food purchases online. We have 3 different menus which rotate weekly over 3 weeks and menus are clearly displayed in the dining room foyer and at the servery. Menus are monitored and changed appropriately and available to be viewed on the school website.

Food Service Standards and Service Promise to Students and Staff

- Menus will be clearly displayed
- Menus will be available for parents and published on the School Website
- Menus will adhere to all current Food Standards (and any subsequent standards following the implementation of this Policy)
- Menus will reflect customer preferences, cultural, religious and special dietary requirements
- Customer feedback will be encouraged and, where possible, changes made to increase customer satisfaction

Service Promise

- The kitchen and serving areas will be kept clean and tidy at all times
- The catering staff will be suitably trained and will hold a Level 2 Food Hygiene Certificate
- The catering team will be trained to ensure compliance with Food Information Regulations
- The catering team will be clean and tidy in appearance and will be courteous to all customers
- The catering team will do all they can to make sure everyone enjoys the meal experience
- The service will always commence on time
- Students entitled to a free school meal will be treated with sensitivity - parents will be made aware of entitlement to free school meals; there will be no differentiation between students entitled to free school meals and those who pay

NB The Legal Audit covers COSHH, HACCP, 'School Food Plan' Food Standards, 'Food Information Regulations' Allergen, Catering Risk Assessments and Training.

Breakfast

Children and young people who do not have breakfast may have low blood sugar and can be dehydrated which can affect energy levels. Providing a healthy breakfast promotes better attendance, punctuality and a positive social environment for those who wish to attend.

Breakfast is provided in the main dining room from 8.20am and is supervised by a member of staff. It is available to all and food offered meets food-based standards to ensure that students have a good start to the day.

Break Time

As many children and young people consume large quantities of snacks every day, providing an environment to make healthier choices easier could have a significant impact on health. Working with parents (Leading Parent Partnership Award) helps to reinforce healthy eating messages, support the whole school approach to food and ensure food meets the standards.

Our aims are to ensure that all food provided by the school at break time meets the national standards for school other than lunch and to ensure that snacks and drinks brought from home or provided by the school are 'tooth friendly' i.e. don't contain added sugar.

All policies relating to food allergy are in place and all drinks provided do not contain added sugar. Energy drinks are not permitted in school at any time and are confiscated.

However, free fresh water is available at all times in the school day.

There is also a Sandwich Bar and Year 11 POD at break time providing a source of healthy food and drink which all meet food standards. This is monitored by CMC.

Lunchtime Provision

Dining environments should be a pleasant, social and cultural experience. Happy dining environments help to promote a positive lunchtime experience.

We aim to provide a dining room environment which is a desirable place to eat and to ensure that there is enough space to sit and eat a meal and feel refreshed and relaxed ready for learning in the afternoon.

Stockport School provides two eating areas, a sandwich bar, and an outdoor POD serving area for Year 11.

Large menus are displayed on the walls of the dining room foyer and rotate over a three week cycle.

All food and drinks meet the national food standards and are monitored by CMC in the annual food audit. Virtually all food is cooked from fresh produce on site and menus have been carefully designed in consultation experts. Our aim has been to provide a good range of food options which whilst being healthy will appeal to our students.

Packed Lunches

It is a common misconception that that a packed lunch brought from home is healthier than a school meal. The new standards for school meals do not cover a packed lunch, so our aim should be to set guidelines in consultation with parents (LPPA) regarding the content of packed lunches in line with the whole school approach to food in

schools.

Curriculum areas may also touch on this area. Students with packed lunches can sit with friends. Students on FSM will be able to order a packed lunch in advance for school trips. A healthy lunchbox leaflet will be available to parents and on the school website.

Accessible Drinking Water / water provision

Health benefits of drinking water are widely acknowledged. In line with the national food standards, the whole school community has access to free fresh drinking water throughout the school day from various water dispensers around the school to encourage students to drink water frequently. However, we would only expect students to request to fill their water bottles during lesson times on rare occasions. Staff and students may drink water in classrooms (not including ICT suites or labs etc.) but no other alternatives.

Food in the Curriculum

Background

The Headteacher has a responsibility for planning the school curriculum policy. The governing body's strategic role is to consider, agree, monitor and review policy and its implementation.

Aims

To ensure schemes of work for both key stages will reflect the whole school approach to healthy eating and to ensure opportunities within this curriculum it's promotion and raising of awareness.

Curriculum content includes:

- The importance of food groups and the role they play in promoting growth
- The development of strong healthy bodies
- What constitutes a balanced diet
- An understanding of cultural diversity

Examples of curriculum areas where Food issues are included:

MFL - Students studying Spanish cover a topic called 'En forma' (In shape), which talks about keeping healthy, and includes a unit on healthy eating called 'Llevas una dieta sana?' (Do you have a healthy diet?) In which they learn to talk about healthy and unhealthy foods in Spanish, including how often they eat them and what their opinion is of them.

Year 9 French and Year 8/9 German syllabi cover healthy eating (different food types and healthy eating habits)

Food - KS3 lessons – teach theory on the basics on healthy eating, wise food shopping, adapting dishes, different diets and cultures, health and safety in the kitchen with practical sessions to support this learning.

Year 7 Cookery Clubs – with healthy eating content and support for pupil premium students in cooking. Topics in PSHE and Science are also appropriate.

Gardening and Cookery Clubs (see above)

Concern that young people have become distanced from nature has increased in recent years, with few making the connection between the food they see in the supermarket and the land that produces it.

Stockport School has 2 large greenhouses and 11 raised beds. Gardening Club is open to students as an extra-curricular activity. Fresh produce from the gardens is shared between gardening club students, the school kitchen and the Food department.

Sponsorship

The school does not take part in sporting events and other promotions sponsored by confectionary and fast food companies as we believe that companies are doing this to create brand rather than to promote health.

Rewards and Celebrations

The school recognises that student achievement should be celebrated and rewarded, but foods or drinks high in sugar should be discouraged from being given as regular rewards in class.

It is agreed that food can sometimes play a role in celebrations in school, but any food given to young people on such occasions should be limited and form part of a balanced, healthy diet.

Stockport School reward system allows for £1 credit to be added to a student's catering balance when 1000 House points have been awarded in each school year.

Role of Governors

Governing bodies have a key role to play in food in school. They have a duty to ensure that healthy eating is promoted, encouraged and embedded in the school ethos.

Links to other policies

Other existing school policies may link to various aspects of the food policy such as Medical Needs/Health and Safety etc.

Monitoring and review

This policy will be reviewed at least every three years and will take into account any local or national guidance and issues specific to the school.

Areas such as take up of school lunches, take up of FSM, career development of catering staff are reviewed regularly by the school Business Manager, responsible member of SLT and the Catering Manager.

Last reviewed and modified: April 2024

Review date: April 2027

