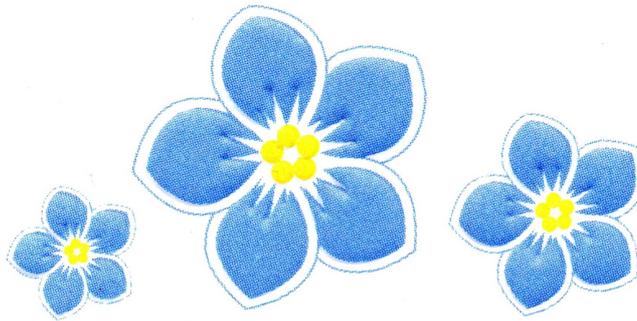


# THE BELVEDERE ACADEMY



## WHOLE SCHOOL FOOD POLICY

2009

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# **The Belvedere Academy Whole School Food Policy**

## **Background**

Number of students on roll:	596
Ages of students:	11-19
Special educational needs:	98
Ethnic diversity of students:	75% White English and representatives from every other Ethnic Minority

Typical number of current hot school meals:	315
Number of students eligible for FSM:	78
Typical uptake of FSM:	48
School meal provider:	Harrisons

## **Policy Formation and Consultation**

This policy has been written incorporating input from parents/guardians, students (through questionnaires), staff, School Council, School Nutrition Action Committee (SNAC), governor, Chef and Pastoral Administrator.

The methods of consultation with the school community included: information to parents via the school News Magazine, PHSE lessons, SNAC meetings, food technology lessons, assemblies, School Council meetings, questionnaires and surveys and via notice boards.

## **Rationale**

In our academy we are committed to giving our students consistent messages, through meals, the curriculum and the enrichment programme, about all aspects of health to help them understand the impact of particular behaviours, and encourage them to take responsibility for the choices they make. Well-nourished students are likely to be more receptive to teaching and will learn better. By doing this we fulfil our role within the Every Child Matters framework and empower our students to make fully informed, health conscious choices of their own. We are fully committed to encouraging students and staff to have a healthy well-balanced diet and establishing good eating habits.

The policy will be implemented September 2009.

A summary of this policy will be included in the academy newsletter for parents/guardians.

## **Aim**

The aim of this policy is to encourage a whole school approach to food and nutrition in order to promote the health of students and staff.

## **Objectives**

- To ensure that we are giving consistent messages about food and health across the academy;
- To give our students the information they need to make healthy choices;
- To promote health awareness amongst all members of the academy community;
- To encourage all students to take part in the '5-a-day' campaign.

## **Breakfasts**

The importance of eating breakfast has been reported to improve behaviour, attentiveness and learning.

- The breakfast club is open to all students each school day before registration;
- A choice of toast, water, fruit juice is available.

## **School Meal Provision**

All our school meals are provided by a contracted caterer (Harrisons) who employ a nutritionalist to plan the school menus as part of their tender. Harrisons are currently monitoring the nutritional standards to ensure compliance for September 2009 onwards. The school meals meet the government based standards. Where possible, this includes the use of fresh fruit and vegetables each day as a choice for the students and staff. They provide a hot and cold option, both of which pay regard to nutritional balance and healthy options. These nutritional standards are reviewed annually by Harrisons. 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 the Belvedere Finance Department allows student uptake of school meals, FSM uptake etc. to be monitored on request. Through the cashless system parents/guardians too can monitor their daughter's food purchases on request. A menu displaying what is being served is displayed at the servery, and may be displayed on the internet for parents and students to view in the future.

## **Packed Lunches**

Packed lunches are currently not permitted in the academy. Through the curriculum in Food Technology, PHSE and Enrichment lessons students learn about appropriate, healthy choices to make when packing their lunches for days out and trips with the school. Guidelines for what constitutes a good packed lunch, and which items should not be included, are communicated through the curriculum in Food Technology lessons, PSHE lessons and available to students on the Healthy Schools Notice board.

## **Morning Break and Snack Provision at the end of the Day**

Harrisons set the nutritional guidelines for snack food served in the dining room. This includes: toast, tea cakes, cheese on toast, pizza slices, iced buns and bacon baps. Harrisons are responsible for ensuring the food meets the required government standards.

## **Drinks and Water**

Cooled water is freely available throughout the school day to all members of the school community in the dining room areas. Students are allowed to have water available during lessons following a discussion at a staff meeting, because of the link between concentration and hydration. Fizzy and sugary drinks are discouraged and not sold in the dining room. There are currently plans to potentially provide all new students with a free water bottle at the start of their time at Belvedere.

## **Special diets, allergies, diet related disorders**

The school kitchen supplies a choice of vegetarian meals daily. Students with allergies have their photo and information regarding their condition and treatment displayed to all kitchen staff in the kitchen. All meat used by the kitchen is Halal. The cashless catering system that is in place allows student food choice to be monitored.

## **Catering Staff**

Catering staff have felt increasingly valued since the school became an academy. Systems for staff to communicate information with catering staff regarding staff and students who will be out of school are in place. A survey of students from all year groups has been conducted. Students also get the opportunity to feedback through Student Council on the food provision. School catering team members are represented on the SNAC group. Catering staff are fully trained for the role they fulfil with additional training available. Food hygiene refresher courses run every two years, in line with statutory requirements.

## **School Food Ethos**

Staff are able and encouraged to act as positive role-models for students, eating in the school dining room. Students have an hour for lunch. Years 7 to 11 must stay on the school site, 6<sup>th</sup> Form are able to leave if they wish. Information about food choices is available as students queue for food and while they are eating in the dining room. Staff are on duty to ensure behaviour is appropriate while students queue and eat in the dining room. The dining room has had a recent extension which is light, airy and conducive to being student friendly. The School Council and SNAC group have already had an input into decisions regarding furnishing and decoration of the dining room and this is set to continue.

## **CURRICULUM**

### **Learning Opportunities**

- Assemblies to different year groups/Key Stages as appropriate, e.g. eating disorders for Sixth Form.
- Food and Nutrition lessons are taught in Years 8 and 9. Year 7 have access to the Enrichment session *Cooking for Fun*. Food Technology is available as an option at GCSE in Years 10 and 11. Practical cookery sessions take place once every two weeks during each 6 month cycle of Food and Nutrition.
- Key Stage 3 Biology:
  - Yr 7 Microbes and Disease unit - The importance of food hygiene to prevent food poisoning
  - Yr 8 Food and Digestion unit - The importance of the 7 essential nutrients and balanced diets
  - Yr 9 Fit and Healthy unit - The effects of nutrition, exercise and drugs on the body
- Science Specialism funded events e.g. Healthy Eating Week and Christmas Musical – Captain Cholesterol.
- Nurse drop in sessions, where students get the opportunity to discuss health and food related issues one-on-one.
- Cooking also takes place where appropriate in Spanish lessons to demonstrate Spanish cuisine to students.
- Duke of Edinburgh Enrichment involves nutrition and cooking sessions. These include food required for physical activity and safe cooking in an outdoors environment.

### **Rewards and Celebrations**

Food should only occasionally be used as a reward or treat for students. Where it is used students have a choice to take it or not, but Credits will always be a preferable alternative. Through their learning, students should be aware of the health implications of over consumption of food. Examples of school food have been served to parents at Parents' Evening and Options Evening events. Students, staff, parents and the wider school community are aware of Belvedere's desire to promote healthy living through the involvement in National Healthy Schools Programme.

### **Charity Events**

The occasional use of food as a prize or product for sale for the purpose of raising money for charity will be allowed, for example Liv Co-Op raising money for Fair Trade. To increase student choice of alternative Fair Trade options, the sale of fruit could be considered in the future, in addition to what is currently sold.

### **Extra Curricular Activities**

*Cooking for Fun* and Gardening Enrichment currently take place for students to access more opportunities to cook and learn about growing their own food.

### **Participation in national and local events and initiatives**

The Belvedere Academy currently participates in National Healthy Schools Programme, Million Meals Campaign, Lets Get Cooking, Sportlinx, Schools Food Trust and Licence to Cook.

### **Monitoring and Evaluation**

Harrisons and the catering staff are responsible for ensuring food is served in accordance with this policy. The Food Technology teaching staff are responsible for the curriculum development of the food policy. All staff have a responsibility for upholding the food policy.

This policy will be reviewed annually to take account of new developments. It will be shared with all school stakeholders through a summary in the Newsletter and through availability on the academy website.

### **Last Revised and Modified: 2009**