

Oaks Park High School

Title of Policy:	Healthy Schools/Food
Person responsible:	R Manning/L Douglas
Date for review:	2018

'A Healthy School is a school that actively seeks to promote and improve the health and well being of the whole school community, through all aspects of school life, so that students are enabled to maximise and enrich their aspirations, levels of attainment and personal development. Studies have shown that healthier children and young people do better in learning and in life'. (National College for School Leadership).

Healthy Eating - School Context

Oaks Park High School has 1550 students on site. Students may bring their own packed lunch; eat in the Dining Hall (Y7 – Y13) or the sixth form common area (Years 12 & 13 only). Students in Years 11, 12 & 13 are also allowed off site at lunchtime to aid the overcrowding in the dining hall and canteen facilities. The school is committed to providing a healthy eating environment for all students. The school catering facilities are provided by Harrison Catering who is responsible for following health and safety regulations and employing the staff who work in the kitchen.

At Oaks Park 30% of students are eligible for Free School Meals. We try to encourage all students to increase their social well being and improve their concentration within lessons by providing them with a varied menu selection in the canteen for breakfast and lunch 5 days a week.

Aims and Procedures

Nutrition profoundly affects a student's ability to learn, develop, and stay healthy. Students require enough time to eat and have food choices that meet nutritional standards. They should also receive the knowledge and guidance to help them make healthier food choices. Promotion of healthy eating should be consistent in all contexts throughout the school curriculum and the school day.

The key principles on which this policy is based are:

1. Students, staff, parents and the LEA have been involved in assessing the school's eating environment and a shared vision developed and implemented. This has proven to be successful as the canteen has been expanded to allow for more seating inside as well as an outdoor, covered dining area. There are more serving hatches; therefore reducing queuing/ waiting times for both staff and students.
2. School meals will meet government recommended nutrition standards as set out in the School Food Plan and provide sufficient choices, including new foods and foods prepared in new ways, to meet the taste preferences of diverse student populations and encourage students to try new foods. This is the responsibility of Harrison Catering and is regulated by Trico, with reference to the DFE Standards for school food in England.
3. All students will have designated lunch periods which give them enough time to enjoy eating healthy foods with friends. The lunch period is scheduled from 1:20 – 2:10 pm. Food should be served until 1.55pm to allow sufficient time for all students to eat a significant amount of food, regardless of other lunchtime activities and social clubs attended. The break period is

also 25 minutes long, allowing students ample time to purchase/consume snack items, replenish with water and visit the toilet if necessary. This is monitored by members of Senior Management on duty both at break and lunch time.

Aims and Procedures (cont.)

4. The school will provide enough serving areas to ensure students have access to meals with minimum wait time. We now have several serving areas as well as a snack hatch with outside access. The school operates a cashless system whereby once money has been paid into their accounts by their parents, payments can only be actioned by the student's fingerprint at the till. This is a more hygienic and time effective payment method which reduces the possibility of bullying within the canteen and also teaches students the value of money and how to budget for the school day. To reduce the increase in obesity amongst school aged children, the maximum spend per day is £5 per student. Parents can also view what their children are consuming and where their money is being spent via their online account.
5. Adequate space and pleasant surroundings that reflect the value of the social aspects of eating will be provided for all students. The canteen area has been designed to create a nicer dining environment with more comfortable seating areas, clearer, brighter displays and the use of a flat screen television. However due to limited space, students in Years 11, 12 and 13 are still allowed off site at lunchtime. This should be reviewed annually due to the additional intake of students (approximately 60) per year.
6. The school caterers, Harrisons, will consider the nutritional value of food by using a menu analysis system (SAFFRON) that enables them to monitor the average nutritional value of food provided to children and young people in our school and to compare this with the Government nutrient standards. This must also be considered at school events during the day and after school; charity events and rewards/open evenings. All food sold in school, particularly in the canteen, should also have a clear pricing policy. Prices and nutritional information is available to staff and parents on ParentPay.
7. The school curriculum will support education in healthy eating and be delivered by subject specialists. Subjects such as Food Technology, Food & Nutrition, PSHE and Science all deliver modules in healthy eating and nutrition. Such lessons will guide students in making healthier food choices and teach them the nutrients required for their bodies to function effectively, alongside budgeting, meal planning and healthier alternatives to processed foods. To ensure consistency, liaison between departments teaching such subjects is vital. Schemes of Work must be checked. After school clubs and activities relating to food will also be based on such principles.
8. The school will provide catering facilities at breakfast, break and lunchtime. Students on Free School Meals are allocated £1.65 for breakfast. The breakfast club runs from 7.45am- 8.20am; providing students with ample time to purchase and consume their breakfast items before school begins. Food sold at the breakfast club must also meet the national food standards - again the responsibility of Harrison Catering. The breakfast club should be promoted through the Oaks Park News; accessible by both students and parents and at Open Evenings/Parents' Evenings.
9. Rewards used in school will continue to be non-food related, which supports the school ethos and the work of the School Food Plan to ensure that the consumption of foods with a high fat/salt and sugar content are limited during the school day. No snacks are provided for students outside of meal times, except nuts, seeds, fruits and vegetables with no added salt, sugar or fat. The use of high fat/sugar rewards used by the school and members of staff are limited to the last day of each full school term (3 times per year). All staff are to receive a copy of the Healthy Schools Policy/Food Policy and The Healthy Schools Coordinator will present the information to all staff at the start of each new year. Staff should be encouraged to use other means of reward, eg. House points, exercise vouchers, stationary or money-off coupons to use in the school canteen.
10. School events in which the sale of high fat/salt or sugar foods are sold must be limited. Due to the good work of the school in supporting a range of charity events, the school will continue to allow one charity event per term in which the sale of cakes and biscuits can be sold. This should only occur during the lunch period. Under no circumstances should confectionery, fizzy drinks, chocolate or chocolate coated products be sold at any school-based events. All charity and other events where food and drink is sold must be applied for, with the appropriate paperwork completed. This paperwork should be returned to and monitored by the Healthy Schools Coordinator, L Douglas.

11. Wider school community events should allow for all members of the school community, staff, students and parents/carers to develop their knowledge of healthy eating and their ability to produce healthy foods. As a school, we will continue to promote and provide opportunities such as the annual Ready Steady Cook and Bake Off competitions, Saturday Kitchen sessions and an after school cookery club.

Oaks Park High School follows government guidelines on school meals. We have listed food in the following six categories:

A: Fruit and Vegetables

These include fruit and vegetables in all forms (whether fresh, frozen, canned, dried or in the form of juice). We provide a salad bar every day; fresh/home-made soup at break, fresh fruit juices (in 200ml or less) and a variety of fresh fruit/fruit pots, individually wrapped on a daily basis. Vegetables are provided daily with the hot meal. A wide variety of fruits and vegetables are served over the week to ensure different colours of fruits and vegetables are consumed; thereby increasing their nutritional impact.

B: Starchy Foods

These include bread in various forms, pasta, noodles, rice, potatoes (including jacket potatoes) and sweet potatoes. We provide a pasta bar, Paninis, fajitas, rolls and fresh sandwiches on a daily basis. Starchy foods fried or baked in fat or oil will only be available twice per week. On these days an alternative starchy food will also be provided.

C: Meat, Fish and other Non-Dairy Sources of Protein

These include meat and fish (including oily fish) in all forms (whether fresh, frozen, canned or dried), eggs, nuts and seeds, pulses and beans, other than green beans. A meat or fish option is available every day. Red meat is provided at least twice per week and fish at least once per week (oily fish once every three weeks minimum). Processed meat is kept to two servings per week. Eggs, beans, pulses, soya, nuts and seeds are provided everyday for non-meat eaters and at least twice per week for all students.

D: Milk and Dairy Foods

These include semi-skimmed milk, cheese, yoghurt, milkshakes and custard but not cream or ice cream. Reduced fat milk is available alongside water as an option every day. Dishes containing cheese are not served as the only protein option more than twice per week.

E: Drinks

The only drinks provided by the school are reduced fat milk; water (plain and carbonated); pure fruit juices (no bigger than 200ml); plain yoghurt drinks; low calorie hot chocolate; tea and coffee. Drinks do not exceed 5% added sugar/honey and all are available as individual portions not exceeding 300ml (200ml for fruit juices and fruit juice drinks). Students have easy access to fresh, free drinking water at all times of the day from water fountains around the school. Students also have access to clean water at break and lunchtime in the school canteen.

F: Foods high in Fat, Salt and Sugar

Confectionery, chocolate and chocolate coated products will not be provided throughout the school day. The provision of cakes, puddings and biscuits is limited to lunchtimes and can only be purchased with a substantial meal/salad. (Please also see note regarding rewards and school events).

Secondary Schools

As a secondary school we ensure that:

- A wide selection of fruit and vegetables is available every day;
- where a food from the starch group is cooked in fat or oil, an alternative starchy food cooked by different method will be available;
- red meat and fish are both available at least twice a week;
- processed meats are only available twice a week across the school day;
- plain bread is available every day, upon request;
- free fresh water is available throughout the school day. Students are encouraged to have water bottles on their desks, where appropriate, to ensure that they drink sufficient clean, pure water throughout the day. Water is also supplied at water fountains at break, lunch and before and after school. Students also have access to clean free water at break and lunchtime in the school canteen.
- Salt is not available to add to food after the cooking process is complete. Condiments may be available only in sachets or individual portions of no more than 10g or one teaspoon.
- Snacks are not provided outside of meal times except nuts, seeds, fruits and vegetables with no added salt, sugar or fat.

Home School Travel

Travel Plan – Student Led

Aims and Procedures

For students who are driven to the school by their parents/carers, the school has:

- a) made public the opening and closing times of the school and indicated areas within the school that will be staffed before lessons begin;
- b) advised students that they should be dropped as close as is practicable outside of the school grounds without causing danger to pedestrians/motorists. Students who cycle to school are all advised to wear a helmet and clothing that is visible in the dark. Students who cycle or walk to school are advised to use main routes; journey with a friend if possible and always inform their parents/carers if they are going to arrive home at a different time.
- c) The school always advises students, via their tutors, of travel and related safety issues passed on by the police.

Review

This policy will be reviewed biennially in accordance with the principles of the National Healthy Schools Standards/The School Food Plan.