

West Derby School

Nutrition Policy

Context

The national agenda recognises that a lack of a healthy life style, including an inappropriate diet, is adversely affecting young people in particular and the wider community in general. [NHSS and DfES]

This policy document was produced in consultation with school communities, (including pupils, parents, school staff, Governors), and the local Healthy School Scheme Co-ordinator.

Aim

1. To educate and encourage a healthier lifestyle in children and young people, to enhance their learning potential and to help them carry this forward in to the wider community.
2. To promote and embed healthy lifelong eating and life style habits.

Targets

1. That the school and its community adopt an affirmative approach to healthy life style and diet and that this policy is widely promoted.
2. That a senior member of the school community has responsibility for the healthy schools policy and its implementation.
3. To ensure all food provision in schools including breakfast and after school clubs and vending machines are based on the "Balance of Good Health" model. To assess provision for PSHE & Citizenship, including healthy eating.
4. To ensure all pupils and staff have access to safe, nutritious, healthy and appealing food and water within the school environment.
5. To ensure that the curriculum promotes healthy eating and life style choices.
6. That the school community provides a role model to enhance pupil's knowledge and understanding and to promote positive, healthy attitudes towards diet and life style.

Monitoring and Evaluation

At regular intervals e.g. annually, the policy document should be re-appraised by the whole school community in light of any new developments and changes. New targets may need to be set or effort moved to new priorities and challenges.

Considerations

- Are the objectives in the policy being met? How can you tell?
- Have there been difficulties? Why have these arisen?
- What have been the successes? What made these possible
- What do parents and pupils think about the policy? Is it having an effect on food choice educational attainment or behaviour?
- Are there national initiatives in which the school should join?

Guidelines for promoting a Whole School Food and Nutrition Policy

Introduction

There has been much research into health and well-being of school children in the UK. The National Diet and *Nutrition Survey: Young people aged 4 -18 years* (DoH, 2000) has highlighted that children in the UK are largely inactive and are eating less than half the recommended five portions of fruit and vegetables a day. In fact, 20% of 4-18 year olds eat no fruit at all during an average week. These issues relate to the growing concern over the increasing prevalence of childhood obesity within the UK.

Aim

The aim of our Nutrition Policy is to actively promote the overall health and well being of schoolchildren, their families and the wider school community by promoting and establishing healthy lifelong eating habits and raising educational achievement.

A Whole School Nutrition Policy enables our school to have a shared philosophy on all aspects of food. A policy:

- Reinforces appropriate messages relating to food and nutrition, e.g. ensuring consistency between the formal curriculum and food provision, emphasising healthy eating messages;
- Gives parents, accessible information on all aspects of food in school;
- Shows that your school is caring to all stakeholders, and the wider community, by making a public statement of the values to which the school is committed;
- Communicates a school's shared vision, ethos and values;
- Establishes effective working partnerships, working towards a common goal;

- Forms part of the school's development plan, providing a strategic vision, which everyone understands;
- Makes provision for staff training and resources to meet its aims;
- Aims to improve health and well-being for all.

What is a Whole School Nutrition Policy?

A Whole School Nutrition Policy is a shared, evolving document for all stakeholders that interact with your school.

It encourages all aspects of food to be brought together, clearly, coherently and consistently. Food in schools includes:

- The formal curriculum, e.g. subjects (design and technology, science, personal, social and health education, citizenship), equipment and resources and continuing professional development for staff;
- Extra curricular activities, e.g. school gardens;
- Participation in national events and initiatives, e.g. National School Fruit Scheme, National healthy School Standard, Growing Schools, Focus on Food and Sainsbury's' Taste of Success;
- Provision of food at school, e.g. eating environment, service style, time, pupils bringing food to school, packed lunches (including information to parents)
- Consumption of food at school, e.g. eating environment, service style, time pupils bringing food to school, packed lunches (including information to parents)
- Pastoral care and welfare issues, e.g. behaviour, free school lunches.
- Fair trade commitment at Parents evening etc.

The process of developing a whole school policy facilitates staff discussion, provides a clear audit of the role and profile of food in any school and engages all staff towards its successful establishment.

Our policy is intended to encourage the whole school community to develop good eating habits. This will be achieved by providing:

- Food and nutrition related curriculum activities in the classroom (e.g. linking nutrition to Science, Maths, Design and technology, English, Art, Music and other taught subject areas).
- Food (including water) services/provision that feature nutritious food served in pleasant environment (e.g. school meals, vending machines, tuck shops, packed lunches, breakfast clubs, school meal menus available to parents).
- Nutrition education programmes and skills outside of the school curriculum (e.g. healthy eating events, assembly activities, staff training on healthy eating).

The DHT will take lead responsibility and representatives from all interested members of the wider school community (i.e. parents, students, teachers, food providers, health workers, etc) will meet regularly to oversee the development implementation and monitoring Nutrition policy.

Promotion of Policy

The West Derby School Nutrition Policy will be widely disseminated and advertised to the wider school community (teachers, students, parents, health staff etc.) through various means (e.g. school prospectus, newsletters, posters, leaflets, new parents days, open evenings, INSET days, web sites, etc.)

Useful Documents and Links:

1. Department for education and skills - Food in schools Toolkit www.foodinschools.org
2. A model school food policy - a practical guide (www.gab5.com)
3. Establishing a Whole School Food Policy - bringing together messages about food throughout the school day (www.nutrition.org.uk)
4. National Healthy School Standard Level 3 Award.