



RIPPLEVALE

SCHOOL

Food Policy

Person Responsible: Headteacher

Last reviewed on: May 2023

Next review due by: June 2024

Created: May 2023

This policy is one of a series of school policies that, taken together, are designed to form a comprehensive statement of the school's aspiration to provide an outstanding education for each of its pupils and of the mechanisms and procedures in place to achieve this. Accordingly, this policy should be read alongside these policies. In particular it should be read in conjunction with the policies covering equality and diversity, Health and Safety, safeguarding and child protection.

All of these policies have been written, not simply to meet statutory and other requirements, but to enable and evidence the work that the whole school is undertaking to ensure the implementation of its core values:

Ripplevale School provides a caring learning environment where our students make meaningful progress, relative to their individual starting points. Our aim is to encourage them to develop appropriate personal, social and employable skills enabling them to become confident, independent and aspiring young people

While this current policy document may be referred to elsewhere in Ripplevale School documentation, including particulars of employment, it is non-contractual.

The school's policies, unless the specific context requires otherwise, the word "parent" is used in terms of Section 576 of the [Education Act 1996](#), which states that a 'parent', in relation to a child or young person, includes any person who is not a biological parent but who has parental responsibility, or who has care of the child. Department for Education guidance [Understanding and dealing with issues relating to parental responsibility](#) considers a 'parent' to include:

- all biological parents, whether they are married or not
- any person who, although not a biological parent, has parental responsibility for a child or young person - this could be an adoptive parent, a step-parent, guardian or other relative
- any person who, although not a biological parent and does not have parental responsibility, has care of a child or young person

A person typically has care of a child or young person if they are the person with whom the child lives, either full or part time and who looks after the child, irrespective of what their biological or legal relationship is with the child.

The school employs the services of the following consulting companies to ensure regulatory compliance and the implementation of best practice:

- Peninsula BrightHR
- Peninsula BusinessSafe (Health and Safety)
- Atlantic Data (DBS)
- Educare (online CPD)

Ripplevale School is committed to safeguarding and promoting the welfare of children and young people and expects all staff, volunteers, pupils and visitors to share this commitment.

All outcomes generated by this document must take account of and seek to contribute to safeguarding and promoting the welfare of children and young people at Ripplevale School.

The policy documents of Ripplevale School are revised and published periodically in good faith. They are inevitably subject to revision. On occasions a significant revision, although promulgated in school separately, may have to take effect between the re-publication of a set of policy documents. Care should therefore be taken to ensure, by consultation with the Senior Leadership Team, that the details of any policy document are still effectively current at a particular moment.

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RIPPLEVALE SCHOOL FOOD POLICY

INTRODUCTION

The school is dedicated to providing an environment that promotes healthy eating and enabling pupils to make informed choices about the food they eat. This will be achieved by the whole school approach to food and nutrition documented in this whole school food policy.

The students attending Ripplevale school all have an education health care plan and a diagnosis of Autistic Spectrum Condition and other associated conditions. Sensitivities can play a huge part in each individual's daily lives and add to difficulties experienced when facing the demands of their environment. Smell, taste and texture are sensitivities in many students at the school and can significantly influence the lessons and diet they are able to access.

The policy was formulated through consultation between members of staff, governors, parents, pupils and the inclusion of our school's Action Plan for Healthy Schools status.

The nutritional principles of this policy are based on the findings of the National Diet and Nutrition Survey of 4 to 18 year olds; the 1991 Dietary Reference Values for Food Energy and Nutrients for the UK; and the Balance of Good Health (BOGH) (Appendix 1).

FOOD POLICY CO-ORDINATOR

This school food policy and healthy eating strategy is co-ordinated by **Jane Norris, Head Teacher**

CONSULTATION

All parents, pupils and staff were consulted. Parents were invited to fill in a questionnaire and the school newsletter invited parents to feedback on a whole school food policy. The school council was consulted via a focus group and are in favour of a whole school approach toward healthy eating.

FOOD POLICY AIMS

The main aims of our school food policy are:

1. To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes
2. To provide healthy food choices throughout the school day
3. To provide opportunities for students to try and experience different foods

These aims will be addressed through the following areas:

1. EQUAL OPPORTUNITIES

In healthy eating, as in all other areas of the curriculum we recognise the value of the individual and strive to provide equal access of opportunity for all.

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2. CURRICULUM

Food and nutrition is taught at an appropriate level throughout each key stage.

This is addressed through:

- The teaching of food technology lessons, PSHE, across all key stages.
- The teaching of land-based studies across key stage 2, 3 and selected classes in key stage 4.
- The teaching of science across key stages 3 and 4.
- Hospitality and Catering and Life Skills in key stage 5 where students work towards being able to live independently.

Teaching methods

Effective teaching requires pupils to develop their understanding of healthy eating issues and appropriate skills and attitudes to assist them in making informed decisions. Teaching methods adopted in the classroom offer a rich variety of opportunities for participatory learning and include debating issues, group discussions and role-play. These decisions are made at teachers' meetings and subject planning meetings.

Leading by example and staff training

Teachers, caterers and support staff have a key role in influencing pupils' knowledge, skills and attitudes about food, so it is important that they are familiar with healthy eating guidelines. To facilitate this, teachers are able to request resources at any point of the year and plan trips to enrich the learning of the material. Whole school training needs are assessed and training planned by senior leaders and individual staff are able to request and undergo training during twilight planned sessions.

Visitors in the classroom

This school values the contribution made by the visitors in supporting class teachers and appreciates the valuable contribution of outside agencies. We believe it is the responsibility of the school to ensure that the contributions made by visitors to the classroom reflect our own philosophy and approach to the subject. The status of visitors to the school is always checked ensuring that the content of the visitor's talk is suitable for the ages of the pupils. The school's code of practice for visiting speakers is adopted.

Resources

On teachers' request the school will purchase resources for the teaching of healthy eating in the school ensure resources are selected to complement the delivery of the curriculum in other subject areas.

Evaluation of pupils learning

The healthy eating aspects of the curriculum are assessed through formative and summative assessment in curriculum-based lessons which have been built into the programme, as part of the planning process. Also, observation, Q&A, activities and discussion with the students throughout their school journey.

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3. FOOD AND DRINK PROVISION THROUGHOUT THE SCHOOL DAY

Breakfast

Breakfast is an important meal that should provide 25% of a child's energy requirement and contribute significantly to their vitamin and mineral requirements.

The school operates a breakfast club that provides a nutritious meal for pupils before the school day. The breakfast menu includes: toast with a range of spreads, cereal and fruit. Water and fruit juices are also available.

School Lunches

School Lunches are provided by Ripplevale school catering staff and served between 12:15 and 13:15 in the dining hall. The school meals meet the mandatory requirements of the School Food Standards 2015. School meals are planned on a 6-week cycle and always contains a meat, fish and vegetarian option. The school meals menu can be found on our school website.

Packed Lunches

The school's packed lunch policy is developed using guidance from the Children's Food Trust. The guidance aims to support pupils to have a balanced lunch and best prepare them for learning in the afternoon.

Packed lunches should aim to include:

- Some starchy foods such as bread (sliced bread, pitta bread, wraps, bagels), pasta, potatoes, couscous; choose wholegrain where possible
- 1 portion of fruit and 1 portion of vegetables or salad
- Dairy food such as cheese or yoghurt
- Meat, fish, or another source of protein such as eggs, beans and pulses, hummus, falafel
- Oily fish once every 3 weeks e.g. sardines or salmon

Packed lunches should not include:

- Crisps or crisp type snacks e.g. flavoured rice cakes or cheddars
- Sweets
- Any items containing chocolate including bars, biscuits, cakes or yoghurts/desserts

The school is mindful, despite the above guidance, that packed lunches in many of our students' cases are restricted in nature as a result of their ASC, associated conditions and sensitivities, not, a result of the parents' choices. As a result of this, diet may also invoke an

emotional response from students and parents due to lifelong struggles with food, and, indeed from the parent perspective, the parents struggles to get them to eat a varied and balanced diet.

The school, through sensitively approached exposure during lunch times, (where students can, and, are encouraged to, look at, smell and try different foods even if they eat packed lunches), and food technology lessons (where students can smell, taste, feel foods and take the finished product home to the family) strive to create a caring, controlled and safe environment for the students to expand the range of foods they are comfortable to eat.

The school provides water for all pupils at lunchtime; therefore, there is no need for packed lunches to include a drink. For detailed guidance around healthy packed lunch ideas, please see our parent/carer packed lunch guide. (To be provided on the school website summer 2023)

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School Trips

On school trips a packed lunch will be provided by the school, for all children who wish to have one. Children are welcome to bring their own packed lunches on trips; however, these lunches must adhere to the same food and drink guidance described above.

Packed lunches prepared by the school caterers adhere to the National Nutritional Standards for Healthy School Lunches

National Nutritional Standards for School Lunches

All school food should meet standards set out by the Children's Food Trust.

Food prepared by the Ripplevale school catering team meets the National Nutritional Standards for School Lunches.

TUCK SHOP

The school does not at present run a school tuck shop. However, any future implementation of this would ensure that the produce sold would contribute positively to the health and welfare of the students and balance of good health.

VENDING MACHINES

The school does not at present have vending machines on site. As above, any future implementation of this would ensure that the produce sold would contribute positively to the health and welfare of the students and balance of good health.

SNACKING

The school understands that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet.

In all years, a snack is provided during the morning breaktime. This is a choice of fruit and on a Friday hot snack. Pupils are able to bring food into school to eat at break-times and are encouraged to follow the school's guidance on what is an acceptable snack and why (To be available on the school website summer 2023). In the event that a student remains after school, snacks are provided by the school and include Sandwiches and fruit. Pupils are

allowed to bring in their own after-school snacks and are again encourage to follow school guidance on what is a healthy snack and why.

The school discourages the consumption of snacks high in fat and sugar at break-time. Parental advice is delivered via the school website (*coming summer 2023*) and literature available to parents through the parent support advisor.

USE OF FOOD AS A REWARD

The school does not encourage the regular eating of sweets or other foods high in sugar or fat, especially as a reward for good behaviour or academic or other achievements. Other methods of positive reinforcement are used in school. These include complimentary remarks, green rewards points and certificates. Food is not used for end-of-term presents to pupils.

Students are able to select prizes they wish to purchase through the rewards store. Students vote for these through school council and final approval is given by senior leaders. Examples include; non-uniform days, love to shop vouchers and Yu-Gi-Oh cards.

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For occasional fund-raising events food may include the sale of treat food such as cakes, but the inclusion of healthy options will continue to be provided and encouraged. All choices are made with the consultation with the Headteacher.

Celebrations

The school recognises the importance of celebrating birthdays and special occasions. For birthday celebrations any school acknowledgment will be done through non-food-based methods such as: a song in class, lunch on the birthday table at lunchtime, a birthday badge/sash. We welcome any parents who would like to send in fruit for their child to share with the class on their birthday. We discourage chocolates, sweets and cakes for birthdays. For celebration events, we welcome a variety of foods, from different cultures, for children to try. Class teachers will provide parents/carers with suggestion lists of celebration food to ensure that we have a wide variety of food choices available.

DRINKS

The National Nutritional Standards for Healthy School Lunches recommend that drinking water should be available to all pupils, everyday, and free of charge.

The school agrees with this recommendation and provides a free supply of drinking water. Water is available from a school fountain, the school kitchen and all taps on site are available as drinking water to refill water bottles. Breakfast clubs, snack times and lunch times drinks are also put out for the students to access.

Restricted drinks such as energy drinks, fizzy drinks and high sugar still drinks e.g. Rubicon/Ribena are discouraged and students are not able to consume these within the main school years primary-11. Post 16 students are educated on choices made both inside and outside of school.

4. FOOD AND DRINK BROUGHT INTO SCHOOL

MOBILE CATERERS SERVING FOOD ON SCHOOL PREMISES

To operate on school premises, mobile caterers must demonstrate that staff have undergone appropriate food hygiene training; that their facilities meet appropriate food safety requirements; and that they provide lower fat alternatives to foods and dishes with ingredients in the proportions depicted in the BOGH. All catering services provided at Ripplevale school are done so by Ripplevale school catering staff.

5. SPECIAL DIETARY REQUIREMENTS

SPECIAL DIETS FOR RELIGIOUS AND ETHNIC GROUPS

The school does everything possible to accommodate pupils' specialist dietary requirements including allergies, intolerances, religious or cultural practices. Individual care plans are created for pupils with food allergies and the lead member of staff for this is Jemma McFadyen, Parent Support Advisor. Pupils' food allergies are displayed in a sensitive way by email to school staff and accessible through a school staff only area of the school computer system.

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VEGETARIANS AND VEGANS

School caterers offer a vegetarian and vegan option at lunch for all that require it every day.

FOOD ALLERGY AND INTOLERANCE

Individual care plans are created for pupils with food allergies. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details. School caterers are made aware of any food allergies/food intolerance and requests for special diets are submitted according to an agreed process.

6. FOOD SAFETY

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include: ensuring that adequate storage and washing facilities are available; that food handlers undergo appropriate food hygiene training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. We consult our local Environmental Health Department about legal requirements.

7. THE FOOD AND EATING ENVIRONMENT

The food and eating environment consist of three large rooms in the main school house. Students sit on tables laid with a selection of water, fruit squash, cutlery and napkins and are supervised by staff in going into the kitchen serving area where they can see and smell the food on offer. Students can select from this what they want in line with the menu options, and are encouraged to try small portions of anything they may not have had before or are unsure of by catering staff. Staff will offer this in separate bowls to the students' main meals. The dining area is decorated with students' work and is well lit with large windows allowing for natural light to fill the room.

ACTION PLANS

Action plans for this policy will be formed following the successful consultation with all school stakeholders as stated above.

COMMUNICATION

Parents are invited to take part in an annual review of the healthy eating policy and to contribute to a healthy eating approach where appropriate.

The Whole School Food Policy will be promoted via school notice boards, posters in reception, the school website, assemblies and parent's newsletter.

MONITORING AND EVALUATION

Parents are invited to take part in an annual review of the healthy eating policy and to contribute to a healthy eating approach where appropriate.

The Headteacher/senior leaders meets termly with the school cook to monitor school food choices and menu planning. Monitoring of school food choices and incorporating this into menu planning is completed through senior leader consultations with dining hall staff, parents, EHCP paperwork and catering staff.

If pupils are noted to consistently chose/bring unhealthy packed lunches, parents are contacted to discuss and encourage other options.

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Food concerns will be discussed with caterers, pupils, parents and staff as the need arises.

Expectations of staff and visitors

The school expects staff to contribute to and support this food policy across the school day. Staff and visitors will be expected to model good practice behaviour around food and drink and in line with the policy, when in the company of pupils. Education staff conduct lunch time dining hall duties and are also encouraged to eat a school lunch and sit with pupils.

Parents, carers and family members

Our relationships with parents/carers are very important and we aim to support them with information and advice around food, so that they are best prepared to make healthy choices for their families. Coffee mornings, events and the addition of food related workshops (from school year 2023/24) are delivered throughout the year for family members to attend.

REVIEW

Date policy implemented:

Approved by: J. Lovett

Updated: May 23 by J. Lovett

Review Date: Summer term 2024.

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