



James Bateman Junior High School

Food Policy

1. Context:

1.1 James Bateman Junior High School has approximately 400 pupils and has four forms in each year. Our pupils are 9-13 years of age. We are fully inclusive and cater for all pupils' needs.

1.2 We expect pupils to bring healthy snacks in from home with no chocolate, sweets or crisps being eaten on the school yard. We actively encourage pupils and parents to bring in a healthy lunch box. Our school dinners are very healthy and we offer a wide range of nutritional foods at break time and at the breakfast club. We do not have salt on the tables and our catering staff adhere to all healthy eating guidelines.

1.3 We promote healthy eating through a range of methods including PSHE lessons, science lessons and our new food technology curriculum.

2. The current DFES guidance can be found on their website.

3. The Process for Policy Development

3.1 Lead Person: K Baggaley/E Abbotts

3.2 The school council and parents were consulted while applying for Healthy School status.

4. Consultation

4.1 Stages:

- a) Working party established in September 2006 involving a range of staff and regular feedback to full staff.
- b) School Council consulted May 2007 about how the school could be healthier.
- c) Chair of Governors and additional governors present at School Council meetings so made aware.
- d) Parents completed surveys to inform the working party throughout the academic year 2006-7.
- e) Audit sent out to all Heads of Department and collated by the working party by July 2007.
- f) Status achieved December 2007.
- g) Current review of policy March 2011.

4.2 Aims

- a) Encourage members of the school community to make informed choices about their food habits and intake.
- b) Help our pupils acquire the skills and knowledge to make healthy choices and set a good example by offering healthy food and drink across the whole school day, as outlined in the National Healthy Schools Programme.
- c) Integrate our aims into all aspects of school life, including food provision within the school, the curriculum and pastoral and social activities.

5. Objectives

- a) To offer pupils a detailed Food Technology curriculum that educates and encourages them to make informed choices.
- b) To consult all stakeholders on healthy schools decisions.
- c) To encourage all pupils to bring healthy food into school and offer a wide range of balanced nutritional food at school and at breakfast, break and lunchtime.
- d) To cover health issues fully in the school curriculum.
- e) To raise awareness of physical activity by offering pupils a range of healthy clubs and teaching 3 lessons of PE a week.
- f) To keep parents informed of any changes by letter.

6. Food throughout the School Day

6.1 The school community has agreed to promote a balanced diet, in line with "The balance of good health" through the following approach to food throughout the school day.

6.2 Breakfast club this is run by the school and so adheres to all county guidelines.

6.3 Snacks – pupils are not allowed to bring in unhealthy snacks to consume at break time. Fruit and vegetables are allowed and the school sells a range of healthy snacks and liquids through the school canteen.

6.4 School meals – our catering staff offer a wide range of healthy food to all our pupils and adhere to the correct guidelines.

6.5 Packed lunches – parents are guided on what to include in their child's lunches but do have free choice.

6.6 After school club – pupils are given refreshments and the club are striving to give pupils a healthy choice.

6.7 Trips – all pupils are encouraged to purchase a school packed lunch which is considered very healthy. If pupils take money then we advise them to make the appropriate healthy choice when buying food.

6.8 Milk/fruit juice are sold in the school canteen and pupils are encouraged to drink it for its health properties, this message is reinforced in Science and Food Technology lessons.

6.9 Water – pupils are encouraged to carry water with them to all lessons and we have a number of water fountains around the school. We sell water to pupils too.

6.10 Pupils going off site at lunchtime. We are very clear to all parents that pupils only go home at lunchtime at not to any café or other place to purchase food.

7. Curriculum content

7.1 We now offer a detailed Food Technology curriculum to all Key Stage 3 pupils. We also offer a CHEFs club that has involved a number of pupils throughout the school and is currently working with Year 5 pupils.

7.2 Additional subject areas cover aspects of health including Science, PSHE and RE.

7.3 We offer on a regular basis food courses for parents and pupils. We have established links with the feeder school to offer it to their parents too.

8. Organisation

8.1 Approaches to Teaching and Learning Styles

8.2 To facilitate pupils learning in food

- a) The purpose of each lesson is made clear
- b) Appropriate learning experiences are planned and meet the needs of all the pupils in the class
- c) Learning experiences draw on pupils existing knowledge or own experiences and provide a range of opportunities for pupils to learn, practice and demonstrate skills, explore attitudes and increase their knowledge and understanding
- d) Time is given for pupils to reflect, consolidate and apply their learning.
- e) Pupils are encouraged to take responsibility for their own learning and to record their progress.
- f) Attention is given to developing a safe and secure classroom climate
- g) Staff training needs are met

8.3 The school leads the programme but outside visitors have a role. There is a school protocol for involving outside visitors.

- a) The feeder first have been involved in establishing a lunches course for parents.
- b) Parents from a range of schools attend our courses.
- c) Parents of the pupils attending CHEFS visit for the final session and enjoy a range of food produced.
- d) Outside tutors are often employed to deliver courses.
- e) Visiting speakers are visiting the school on a regular basis to give demonstrations and talks to the pupils on health issues.
- f) James Bateman Junior High School hold community lunches on a termly basis to make the local community aware of our healthy lunches.

9. Continued Professional Development of Staff

9.1 The appropriate members of staff will undertake Performance management on an annual cycle. This will identify training requirements.

10. Specific Issues

10.1 Support will be given for special nutritional needs and eating disorders with the correct referrals made when appropriate.

11. The Pupils' Progress and Attitudes are Evaluated

11.1 The audit for Health promoting schools will be carried out and ongoing monitoring, evaluation and review will take place of any healthy practices within the school.

12. Communication/Dissemination of the Policy

12.1 The policy will be disseminated in the following ways:

12.2 It will be sent to all Governors to discuss and review.

12.3 Continued communication with pupils via the School Council.

12.4 Raised at a staff meeting.

12.5 Parents can have a copy if requested and it will be placed on the website for all stakeholders to access.

12.6 New staff will be given a copy of the policy and health issues highlighted.

13 Review

Date for review – June 2009

Reviewed March 2011

Signed: _____ Chair of Governors

Date: _____