

CRESSEY COLLEGE

SCHOOL FOOD POLICY

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Amendment Record

This School Food policy is reviewed to ensure its continuing relevance to the direction and processes that it describes. A record of additions, admissions and amendments is given below:

Version	Amendments	Date
1	Annual update to Policy. Approved at Management meeting dated 31 Aug 16. Authorised by AP, approved by Head Teacher – AB.	01 Sept 16
2	Annual update to Policy. Approved at Management meeting dated 30 Aug 17. Authorised by AP, approved by Head Teacher – AC.	01 Sept 17

Introduction and Context for policy

1. Cressey College is an independent special School providing education for students identified as having social, emotional and behavioural difficulties and other complex needs. Cressey College currently has six School sites and works with the students in ways which best meets each individual's needs.
2. Each school site has a kitchen where the students are taught food technology sessions, usually individually or in pairs.
3. At the beginning of the day students are offered a drink and are able to have a piece of toast, cereal, fruit or a cereal bar if they have arrived hungry having missed breakfast at home. At break time students are offered a healthy snack; they have a choice of fruit or yogurt with a drink. At lunchtime staff and students use the common room area, or their nurture group classrooms to sit and eat their lunch together.
4. Some students go to the local supermarket to get their lunch and are guided to purchase a healthy balanced meal. Some students bring their own lunch in. The school provides lunches and focuses on healthy options. Lunch times are encouraged to be a social and enjoyable time.
5. Students at Cressey have severe emotional and behavioural difficulties which affect their eating habits; some students find it difficult to eat at allocated times and need adult support with this; some students do not know how to eat in a hygienic manner and need adult intervention to support them; some students like only certain types of food and need encouragement to try anything else. At Cressey we encourage students to eat healthy meals and snacks, and to drink as much as possible. Moorings and Adeline prepare lunch every day and this consists of a simple meal, which may be a hot meal; an alternative of a sandwich is available if the student prefers this. Shernall, Denmark Hall and Birdhurst have a hot lunch delivered daily.

Aim

6. To ensure that Cressey College Students are well nourished in school and food provision reflects Government led standards. This policy has been written following the DFE Guidance (Standards for School Food in England) July 2016. Advice is also taken from the School Food Plan website (www.schoolfoodplan.com).

Objectives

7. Students have the confidence, skills and understanding to make healthy food choices. Healthy and nutritious food and drink is available across the school day.
 - a. To recognise and acknowledge the important connection between a healthy, balanced diet and a student's ability to learn effectively and achieve high standards in school.
 - b. To ensure that students are well nourished at school, and that every student has access to safe, tasty, and nutritious food, and a safe, easily available water supply during the school day.
 - c. To ensure that all members of the school community are able to make informed choices about the importance of food and its production.
 - d. To promote the school's role, as part of the larger community, to promote family health, and sustainable food and farming practices.
 - e. To ensure that all menus served in school meet statutory Government nutritional guidelines.

Strategies to Achieve Objectives - Healthy Eating in School

8. Food provided during the school day (Breakfast, mid morning snack and lunch).
9. Settings which provide breakfast, snacks and lunch will offer a menu which meets the DFE Guidance (Standards for School Food in England) July 2016.
 - a. Breakfast- Students are offered (but often many will have eaten at home) bread (wholemeal), toast, cereal, breakfast bars and fruit as options to have before starting school.
 - b. Snack- A variety of fruit including bananas and apples and bread (wholemeal) is readily available to the children to have as a snack at break time. They are also offered juice, tea or hot chocolate.
 - c. Lunch- Sandwiches (wholemeal bread) or wraps, crisps, fruit and juice/low sugar squash are available for the students. The sandwich choices range from meats, cucumber, lettuce, tomato and low fat spreads/sauces. Sometimes pasta/rice salads will also be offered when made. Hot lunches are sometimes prepared for all as part of food technology sessions. Hot lunches are prepared for Shernall, Denmark Hall and Birdhurst by Zebedees, an outsourced organization who provide lunches to schools, using locally sourced and fresh ingredients where possible.
 - d. Lower fat milk will be available to all students at some point during the school day.
 - e. Foods and drinks that are not provided on grounds of health and safety are: Fizzy drinks, sweets, high energy drinks, squashes with high sugar content, high coloured food etc.
 - f. All staff who prepare food for the students, and those who teach food technology will have completed a food hygiene certificate.

Water Consumption

10. Plentiful drinking of water at all sites has been recognised in improving behaviour and concentration. As a school we offer the children water throughout their lessons and have drinks readily available for them. At lunchtime the children are also only offered water, juice or low sugar squash to drink.

Rewards

11. All sites recognize that student achievement(s) should be celebrated and rewarded when appropriate, and that food may play a role in such celebration. Any food given will meet the Government Regulations for School Food. Other forms of reward will also be actively promoted e.g. book tokens, trips, special lunchtime events.

The Dining Environment

12. Cressey College are committed to providing a welcoming eating environment that encourages positive social interaction. Staff and students eat together within the common room/nurture classrooms and staff monitor the students eating habits and ensure communication between all is healthy and appropriate.

Food in the curriculum

13. Schemes of Learning will reflect the whole-school emphasis on Every Child Matters outcomes, including healthy eating - particular reference will be made in Citizenship, Science and PE.

14. All students will be given the opportunity to take part in a structured programme that promotes healthy eating; these are:

15. The students at Cressey College learn about healthy eating/living within their food technology lessons and PSHE lessons. Within the Jamie Oliver BTEC and OCN units, the students discuss, plan and cook healthy recipes. They are encouraged to think about a balanced diet to prepare a variety of snacks and simple meals and to try different items and recipes.

16. P.E – The students take part in P.E lessons most days in the afternoons. These range from going to the gym, boxing, badminton and trampolining, basketball, football, tennis, running and swimming. Students work towards an OCN unit on health and fitness.

Student Consultation

17. The students are all taken into consideration when purchases for the school meals are done. Religious, cultural and dietary needs are taken into consideration and all students are catered for. Staff are aware of the dietary and religious/cultural needs of all the students within the school.

Partnership with parents and carers and students

18. The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Each must reinforce the other. This is not always easy but our school is well placed to lead by example.

19. Our food policy is available to all parents and carers by request. The food policy is updated regularly and is displayed in the school kitchens and available to all who wish to view it.

Monitoring and Evaluation

20. This policy will be reviewed at the end of the school year and will be added to when necessary.