

Food Policy

Approved by Local Governing Body

Approved on November 2022

SLT contact Headteacher

Revision due Every 2 years

1. Introduction

- a. Turing House School understands the importance of healthy eating and the students' education. At Turing House we aim to meet or exceed the government's food and nutrition standards. We do not have vending machines filled with fizzy drinks, crisps and sweets on the premises.
- b. We ensure that, in the food we serve to the students and make available for staff, wherever possible: <https://www.foodafactoflife.org.uk/whole-school/whole-school-approach/healthy-lunchboxes>
- c.
 1. Fresh ingredients will be used, not processed convenience food.
 2. Food will be baked not fried.
 3. Salt levels will be low (e.g we do not use salt when boiling starchy foods such as rice or potatoes)
 4. Ingredients will be locally sourced.
- d. We ensure that we teach the students skills and knowledge about food and the impact on their health to enable them to make considered choices now and for the rest of their lives.

This policy should be read in conjunction with:

Physical Activity Policy

RSE Policy

Health and Safety Policy

2. Key Contacts

- a. Named member of the SLT responsible for food: Mr M O'Sullivan (Headteacher)
- b. Named key contact for Impact Food Group: Samantha Warren (School Based) and Jethro Mayer (Regional Office)
- c. Named members of staff leading on healthy food: Mrs A Skinnard

3. Aims

- a. This school food policy enables our school to develop and maintain a shared philosophy and embed the whole-school food culture in all aspects of food and drink. It makes a public statement which demonstrates how our school cares for and makes a positive contribution to the health and wellbeing of students, staff and other stakeholders.
- b. This policy aims to achieve the following:
 1. a coordinated approach to food and drink to increase the availability of healthier options
 2. equality of access and participation for all
 3. reinforcement of appropriate messages relating to food and drink, e.g. ensuring consistency between the formal curriculum and school food and drink provision
 4. engagement of the entire school community in taking part in the policy development, e.g. students, staff, parents, governors and community partners
 5. establishment of effective school-caterer, teacher- parent working partnerships, working towards a common goal
 6. greater sustainability through planned action as part of the school's development plan
 7. communication of our school's shared vision of a strong whole-school food culture, ethos and values to students, staff, parents, and other stakeholders (including the wider community).

4. Food and Drink Throughout the Day

At all stages refer to the school food standards - <http://www.schoolfoodplan.com/>

- a. Breakfast served at school

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1. *Breakfast is an important meal and should make up a 1/4 of a child's energy requirements and can provide essential vitamins and minerals.*
2. *Breakfast is available 8.15am every morning at Turing House offering a range of low sugar cereals, fruit, yogurts and muffins Porridge is served free to the students.*
3. *Healthy breakfast options:*
 - *We offer a variety of different fruits and vegetables every day, e.g. fruit pots and fresh fruit*
 - *We limit the number of times that sugar-coated cereals are available to once a week/fortnight;*
 - *We use a variety of different types of bread for sandwiches and toasties, including wholegrain varieties;*
 - *We offer porridge*
4. Area(s) for improvement – Encourage more students to eat fruit and fewer pastries

b. Snacks

1. A range of snacks can be purchased at school from the canteen at break times. At Turing House School, we understand that snacks can play an important part of the diet of young people and can contribute positively towards a balanced diet. We encourage all students to eat fruit as part of snacking and sell small fruit pots on our menu. We also have a salad bar.
2. We encourage parents on a regular basis to check the students cashless catering to see what they are spending their money on. We also examine these ourselves in order to flag up students who may have welfare concerns.
3. Snacks may be brought into school from home or the local shops but some items are banned: <https://www.turinghouseschool.org.uk/banneditems.php>
4. Staff informally monitor the food that they see the students eating and may confiscate it during the school day, returning it to the students at the end of the day.
5. For more ideas on healthier snacks visit <https://www.nhs.uk/healthier-families/food-facts/healthier-snacks/#snack-tips>

c. School lunches

1. Food prepared by the school catering department meets the school food standards <https://www.schoolfoodplan.com/resources>
2. Lunch is served at 12.25pm and is provided by Impact Food Group. We ensure that, wherever possible:
 - Fresh ingredients will be used, not processed convenience food.
 - Food will be baked not fried.
 - Salt levels will be low.
 - Ingredients will be locally sourced.
3. For information on free school meals please visit <https://www.gov.uk/apply-free-school-meals>
4. Area(s) for improvement – Involve the student council further in the monitoring of this process

d. Food and Drink brought into School

1. Packed lunches
 - Parents are encouraged to provide healthy well balanced packed lunches. Information on healthy packed lunches are displayed on our website <https://www.turinghouseschool.org.uk/catering> or at regular intervals in our newsletter <https://www.turinghouseschool.org.uk/newsletters.php>

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- A balanced child's lunchbox includes:
 1. starchy carbohydrates such as bread, potatoes, rice, pasta. Across the week try to provide variety at least three different types with at least one wholegrain /wholewheat option.
 2. at least one portion of fresh fruit and one portion of vegetables or salad every day. Across the week try to provide a variety of different fruits and vegetables
 3. a portion of protein such as beans, pulses, eggs, fish, meat, and other sources of non-dairy protein every day
 4. oily fish, such as pilchards, salmon or sardines at least once every three weeks
 5. a portion of dairy food such as low-fat and lower-sugar, milk, cheese (or other dairy alternatives) every day.
 6. a side dish such as a tea cake, fruit bread, plain rice/corn cakes, homemade plain popcorn, sugar-free jelly
 7. g. a drink such as water, skimmed or semi-skimmed milk

- The following items should be limited to only one day per week. Those can only be brought on [Fridays]:
 1. Meat and pastry products such as sausage rolls, pies, sausages, samosa, pork jerky snacks, bhaji, etc
 2. Cakes and biscuits with no added chocolate/chocolate chips (to be enjoyed as part of a meal, not as a snack)
 3. Fruit juice (limit to 150mls per day)

- The following items are banned:
 1. Salty snacks such as crisps, nuts etc
 2. Any confectionary such as sweets and chocolate or any items made with chocolate
 3. Sugary soft drinks

- For more information visit <https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/> or <https://www.foodafactoflife.org.uk/whole-school/whole-school-approach/healthy-lunchboxes/>

- e. Drinks
 - Water is readily available throughout the day from six water fountains. Students can fill up their bottles at breaks and they may drink water in all teaching rooms other than those with computers or portable electronic devices.

- 5. School events
 - a. For significant off-site activities such as overnight or multi-day trips the school liaises in detail with the trip provider / travel company about food provision. This liaison covers:
 1. Food allergies of individual students
 2. Other dietary requirements
 3. General balance of diet
 4. Opportunities to try local and national dishes of the location being visited

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- b. The Turing House values the partnership with parents and during the out of school events the school will encourage parents and carers to consider the Food Policy in the range of refreshments offered for sale. We encourage parents to use healthier ingredients including using 50% of fruit and vegetables in baked produce and use of savoury snacks with no added sugar and salt, for example, homemade popcorn. This is reinforced via the Turing House Friends (THF)) group and frequent communications with parents.
 - c. Turing House asks the THF not to sell or bring alcohol for celebratory events such as school fairs where students are present.
6. Cooking and Food Education
- a. Food and Nutrition:
 1. Within Food and Nutrition at Turing House students are taught the basic skills needed to plan, prepare and cook healthy and balanced meals. At KS3 Food and Nutrition forms part of the Design and Technology rotation and is a compulsory subject. At KS4 Food and Nutrition is an option subject for students to choose.
 2. In Y7 students learn:
 - - Measuring
 - - Taste testing
 - - Food preparation
 - - Basic knife skills
 - - Safe use of the hob and oven
 - - Recipe adaption
 - - Diet, including the Eat Well Plate.
 3. Students will cook a range of savoury and sweet dishes, from crudité with hummus, soup and bean chilli to scones and crumble.
 4. In Y8 students learn about:
 - - Food spoilage and contamination
 - - Sources of bacterial contamination
 - - Meat production
 - - Storing meat
 - - Roux sauce
 - - Gelatinisation
 - - Food miles
 - - Condiments, herbs and spices
 - - Packaging
 - - Food decoration
 - - Production methods
 5. Again, students will cook a range of dishes including curry, stir fry, chilli con carne and gingerbread. The introduction of meat allows students to continue working with a healthy balanced diet.
 6. In Y9 students learn:
 - - Food spoilage and contamination
 - - Sources of bacterial contamination
 - - Storing meat
 - - Cuts of meat
 - - Eggs and their uses
 - - Assured food standards and RSPCA assured

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- - Pasta making
 - - Different types of pastry
 - - Diets; religious reasons for choosing food
 - - Food intolerance and allergies
 - Practical lessons for Y9 students become increasingly harder with new skills being introduced, such as pasta making. Students continue to work with meat ensuring they are working in a healthy and safe environment.
- b. The Food Preparation and Nutrition GCSE is in development for implementation from September 2018 for the new KS4 curriculum.
- c. The following resources are utilised:
- <https://www.foodfactoflife.org.uk/>
 - <http://www.nhs.uk/livewell/5aday>
 - <http://www.food.gov.uk/>
 - <http://www.nutrition.org.uk/>
 - <https://archive.nutrition.org.uk/healthyliving/resources/eatwellguide.html>
 - <https://www.fountainmedical.co.uk/2021/10/25/african-and-caribbean-eatwell-guide/>
 - <https://www.nutrition.org.uk/life-stages/children/>
 - https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/477935/Foodteaching_Primaryguidelines_FINAL_.pdf

7. Extra-curricular activities

- a. At Turing House we have had or currently run the following clubs that contribute to a greater understanding of food.
1. Eco- club

8. Special Dietary Requirements

- a. Our management information system (Bromcom) contains information on all of our students including dietary requirements and allergies. Staff are made aware of these issues at the start of the academic year. This information is revisited at the following times:
1. School trips in which surroundings and food offering may change
 2. Special events in school such as a cake sale
 3. Religious events such as Ramadan
 4. Sports events in which energy drinks may be useful
 5. New diagnosis, such as diabetes

9. The Dining Experience

- a. Moving on to our new site enabled us to offer our students a modern and clean, sociable environment that is welcoming and promotes social interaction amongst pupils and encourages good manners at all times. Children are able to sit with their peers who have a packed lunch or school dinners. Staff are also encouraged to eat with pupils in the hall to promote positive role modelling. We have ensured a relaxed environment by the following;
1. Café style seating both indoors and outdoors
 2. Staff supervision
 3. A salad-bar
 4. Supportive and welcoming canteen staff, who have been training in areas such as safeguarding.

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10. Food Safety

- a. Impact Food Group to guidelines regarding food safety, further information can be found in their food hygiene and policy statement.

11. Monitoring and Evaluation

- a. Turing House School will monitor this policy formally each year, basing its feedback on the following;
- b. Regular meetings with our catering company Innovate
 1. Observations of food technology
 2. Regular monitoring of the school newsletter and website to ensure coverage of key messages
 3. Monitoring of student expenditure to ascertain what foods they are buying, particularly for vulnerable students.
 4. Feedback from students on the food they are offered

12. Sharing the Policy

- a. This Policy can be located on our school website in the following link
<https://www.turinghouseschool.org.uk/policies.php>