

# Skilts School



## FOOD POLICY

## **Skilts School Vision Statement**

All members of the school community will be inspired to learn through rich experiences, progress through achievement and become the very best they can be.

We will make healthy, safe and positive choices; solve problems, face challenges and have respect for ourselves, others and our environment.

## **Statement of Intent**

Skilts at all times promotes healthy eating by ensuring that a responsible approach is taken to teaching children about the benefits of eating healthily on their well-being versus the dangers of a prolonged poor diet. This is done by various different methods, ranging from visual tools in dining rooms and classrooms, to simple individual discussion with pupils at mealtimes to certain days dedicated to food of the world and healthy eating.

### **Background information**

Skilts is a school for boys from all denominations with behaviour, social and emotional problems. There are currently 80 children on role, 90% of whom have school meals. There is also residential provision to provide extra support to the boys and their families should they require it. We are located in an old manor house right in the heart of the Worcestershire countryside providing a calming, therapeutic atmosphere for the children to learn in.

This policy contains information in relation to food at Skilts and the teaching and learning we offer in connection to it.

### **Aims and Objectives**

At Skilts School we will aim:

- To ensure that all aspects of food and drink promote and support the health and wellbeing of pupils, staff and visitors.
- To provide consistent healthy, tasty and interesting food choices that comply with government guidelines throughout the whole school day
- To encourage the boys of Skilts to make good choices with regards to food both at school and home and to develop awareness of the impact of food on their bodies and how their choices can influence their whole lives
- To provide an exceptional learning facility centred on food, covering all aspects such as cleanliness and hygiene, preparing and cooking food, planting and harvesting food.
- To ensure meal time etiquette is promoted through the dining facility and management.

- To ensure we work closely with Environmental Health and local authority to achieve the highest standards in food safety

We will meet these aims by

- Constantly ensuring that staff have the resources, training and passion to deliver this to the children, making food fun and enjoyable for all.
- Ensuring the catering team also have the resources and training to provide the highest quality food in the safest possible way
- Having a whole school approach to food and wellbeing involving all within the Skilts community.

### **Policy Development**

A School Nutrition Action Group has been set up to ensure this policy and its contents are constantly monitored and improved. This group is led by the Catering manager and consists of representatives from all departments of the school, as well as children.

### **Roles & Responsibilities**

#### **All Staff**

All staff will contribute to this policy and the delivery of its contents to the boys of Skilts by acting as role models in relation to all aspects of food, its teaching and learning and impact on our daily lives.

#### **SMT (Senior Management Team)**

The senior management team will ensure that a whole school approach to eating and drinking is maintained and that this policy is adhered to by all staff, pupils and visitors.

#### **The Catering Team**

The catering manager and cook team are dedicated to healthy eating and are actively involved in encouraging the pupils to eat during meal times. The team cater for all pupils on an individual basis if necessary, taking into account children's medical and religious requirements, special diets and allergies. The catering manager will liaise with the children's parents or carers if needed to ensure the right food is offered. The catering team are also committed to achieving the highest standards in food safety. The department currently hold a Level 5 award for food safety. All staff hold a minimum of basic food safety, with the catering manager holding an advanced food safety certificate. They work tirelessly to ensure all food is prepared and served safely to the children. The team adopts the school ethos of being the best you can be.

#### **Teachers & Teaching Assistants**

The teachers and their assistants will ensure that the children of Skilts have equal access to learning facilities with regards to food and drink. They will also ensure that the national

guidelines are followed by only offering food to the children during class time that comply with the guidelines. They will also ensure that food isn't used as a reward.

### Residential Team

The Residential Team will ensure that the residential children have a good balance of food during their out of school time and that they continue to promote healthy eating at these times. They will also give the children opportunities to prepare and cook their own tea.

### Teaching & Learning

As well as aspects of cookery taught in lessons by the teachers, a cooking programme has been developed by the catering manager which includes all children. This currently consists of:

- Cookery lessons delivered weekly and throughout the school, cooking a variety of healthy foods and designed to cover practical skills and key skills.
- External food and nutrition experts coming into the school to support the teaching of the children.
- Visits to Hunters Hill Technology College to cook and prepare food for staff and students.
- Opportunities to make their own packed lunches and teas.
- On site allotment for growing produce
- Visits to external food organisations i.e. restaurants, food manufacturers.

We teach the boys at Skilts about world food and cultures, offer themed days covering religious festivals, historical events and other country's national foods. On these days special meals are arranged to give the children the opportunity to try food from around the world.

### Dining facilities & Mealtime etiquette teaching and learning

Mealtimes at Skilts are a learning opportunity. Each child belongs to one of four houses. Located in each house are home style dining rooms where children are encouraged to sit around small tables and eat as families would at home. The boys are taught to sit properly and shown, if necessary, how to use a knife and fork. We provide metal cutlery and crockery plates to use as opposed to plastic food trays and cutlery. The staff on duty will identify which boys need extra help with their eating and give support to develop all aspects of table manners. We believe our dining provision is a very positive experience for our pupils, helping to give them vital skills so they can be the best they can be. The high lunchtime staff pupil ratio of 1 staff member to 5 boys supports this.

### The Food We Offer

Skilts provides a well-balanced varied menu whilst giving the children the opportunity to choose what they would like to eat that day. Only fresh fully traceable, government approved produce is used. Foods such as fizzy pop and chocolate bars are not provided. A

copy of our menu is available online which are all compliant with the national nutritional guidelines. Children are given the opportunity to design the appearance of the menus. This involvement is designed to empower them to take notice of the food on offer to them. The children are encouraged to have input into the food offered at Skilts. Regular surveys are carried out by the children which are then used to adapt the menus accordingly. Selected children also attend a regular school council meeting where the catering manager is present. Food and nutrition is openly discussed, with the selected children feeding back, to and from their classes. The council has been presented with new dishes by the cooks for review.

Fresh fruit, purified water and milk are readily available to all pupils at all times of the school day. This is to recognise the fact that further nutrition is needed throughout the day other than mealtimes. This raises awareness of snack foods and encourages the children to choose fruit instead of chocolate and biscuits and milk or water instead of fizzy pop when they are out of school. A breakfast box containing fruit juice and a breakfast item is delivered to every classroom each morning. This emphasises to the children the importance of getting some sustenance at breakfast time to 'set them up for the day' and is in recognition of government studies that children do better at school if they eat a substantial healthy breakfast.

All of this is carried into the mornings and evenings for our residential children. The breakfast and tea menus are varied, with choice. Light options are provided in the evenings to ensure food doesn't lie heavy at bedtime whereas a choice of good healthy breakfasts are offered. Again to 'set them up for the day'.

Healthy packed lunches are prepared in the event of class trips which again follow the national nutritional guidelines. These are prepared by our cook team safely and individually packed for each child. The catering team also give the opportunity for the pupils to help and prepare their own packed lunch. This gives them an insight into how the food is prepared professionally resulting in children learning how to prepare food in a safe, clean environment. We feel that giving the children an insight into the food safety aspects is all part of maintaining a healthy lifestyle.

### **Working with parents and carers**

At Skilts we are passionate about getting the whole family to become involved in cooking and making the right choices in terms of food. At Skilts we:

- Send recipes home
- Welcome feedback form parents and carers regarding the food we offer to their children.
- Offer a Cook with Your Kids programme. Here parents and carers can come in and cook with their child - brothers and sisters are welcomed too. We aim to grow this and offer more sessions.

- Invite parents to come and cook on themed days.

### **Monitoring and evaluating**

As co-ordinator of this policy the Catering Manager is committed to ensuring it is effective and stays relevant. To achieve this the SNAG group will monitor effectiveness through various methods such as surveys, meetings and involvement of children. The catering team will monitor food choices at meal times. Upon review, information collated over the year will be brought together and evaluated to continue the deliverance of this policy and work on areas that need attention thus keeping the dedication to food and well-being fresh.

### **Summary**

We hope that through this whole school approach, the children that attend Skilts will learn vital life skills in healthy eating that will give them 'food for thought' into creating their own healthy lifestyle as they grow up to be the best they can be.

Stephen Craner  
Catering & Domestic Manager  
10.01.2014

Ratified by Governors - 20.01.2014

Date of review – 20.01.2015

Ratified 20.01.2014