



GUISELEY SCHOOL

Food and Drink Policy

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Introduction

This policy is available to our students, parents/carers, staff and governors and is published on the school's website. Our policy and action planning is developed through consultation with students, parents/carers, staff, governors and our catering providers.

Description of the setting

Guiseley School is a secondary school with approximately 1370 students, including 220 in the sixth form.

The school is located in a residential area within a small town which has many food outlets within easy walking distance of the school. These include three large supermarkets; Subways; MacDonald's; KFC and a variety of sandwich; pizza and other fast food outlets and cafes. There are several Fish & Chip shops close to the school.

Our students are largely from a white British background (87% of student population).

Rationale

Guiseley School recognises the importance of good food and drink on emotional and physical health and wellbeing and the effects this has on an individual's ability to maximise their potential in terms of educational attainment, performance at work and participation in all aspects of school life.

The school adopts a whole school approach to food and drink through the curriculum and enhancement opportunities.

Aim and objectives

Aim

To provide a whole school approach to food and healthy eating to improve the health and wellbeing of children and their families.

Objectives

1. Ensure that all food and drink served reflects the needs of all consumers and makes healthy choices easy to take. This includes food offers made through:
 - 1.1 Early and late lunch service provision
 - 1.2 Out of school hours provision
 - 1.3 Breakfast provision
 - 1.4 The Pod
 - 1.5 Sixth form service provision
 - 1.6 Staff service provision
 - 1.7 Hospitality
2. Promote knowledge, understanding and enjoyment of a balanced approach to food and drink to all stakeholders of Guiseley School
3. Regularly review occasions during the school day to ensure that food and/or drinks are available when needed:
 - 3.1 Before school
 - 3.2 After school
 - 3.3 Break times
 - 3.4 Lunchtime
 - 3.5 Special activities, e.g.

- 3.5.1 Sports activities
 - 3.5.2 Twilight sessions
 - 3.5.3 Parents' evenings
 - 3.5.4 Training days
4. Provide food and drink that allows individuals to:
 - 4.1.1 Drink cool water frequently throughout the day
 - 4.1.2 Eat healthily without financial disadvantage
 - 4.1.3 Follow special diets for medical/cultural requirements
 5. Create a pleasant eating environment that is appropriate to the age of the customers
 6. Design a curriculum that delivers complementary and developmental healthy eating and nutritional messages throughout a student's school life
 7. Promote collaborative working between the curriculum delivery and the catering service provision
 8. Consider nutritional consequences of any organisational change before it happens, taking action to minimise any negative impact
 9. Ensure the healthy choices are affordable to all students and that promotions and special offers encourage healthy eating
 10. To agree the financial strategy for food and drink provision in school
 11. Regularly monitor the impact of this work

Food in school

Breakfast

1. Breakfast provision in main dining hall before school for students and staff.
2. Breakfast club in Student Support Centre held every day for invited students. This service is offered free of charge to students.
3. Breakfast provision for 6th form students and staff in the 6th form common room.

Break/Early Lunch

We recognise that some of our students prefer to purchase their main meal at school at an earlier time so we have extended the range of food offered at this time. Food and drinks are available in three areas:

1. The main dining hall
2. The Pod
3. The 6th form common room as part of whole day provision.

Lunch provision

1. Food and drinks are available from the main dining hall for all students and staff. This includes a full range of cooked meals in addition to snack offers such as jacket potatoes, salad and sandwiches.
2. A range of items are served from the Pod during lunch time. This service point focusses on grab and go items.
3. A range of items are available from the 6th form common room as part of whole day provision. This includes hot grab and go items, jacket potatoes, salad and a range of sandwiches and Paninis.

Drinks and water

1. Plumbed in water dispensers are located in reception, the main school foyer, the Student Support Centre and the 6th form common room
2. Water is available in the main dining hall during lunch time.
3. Students are encouraged to drink water and carry water bottles with them and fill them up from the water dispensers.

Free school meals

The school currently has 88 students entitled to free school meals (this figure varies slightly on a weekly basis and represents 6.5% of the student population). The current take up is approximately 63%. Students are able to use their entitlement in all of the food outlets.

Cashless catering

The school has a cashless catering system with cash only being accepted in the 6th form common room. This removes the need for students to carry cash with them to school to purchase food which contributes to our anti-bullying policy. The system enables parents/carers to monitor what their child is eating at school and encourages children to opt for healthy options.

Packed lunches

Students bringing a packed lunch eat in the main dining hall alongside students taking a school lunch, enabling students to sit with their friends.

School is working to promote healthy packed lunch guidance as an integral part of our food policy.

Dining environment

The school is pleased to see our new dining facilities in the Sports and Arts Block. Students and staff sit together at tables which are semi-fixed. The environment is very pleasant and a huge improvement on our old outdated facilities.

Cultural, age appropriate, special diets

The food offer caters for cultural needs and special diets. Further improvement in this area is planned through the development of clearer signage and promoting the options available.

Sustainable food and drink

Guiseley School's catering providers, currently Hutchison Catering, have their own sustainability policy. Food is sourced locally wherever possible.

Special occasions, rewards and school events

The catering providers offer a hospitality menu, as well as bespoke provision as required.

School events

The catering providers attend the school's open evening for prospective new students and new parents/carers sessions to provide information about the food offer and how we are able to cater for individual needs.

Food and healthy eating in the curriculum

1. An audit is regularly undertaken on how healthy eating is taught across the school curriculum.
2. Explicit reference to healthy eating in teacher planning.

Communication with students and parents

1. Menus and price lists are published on the school's website.
2. Theme days are published on the website and the VLE.
3. The Food Policy is available from the website or the school office.

Action planning

Each year an action plan is drawn up to ensure that we are continually improving our food and drinks provision within school.

Links with any other policies:

Behaviour and Safeguarding Policies

Equality Policy

SEND Policy

RSE Policy

Useful reading and references

- **DfE School Food Plan**
<http://www.schoolfoodplan.com/the-plan/>
- **Food Standards Agency**
<https://www.food.gov.uk/>
- **British Nutrition foundation**
www.nutrition.org.uk