

Healthy Eating and Kashrut Policy

Policy Adopted: March 2010

Next Review: March 2013

Background

The need for a healthy eating policy was identified following a debate within the school linking behaviour and learning with nutrition. This theme was developed by the Core Team that met in connection with Barnet's Health Promoting Schools Initiative, Food & Nutrition Module. The Core Team members are a cross section of our community i.e. teaching and non-teaching staff, students, a representative from the Caterers, a Governor, the school nurse and a parent.

Aims

Proper nutrition is essential for good health and effective learning. We aim to:

- Provide a consistent programme of curricular, cross-curricular and extra-curricular nutrition education that enables students to make informed choices without guilt or anxiety.
- Provide a whole school approach to nutrition that makes healthier choices easier choices.
- Work in partnership with catering staff to ensure that nutritional standards are implemented by providing attractive, value for money meals that are appropriate to the needs of the school community.
- Work in partnership to achieve a pleasant and sociable dining experience which enhances the social development of each student.
- Educate students to understand the issues of ethics and food (i.e. battery farms).

Nutritional Aims:

- To encourage students to choose a variety of foods to ensure a balanced intake in line with the national nutrition guide – 'The Balance of Good Health' and new nutrition standards.
- Encourage foods which are rich in vitamins, iron and calcium, in particular fruit, vegetables, meat, beans, bread and low fat dairy products.
- Encourage starchy foods as a source of energy (such as bread, pasta, rice and potatoes) rather than fatty foods or sugary foods high in fat and sugar.
- Encourage fruit juices, lower fat milk and sugar-free drinks.
- Discourage sugary drinks and snacks between meals.
- Encourage the drinking of water throughout the day.

School Catering

The subtle messages that students receive about food and health from the daily life of school are as important as those given during lessons, e.g. school menus, peer pressure to eat certain snacks, and packed lunches. By working together, we can promote healthier eating habits and aim to provide food of the highest standards.

- Changes made to menus and sales are agreed between the school and catering staff. The preferences of our diverse school community are considered within the framework of the nutritional standards.
- Catering staff will always try to respond to reasonable requests and to support theme days linked to curriculum areas or calendar events.

Additional Sources of Food

We recognise the several alternative sources of food available to students during the week. These are from the vending machines, fruit tuck shop and cake sales. With secondary age students, in particular, it is important to recognise the need to educate young people to make their own choices rather than totally control choices. However, all food sources will be vetted and whenever possible, foods following nutritional standards will be introduced. The fruit tuck shop will aim to provide a cheap alternative to other foods. Students will be encouraged to consider the ethical issues linked to food i.e. the debate about Nestle products set against Fairtrade.

School Ethos, Environment and Organisation

The school recognises:

- The importance of lunchtime organisation on the behaviour of pupils
- The value of promoting social skills.

Teachers, caterers and lunchtime organisers work together to create a good dining room ambience and the development of appropriate social behaviour.

Financial incentives are offered to teachers who offer to work at lunchtimes. Non-teaching staff are involved and supported by the school behaviour policy.

Free School Meals

The school recognises the potential value of school meals to children from low-income families. The most positive feature of the swipe card system is the creation of anonymity to students entitled to free school meals.

Rewards

The Healthy Eating Reward Points will be actively supported and developed in partnership with Team Barnet.

Curriculum, Teaching and Learning

- The National Nutrition Guide is used across the curriculum and aspects of cross curricular work has been mapped. Students are encouraged to apply the Guide to their own management of food i.e. in preparing packed lunches and in selecting recipes for Food Technology.
- All students in Years 7-11 follow courses in Food Technology and Healthy Eating is taught in Years 7-11 in PSHE.
- The Jewish laws of kashrut (dietary laws) will be taught through the Jewish Education Department
- As part of their Modern Foreign Languages course pupils are taught the French and Hebrew terms for food and drink items. At Key Stage 3 they learn the French and Hebrew terms to categorise foods into healthy/non healthy groups and at Key Stage 4 how to sort into nutrient types, e.g. Proteins, vegetables, etc. In preparation of coursework they talk about ideal and well-balanced meals and why some foods are healthier than others. They compare and contrast meals in Israel/France with those in the UK and discuss fast food and why it is not healthy.
- Multicultural aspects of food are explored and events such as the International Evening support the value of recognising food diversity.

Parental and Student Involvement

- Liaison takes place via the School Council and the student suggestion box.
- Parents new to the school are provided with information about the swipe card system and the Healthy Eating Reward points.
- Parents are invited to feedback on the quality of food provided by the school.
- Feedback is invited.

School Kashrut Policy

- Kosher lunches will be available for students to purchase throughout the school year
- No food may be brought into the school kitchen or dining room unless authorised by the Director of Jewish Education, who will act under the guidance of the Shomer (kashrut supervisor)
- All food brought onto the school campus must be vegetarian, dairy, or parev
- Students will be allowed to bring in a vegetarian, dairy or kosher fish (not seafood) packed lunches to be eaten in a specially designated space
- The staffroom and staff offices are spaces where adults may bring in their own vegetarian, kosher fish (not seafood) or dairy food
- No meat will be allowed onto the school campus, unless brought in by the caterer.

Kashrut Policy on a School Trip

- Where the school organises food on a school trip, it will be kosher.
- Students may buy their own snacks, for their own consumption. It is not the role of the school to police what students do and do not eat. Parents should brief their children before the trip.
- Staff may bring and/or purchase vegetarian, fish (not seafood) or dairy food.