

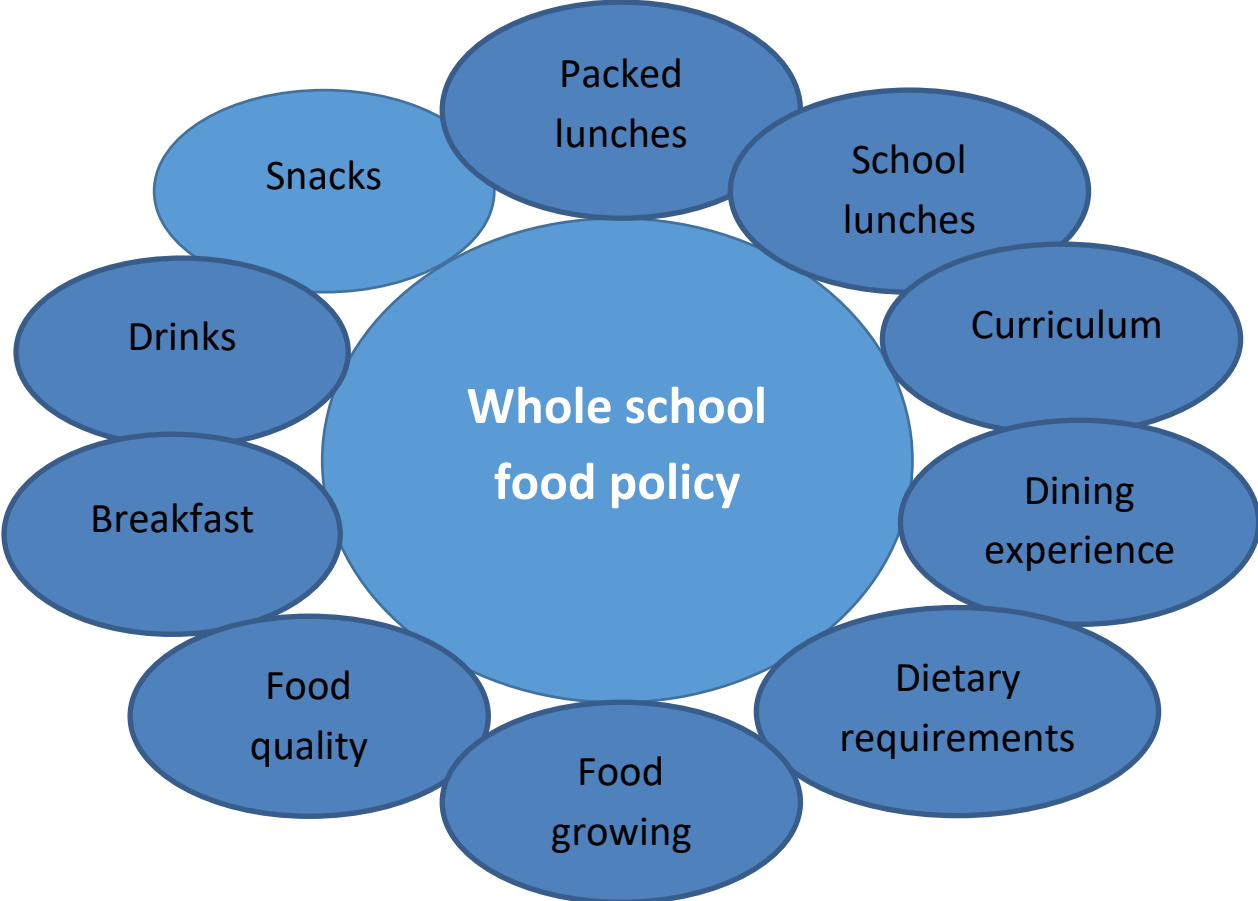
Food and Drink Policy



Chelsea Community Hospital School

DATE: JULY 2022

THIS IS A FOOD AND DRINK POLICY FOR CHELSEA COMMUNITY HOSPITAL SCHOOL WHICH HAS BEEN WRITTEN IN CONSULTATION WITH REPRESENTATIVES FROM THE WHOLE SCHOOL COMMUNITY INCLUDING STAFF, GOVERNORS, RESPECTIVE HEALTH TRUSTS, LOCAL AUTHORITY, PUPILS AND PARENTS.



CCHS WHOLE SCHOOL FOOD POLICY



INTRODUCTION

Chelsea Community Hospital Schools show an understanding of the importance of healthy eating and we strive to promote this effectively through our whole school food and drinks policy.

KEY CONTACTS:

Named member of the SLT responsible for food: Janette Steel – Head-teacher

Named member of staff leading on healthy food: Marie Cassidy – English Teacher

FOOD POLICY AIM(S)

What is your school's overall vision and commitment to promoting healthier food and nutritional education?

At Chelsea and Westminster Hospital Schools, we aim to consistently promote and achieve a healthy school environment that teaches the importance of adopting a balanced and healthy lifestyle. We aim to teach the basic principles of a healthy diet and how this can be incorporated into a daily living by teaching the basics of meal preparation.

It is important to note that at any of our sites young people may be struggling with issues related to food and eating because of physical health and/or mental health issues. It is therefore important that staff are sensitive in their promotion of the food policy and liaise effectively with relevant members of the health teams.

1. FOOD AND DRINK PROVISION THROUGHOUT THE DAY

As part of the School Food Plan, a new set of standards for all food served in schools was launched by the Department for Education. They become mandatory in all maintained schools, and new academies and free schools from January 2015.

These school food standards are intended to help children develop healthy eating habits and ensure they obtain the energy and nutrition they need across the whole school day, which includes food provided for breakfasts, mid-morning snacks, lunch, tuck shops and after school clubs.

A sugar smart school

Children across the UK are eating three times more sugar than the maximum daily limit recommended by health professionals. This has led to an increase in tooth decay and a range of health problems including Type 2 diabetes, obesity, coronary heart disease and certain cancers. The biggest source of sugar in children's diets is sugary drinks, followed by sugary snacks.

Sugar is high on the agenda at a national level. Prompted by Jamie Oliver, the Government has announced the Soft Drinks Industry Levy, also known as 'the sugar tax', which will come into effect in April 2018. The levy will make soft drinks companies pay a charge for drinks that contain above a certain amount of added sugar. In England, the money raised from the levy will be invested in programmes that encourage physical activity and healthy eating to school-aged children. The NHS'

Change4Life programme has developed a range of useful resources to help children and families cut down on sugar and become 'Sugar Smart'.

How does your school ensure they are contributing to the reduction of sugar intake of pupils and their families?

- No fizzy drink policy during school day (on site) including staff
- Display boards of the amounts of sugar in a range of drinks compared with maximum daily sugar intake
- Cooking lessons or afterschool clubs with the emphasis on savoury dishes and low sugar recipes
- Emails with low sugar recipes sent round after external chef delivers cooking classes

• **Breakfast**

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.

How does your school encourage and ensure that children have a healthy breakfast? Is a breakfast club provided and if so does it follow the guidelines below...

Healthy breakfast options (provide an example of your schools breakfast menu):

- A variety of different fruits and vegetables is offered daily
- We offer a selection of cereals particularly low sugar, low salt, high fibre alternatives.
- We use a variety of different types of bread for sandwiches, toast and toasties, including wholegrain varieties particularly for shared lunch
- We offer porridge
- We offer milk for cereals and porridge

• **Snacks**

Highlight that your school understands that snacks can play an important part of the diet of young people and can contribute positively towards a balanced diet.

The Government's school fruit and vegetable scheme entitles all children in KS1 to one piece of fruit and/ or vegetable per day.

We have fruit and vegetables available every day for our students across all key stages and sites.

1. FOOD AND DRINK BROUGHT INTO SCHOOL

Lunch

- **In our setting pupils are allowed to leave the premises to buy their own lunch. Once a week we have shared lunch where a member of staff and a nominated pupil will buy in lunch and have a focus on healthy options. Pupils that are on the hospital wards have hospital lunch or are provided for by their guardians.**

INCLUDE:
<ul style="list-style-type: none"> - Minimum of 1 portion of fruit and 1 portion of vegetables everyday - Meat, poultry, fish and non-dairy protein e.g. pulses - Oily fish at least once every few weeks - Starchy food such as bread, pasta, rice, potatoes including wholegrain varieties - A dairy product milk, cheese and yoghurt - Water or milk (semi-skimmed or skimmed).

LIMIT:
<ul style="list-style-type: none"> - Meat products sausage rolls, pies, sausages etc - Cakes and biscuits to be enjoyed as part of a meal occasionally not as a snack - Fruit juice 150mls per day

DO NOT INCLUDE
<ul style="list-style-type: none"> - Salty snacks such as crisps, nuts etc - Sweets and chocolate - Sugary soft drinks

For more information and practical tips: <https://www.nhs.uk/change4life-beta/recipes/healthier-lunchboxes>

Drinks

Water should be available for all pupils throughout the day, free of charge.

Children are eligible for school milk through the EU school milk subsidy scheme. Claims can be made by schools, local authorities, suppliers or organisations set up for this purpose. The school milk subsidy scheme is administered by the Rural Payments Agency (RPA). Milk should be available for children at least once a day in addition to before and after school clubs.

State how your school ensures these standards are met.

Milk and purified water are provided for our pupils.

Other drinks should be limited fruit juice, squash, flavoured water and smoothies due to the sugar content. Fizzy drinks are not allowed during curriculum time for staff and students.

- **School events**

How your school ensures food provided at events and school trips is healthy and well balanced i.e. if outside caterers are used, are they compliant with school food based standards? Healthy vegetarian/vegan/other dietary and alternative options will be provided if applicable.

- **Birthdays and other special celebrations**

Celebrating children's birthdays with cake should not be encouraged in school time. How does your school celebrate birthdays, for example use of birthday badge/ crowns, given extra responsibilities or a choice of an activity during the day, announcements/ singing, create a birthday dessert using of fruit or vegetables etc.

The staff involved and pupils will write a card and sing a song to celebrate. They will also name one thing they think is special about the person whose birthday or celebration it is.

2. COOKING AND FOOD EDUCATION IN THE CURRICULUM

As of September 2014 food, cooking and nutrition education is a compulsory part of the school curriculum for KS1 to KS3.

- Ensure food and nutrition is taught at an appropriate level throughout each key stage.
- Identify food and nutrition links to different subject areas.
- Addressed through different teaching methods; leading by example, staff training, visitors to the classroom, resources etc.
- Monitoring of the pupils learning.

Where applicable on our hospital sites we aim to embed food and nutrition as part of our curriculum. In some of the hospital sites there are areas within the grounds where we can take pupils to garden and also grow vegetables in order to teach pupils about where food comes from. In one of our sites which is an in-patient unit, pupils are taken weekly to a restaurant called 'Zayane' where they are taught about food in a more sensory way. This experience is open to all pupils across all of our sites as and when we choose to access it. They are also able to learn from the chefs there and prepare weekly dishes. In another of our hospital sites we have weekly cooking lessons that are provided by staff as well as having different visiting chefs who will come in and teach pupils skills required in using cooking utensils as well as teaching and preparing different recipes. Monitoring of the pupils learning is controlled by the members of staff in charge and feedback is given to the team where necessary.

<https://www.nutrition.org.uk/foodinschools/competences.html>

<http://whatworkswell.schoolfoodplan.com/articles/category/3/learning-about-food>

Extra curricular activities

- Clubs that provide continued learning around leading a healthy lifestyle for example gardening or cooking clubs. Cooking club is provided a variety of times over a week long period and this will cover nutrition, preparing, cooking and tasting (providing students are able to do so)
- Gardening activities are put in place at different points throughout the year in order to allow for the setting and environment we are in. For example, at Bayswater there is a balcony and garden space that we can grow fruit and vegetables in.

3. SPECIAL DIETARY REQUIREMENTS

- **Religious and ethnic groups**
- **Vegetarians and vegans**

- **Food allergy and intolerance**

Due to the nature of our setting within a medical environment and having pupils with complex physical needs, our staff are briefed and aware of any intolerances or dietary requirements. Communication to this is clear.

4. THE DINING EXPERIENCE

As we operate across hospital sites, our setting is different to that of a mainstream. Most pupils we see will have their meals based on the wards that they are in. However, in two of our sites: Bayswater and Collingham Gardens, we have a small number of pupils who attend daily and therefore may well have some meals on site with the staff. The pupils at BW are able to leave site to purchase their own lunch and once a week there is 'shared lunch' in which staff will have more of an active presence and share lunch with them by providing the food and also sitting with the pupils.

5. FOOD SAFETY

How your school ensures food safety at all stages of food preparation and storage. Adequate facilities, suitable equipment, all food handlers appropriately trained and all possible hazards identified.

Food safety measures in place at all stages and risks assessments are reviewed where necessary. Staff are trained in handling correct foods and also to monitor any possible hazards.

MONITORING AND EVALUATION

- How your school will ensure the healthy school food plan is upheld? To continue with everything we currently have in place and have reviews of these when necessary/appropriate
- Monitoring of the lessons - observations and feedback from teachers and other professionals
- Does your school have adequate support in achieving these changes? Yes

SHARING THE POLICY

For the healthy schools award it is now required that this policy is on the school website for all to access. It may also be shared with staff, parents or carers by other methods such as newsletters, parent's evenings, staff meetings etc.

REVIEW

Policy implementation date: November 2018

Policy review date: July 2023

Signed: Janette Steel – Head teacher

Signed: Marie Cassidy – Healthy Schools Coordinator

Dated: 14/07/2022

