



WHOLE SCHOOL FOOD POLICY

At Cumberland School Specialist Sports College we are committed to giving all our pupils consistent messages about all aspects of health to help them understand the impact of particular behaviours and encourage them to take responsibility for the choices they make.

The school supports the '5 a day' campaign to encourage pupil to eat 5 portions of fruit and vegetables a day, which has been shown to reduce the onset of certain life-threatening conditions as well as being helpful in tackling and preventing childhood obesity.

Rationale

Cumberland is a healthy school. It is important that we consider all elements of our work to ensure that we promote health awareness in all our stakeholders. We can provide a valuable role model to pupils and their families with regard to food and healthy eating patterns.

Through effective leadership, the school ethos and the curriculum, all school staff can bring together all elements of the school day to create an environment which supports a healthy lifestyle.

Aims

- To ensure that we are giving consistent messages about food and health
- To give our pupils the information they need to make healthy choices
- To promote health awareness
- To contribute to the healthy physical development of all members of our school community
- To encourage all pupils to take part in the '5 a day' campaign
- To provide pupils with the opportunity and education to make healthy choices

Breakfast club

Breakfast Club operates on a daily basis in the school for all pupils. We target some pupils who we know have little or no time for breakfast in the mornings at home.

The food offered is healthy and is consistent with a healthy diet. We provide toast, bread (range of options including white, brown and granary), low fat spread, fruit jam, marmite, yoghurt, low salt/low sugar fortified cereals, baked beans, boiled eggs and porridge. Pupils choose from water, orange juice, apple juice and hot chocolate to drink.

School lunches and packed lunches

All our school meals are provided by a contracted caterer who has a healthy food policy as part of their tender. Where possible, this includes the use of fresh fruit and vegetables each day as a choice for the pupil. They provide a hot and cold option, both of which pay regard to nutritional balance and healthy options. Many pupil's bring packed lunch to school.

Water for All

Cooled water from water fountains is freely available at specified times during the school day to all members of the school community. Pupils are encouraged to drink water at any time during the day and water bottles are provided for all Year 7 pupils. Regular water and brain breaks are built into

the school day and curriculum by class teachers. There are two water fountains located in the dining hall and a further three outside the building (dining hall, sports hall and gym).

Food across the Curriculum

Links are being forged across the curriculum areas to ensure that we provide the same message to all pupils.

Partnership with Parents and Carers

The partnership of home and school is crucial in shaping how pupils and young people behave, particularly where health is concerned. Each must reinforce the other. This is not easy but our school is well placed, as a Specialist Sports College and having Healthy Schools accreditation, to lead by example.

Role of Governors

Governors monitor and check that the school policy is upheld and can also offer guidance where a member of body has particular expertise in this area.

Monitoring and Review

Teachers in Charge are responsible for the curriculum development of the Whole School Food Policy. The Headteacher, Assistant Headteacher, Healthy Schools Group and the Cumberland SNAG (School Nutrition Action Group) are responsible for supporting colleagues in the delivery of the Whole School Food Policy. Since April 2009, the school has taken over the responsibility for monitoring the quality of the food offered to pupils and staff. Our school meals are now provided by Newham Catering and Cleaning Services (NCCS).

This policy will be reviewed annually, in consultation with the entire school community (including pupils, parents, staff, and governors) to take into account new developments.