

RAVENSWOOD SCHOOL FOOD POLICY

Ethos

We believe that an active lifestyle and a well balanced diet can enhance the health of children. There are several government policies and initiatives to help improve the diet of children, e.g. The Food in Schools programme, School Fruit and Vegetable Scheme, 5 a day, the Healthy Schools Programme. We recognise that the nutritional and hydration needs of our pupils vary and may not always fit the government standards. Our main priority is to meet the specific needs of the individual child.

Equal Opportunities

At Ravenswood we believe that every child is entitled to safe and appropriate provision of food and drink in order to stay as well nourished as possible and maintain and develop their existing skills in eating and drinking. We promote a positive and healthy attitude towards nutrition which takes account of medical complexity and individual diversity. We foster an ethos of teamwork and will strive to ensure that all members of staff feel supported, informed and comfortable in working with children who have eating and drinking difficulties.

Objectives: What do we want to achieve?

To ensure that the objectives are fully integrated into all aspects of school life and are accepted and embraced by all members of the school community.

Ravenswood School will aim to ensure that:

School Curriculum

- The curriculum relates to food and nutrition in different subject areas and that it is consistent and up to date.
- Opportunities are provided for pupils to prepare and explore fresh ingredients
- Where appropriate, pupils will understand the requirements of a healthy balanced meal.

School Meals

- All school meals served will meet the Government's food based standards to ensure that pupils are getting a nutritious balanced meal.
- All medical and dietary needs are met within the Government's new food based standards.
- Water will be served with all meals and pupils will be encouraged to drink water throughout the day.
- For pupils where water is not an appropriate drink other drinks will be available at meal times and throughout the day.
- A suitable, attractive environment is provided in which to eat lunch.

Snacks

- Motivators during Time to Talk
Many of our pupils, especially those who are on the Autistic spectrum, find social communication very difficult. We need to provide powerful motivators at times when we are teaching them to communicate socially. Food and drink items are typically strong motivators. We maintain Healthy Food Standards for lunches. However, we provide motivating drinks (high juice orange and blackcurrant) and foods (cereals and plain biscuits) for the pupils to choose as a snack during Time to Talk sessions. Wherever possible we encourage and reward a healthier choice (e.g water, fruit, yogurts, raisins) but we are aware that for some pupils they need the strong motivators to encourage them to communicate.

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- Parents are provided with information on what constitutes a healthy snack. Fresh fruit or vegetables. No fizzy drinks, sweets or chewing gum.

Packed Lunches

- Packed lunches, for both pupils and staff, are stored appropriately.
- Parents are provided with information on what constitutes a healthy packed lunch.

Water Provision

- Pupils and staff have access to free, clean and palatable drinking water, or other drinks where water is not appropriate, throughout the school day.
- Pupils are provided with healthy alternatives to water. i.e. no sugar added squash.
- Staff are aware of individual pupils hydration needs and ensure that these are met.

Pupils

- Up-to-date records of pupils medical and dietary needs are maintained in the pupils' care plans and staff are aware of these.

Staff

- All staff who may handle food complete online basic food hygiene training.
- Staff understand what a balanced and healthy meal means.

Guidelines: How are we going to meet our objectives?

In order to achieve the objectives:

- A member of the Senior Leadership Team has been identified to oversee all aspects of food provision throughout the school day.
- An effective structure will be established to oversee the development, implementation and monitoring of this policy.
- A participatory approach will be encouraged for the whole school community to meet the objectives.

Roles & Responsibilities

- Senior Leadership Team Member (Assistant Head) – to oversee all aspects of food provision throughout the school, including working with the school caterers, monitoring and evaluating the implementation of the policy.
- Curriculum Leaders and Deputy Head – to ensure the curriculum supports healthy eating.
- Teachers and Class Staff to follow healthy eating guidelines in teaching the curriculum and teaching at snack time.
- To ensure all aspects of the whole School Food Policy apply as appropriate to children who are enterally fed (delivery of nutrients directly into the stomach).
- Speech and Language Therapists – to provide support for pupils with dysphagia (difficulty swallowing), to ensure that they are included within the healthy eating agenda.
- Medical Team – to provide support and guidance for staff for all medical aspects of healthy eating ensuring that all pupils with specific dietary requirements are included within the healthy eating agenda. This includes the provision of food supplements, gastro and nose-gastric tubes, referrals to clinics and dieticians.

Monitoring & Evaluation

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In order to effectively evaluate this policy, we will ask ourselves the following questions each spring term or in light of any developments and changes in school?

- Are our objectives being met?
- How can we tell?
- Have there been any difficulties? Why have they arisen?
- What have been the successes? What made these possible?
- What do parents and pupils think about our policy?
- Is it having an effect on food and drink choices, educational attainment, attendance or behaviour?
- Has the school council been successful? What has it reported on?
- Are there any local or national initiatives in which the school should join?
- How can the policy be improved?
- We will then make sure that we action any developments that need to happen, celebrate our successes and continue to engage relevant stakeholders.
- We will continually review and research the healthy food standards and guidelines in relation to the individual needs of the children.

Related Documentation

- School Food Trust 'Eat better, Do better'

History of document

Issue No.	Author/Owner	Date Reviewed	Approved by Governors on	Comments
1	School	May 2014		New Policy
2	School	June 2014		Changes
3	School	February 2017		Updated



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