



## St Mark's C of E Academy Policy

<b>Policy Title</b>	Nutritional Standards	<b>Version No</b>	1
<b>Rationale</b>	This policy has been drafted in response to the DCSF's requirement that schools operate a whole-school approach to healthy living, reinforcing appropriate messages relating to food and drink and nutrition, and ensuring consistency between the formal curriculum and food provision, so emphasising healthy-eating messages.		
<b>Policy Statement</b>	<p><b><u>St Mark's Church of England Academy, School Food Policy</u></b></p> <p><b><u>Responsibilities</u></b></p> <p>St Mark's Church of England Academy recognises the vital link between a consistent healthy balanced diet and an individual's health and well being, the important connection between a healthy diet and a student's ability to learn effectively and achieve high standards in school. The academy also recognises the role a school can play, as part of the larger community, to promote family health, and sustainable food and farming practices.</p> <p>St Mark's Church of England Academy recognises that sharing food is a fundamental experience for all people; a primary way to nurture and celebrate our cultural diversity; and an excellent bridge for building friendships and inter-generational bonds.</p> <p><b><u>Mission</u></b></p> <p>Our mission is to improve the health of the community by teaching students and families ways to establish and maintain life-long healthy and environmentally sustainable eating habits. The mission shall be accomplished through food education and skills (such as cooking and growing food), the food served in schools, and core academic content in the classroom.</p> <p><b><u>Aims</u></b></p> <ol style="list-style-type: none"><li>1. To improve the health of students, their families and staff by helping to influence eating habits through increasing their knowledge and awareness of how to plan for, purchase and prepare a balanced and environmentally sustainable diet.</li><li>2. To increase students' knowledge of food production, manufacturing, and the environment</li></ol>		

3. To ensure students are well nourished at school. Encouraging every student to access and purchases safe, tasty and nutritious food and drink.
4. To ensure that food provision in the school reflects the ethical and special dietary requirements of staff and pupils e.g. religious, ethnic, vegetarian and special diets.

#### **Snacking policy**

As an academy we strongly advice our academy community to choose a balanced diet whilst at school as well as on the way to and from the school. Choosing a diet that reflects the balance of the Eatwell Plate. We discourage the consumption of 'junk food' as snacks or food purchased from local takeaways in the place of a balanced meal either brought in from home or bought form the canteen.

#### **Licence to Cook**

Cooking will be a compulsory part of the KS3 curriculum in schools from 2011. Our school is prepared to offer a Licence to Cook. This means that every young person who wants to can learn basic cooking skills through dedicated lessons in food preparation techniques, diet and nutrition, hygiene and safety and wise food shopping. A majority of this teaching will be delivered through Food Technology as part of the revised KS3 curriculum from September 2008.

Each child is entitled to 24 hours minimum entitlement

- 16 hours of practical cookery
- 8 hours encompass diet and nutrition, hygiene and safety and wise food shopping

#### **DCSF School Food Other Than Lunch 2007 and Nutrient Standards 2009**

All providers of childcare and food provision in our academy who operate between 8am-6pm have been briefed as to what foods they can provide so as to meet the standards. The school lunch menu has taken priority with respect to the standards meaning the school lunch has priority to the full variety of food items permissible to be sold in school.

With respect to the nutrient based standards, the catering provider will undertake analyses of its menus are in order to conform to these requirements. Details of the standards can be found in the at [www.schoolfoodtrust.org](http://www.schoolfoodtrust.org)

	<p><b><u>Consultation</u></b></p> <p>This policy was formulated by a working party consisting of the healthy schools lead, school council and with the assistance and advice of the London Borough of Merton Health Nutritionist for Schools. There will also be consultation with parents, students and catering staff representatives.</p> <p>The policy will be informed by consultation with students during year assemblies and Academy Council meetings. The academy community will be asked to feedback about food and nutrition issues in our academy to assist in the development of the policy. The policy will be amended in response to the comments and recommendations that arose through the consultation period and will be open for comment for a period of three weeks.</p> <p>This policy will be circulated to governors and staff. Parents will be informed as appropriate of the policy through the school newsletter and website. An executive summary will be explained and presented by the School Council at assemblies.</p> <p>A Food Policy Action Plan will be formed during Autumn Term 2009 as part of the St Mark's Church of England Academy Healthy School Audit and Action Plan</p>
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<b>Staff Responsible</b>		JME	
<b>School Group Responsible</b>		Resources	
<b>Date approved by Government body</b>	September 2009	<b>Review Date</b>	September 2010