

Lismore Comprehensive School



"Caring and Learning Together"

FOOD IN SCHOOLS POLICY

Aim

To ensure that all aspects of food and nutrition available in Lismore Comprehensive School, promote the health and wellbeing of pupils, staff, our school community and visitors to our school.

Objectives

Our objectives are:

- 1.** To work with the Northern Ireland Schools Caterers Association (NISCA), in order to promote a range of healthy school meals in a pleasant environment, which are compliant with the compulsory Nutritional Standards for School Lunches (Sept. 2007).
- 2.** To ensure that other food and drinks provided in Lismore are compliant with the Nutritional Standards for other Food and Drinks in Schools (April 2008).
- 3.** To provide pupils with easy access at all times to free drinking water.
- 4.** To review the formal curriculum at Key Stage 3 to ensure information relating to food and nutrition in different curricular areas is consistent and up to date.
- 5.** To advise parents on food and drinks which are suitable for bringing into Lismore for packed lunches and break time.

Action

We will meet our objectives by:

1. Liaising with canteen staff to advertise and promote food in canteens, in line with the NISCA calendar of events and to organise food related competitions.
2. Informing pupils and parents of menu choices and prices via taster sessions, information stand on Open Night and school website.
3. Improving the dining experience for pupils by enhancing the décor and ambience in the canteens.
4. Exploring the installation of a cashless system.
5. Complying with the eight Standards within the 'Nutritional standards for other food and drinks in school'.
6. Providing chilled fresh water dispensers in appropriate circulation areas.
7. Ensuring pupils have easy access to free, good quality drinking water in both canteens.
8. Encouraging pupils to drink water as opposed to fizzy, high sugar content drinks and only allow pupils to drink still water in classrooms.
9. Informing pupils about the health and educational benefits of drinking water.
10. Carrying out an audit of the formal curriculum on food based topics in Home Economics, Learning for Life and Work, Science and the P.D programme.
11. Facilitating the completion a basic food hygiene course by Home Economics teachers and Home Economics technicians.
12. Compiling an Extended Schools Recipe Book and posting it on the school website.
13. Providing parents with an information leaflet on foods and drinks which are suitable for bringing into Lismore for packed lunches and break.

Monitoring and Evaluation

We will monitor and evaluate progress through:

1. Checking and gaining evidence from the Canteen Area Manager to ensure that all food sold in canteens is monitored and is within the Nutritional Standards (Sept. 2007).
2. Liaising with the tuck shop management to ensure that checks are carried out and that all food sold is within the Nutritional Standards for other food in schools.
3. Having menus displayed in form classes and on school website and price list of snack food distributed to pupils.
4. Liaising with Student Council to gauge pupil opinion on choice of food, prices and the provision of water.
5. Identifying food based topics throughout schemes of work in Home Economics, Learning for Life and Work, Science and the P.D Programme.
6. Ensuring parent information on packed lunches and break is distributed.

Links to resources:

1. Nutritional Standards for School Lunches (2007)

http://www.deni.gov.uk/de1_09_125640_nutritional_standards_for_school_lunches_a_guide_for_implementation_3_-2.pdf

2. Nutritional Standards for other food and drinks in school (2008)

http://www.deni.gov.uk/de1_09_125647_nutritional_standards_for_other_food_and_drinks_in_schools_a_guide_for_implementation-2.pdf

3. School Food: the essential guide

<http://www.publichealth.hscni.net/publications/school-food-essential-guide>

4. DENI Food in Schools Policy (2013)

http://www.deni.gov.uk/healthy_food_for_healthy_outcomes_-_food_in_schools_policy_-_english_version.pdf