



St Augustine's Catholic College

Food Procedure

INTRODUCTION

The Governors of St Augustine's Catholic College recognise the important connection between a healthy diet and a student's ability to learn effectively and achieve high standards. The Governors also recognise the role the College can play, as part of the larger community, to promote family health, and sustainable food and farming practices. It is also recognised 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.

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

MISSION

The educational mission of St Augustine's Catholic College is to improve the health of the community by teaching students ways to establish and maintain life long healthy and environmentally sustainable eating habits. The mission will be accomplished through food education and skills (cooking and growing food) and the food served on site. This policy should be read alongside PSHE, Drugs and Sex and Relationship policies/procedures.

AIMS

- To ensure that we are giving consistent messages about food and health
- To give our students the information they need to make healthy choices
- To promote health awareness
- To contribute to the healthy physical development of all members of the College community
- To make the provision and consumption of food an enjoyable and safe experience
- To introduce and promote practices within the College to reinforce these aims, and to remove or discourage practices that negate them

OBJECTIVES

To work towards ensuring that this procedure is both accepted and embraced by:

- Governors
- School Management
- Teachers and Support Staff
- Students
- Parents
- Food providers
- The wider college community

To integrate these aims into all aspects of college life, in particular:

- Food provision within the College
- The curriculum
- Pastoral and Social Activities

GUIDELINES

Food provision within the College:-

Vending Machines

The College has two vending machines sited in the Dining Hall, offering the following:

- Hot and cold drinks (cups)
- Bottled water and fruit juices/Meal deals and water bottles

The College also has a hot drink vending machine sited in the Staff Room.

Water Fountains

There are chilled water fountains available to both students and staff throughout the site. Plastic water bottles can be filled from these areas for consumption throughout the day.

School lunches

By September 2009 school meals will need to meet food based nutritional standards and to this end the healthy food policy has been adopted by the catering staff at the College. Fresh fruit is available daily. Hot meals are cooked fresh each day, together with a vegetarian option. Sandwiches, filled rolls, sandwich wraps and salads are also prepared fresh each day. The caterers are aware of the need to provide nutritional balance and healthy options. Students will be made aware that they are participating in 'healthy schools' activities. A notice board is used in the canteen area to help promote the healthy eating initiatives.

Packed Lunches

Many students bring packed lunches to college each day and it is anticipated that parents will help to support us by providing a healthy packed lunch for their children.

Trips

Another aspect of our procedure is to ask parents to support us by restricting the consumption of junk foods, with particular emphasis on confectionary, during College trips. This will also endorse the Local Authority's School Transport Bus Code which states that "...smoking, eating or drinking are not permitted..." on school transport.

Breaks

A variety of options are available during the morning break period including, toast, crumpets, toasted tea cakes, bagels, freshly cooked bacon sandwiches, fresh fruit, water, milk and fruit juice. Hot drinks are also available from vending machines sited in the Dining Hall and Staff Room.

Sandwiches and water drinks are also available from the vending machine for those students participating in after-school activities.

Across the curriculum

Each of the curriculum areas below will provide information on aspects of the healthy eating initiatives within their individual scheme of works:

- Science
- RE
- ICT
- Food Technology
- PSHE
- Citizenship
- Geography
- Physical Education

Other areas that may include healthy eating initiatives are:

College visits; extra curriculum activities; competitions (Technology Department and Young Enterprise Schemes)

Environment

The Dining Hall was extended several years ago to provide additional accommodation for students. However, the number on roll now requires the Assembly Hall to be set out during lunch breaks to cope with the overflow from the main seating area. A small area has been set aside for sixth form students within the Dining Hall.

Picnic tables are provided for students and staff to use during the summer months, as well as a shaded picnic area located in our 40th Anniversary Garden.

Communication

A notice board to allow the canteen staff to display menu options and other related information is sited in the Dining Hall. An additional notice board located along the music corridor where students wait to enter the Dining Hall at lunch time is another source of information for staff and students. A separate section within this area is available for transport and travel plan information. The College e-mail system is another source of communication to students and staff. Parents and students can access up to date menu information from the College website. Newsletters and leaflets are periodically produced to promote specific projects and to provide general information to all stakeholders.

Partnership with parents and carers

The partnership of home and college is critical in shaping how young people behave, particularly where health is concerned. A general annual questionnaire is sent out to both parents and students each year and within this document there is a section on school meals. Support staff work closely with parents and carers to ensure that all special dietary needs are met including anything related to food allergies or intolerances.

Parents and students receive information each year on the range of food available to students during the school day. During induction days students are encouraged to use the canteen facilities and parents are invited for taster sessions during opening evenings or parent events.

Role of Governors and Senior Management and staff

Governors and SMT monitor and review the College policy. The Catering Manager is responsible for ensuring that the food served is in accordance with government recommendations and also with the college procedure. College staff will be responsible for the delivery of the curriculum elements of the policy.

This policy will be reviewed on an annual basis taking into consideration any new developments.