

PINNER

HIGH SCHOOL

Policy	Healthy Eating Policy
Date of Review	January 2020
Reviewed By	Deputy Head Pastoral
Date of Approval	February 2020
Approved By	LGB
Date of Next Review	January 2023
Statutory/Non Statutory	Non Statutory
Website/Non Website	Non Website

Introduction

Pinner High School understands and is committed to the support of healthy eating as part of a healthy lifestyle by students. This policy addresses catering provision at Pinner High School, the place of cooking and food education in the school curriculum and extra-curricular provision to ensure continued learning around and access to healthy eating and a healthy lifestyle.

Aims of this policy

- To articulate Pinner High School's commitment to supporting healthy eating and a healthy lifestyle in students
- To embed that commitment across the school's operational, curriculum, and pastoral *modus operandi*

Catering Provision

Pinner High School is committed to and expects its catering provision to meet Department for Education and Public Health England guidance provided in the

- the School Food Plan <http://www.schoolfoodplan.com/>
- School Food Standards <http://www.schoolfoodplan.com/actions/school-food-standards/>
- Government recommendations on healthy eating and balanced diet <https://www.gov.uk/government/publications/the-eatwell-guide>.

Catering is provided by an external catering contractor, selected and retained by a consortium of primary and secondary schools in Harrow following a competitive market tender. The tender process required all bidders to confirm commitment to and where appropriate compliance with all relevant governmental standards and statutory requirements around food safety and healthy eating and to set out their corporate ethos and service offer relating to healthy eating in schools.

Once appointed, the catering contractor is monitored on a day-to-day basis by the Head of Operations and by virtue of this by the Senior Leadership Team. The catering provision by the contractor is essentially the same across all the consortium schools, in line with the tender process and contractual arrangements which followed, but with localised, bespoke aspects where individual schools so request and that is practicable.

The current provider of catering services at Pinner High School is ISS Catering whose website contains details of the company philosophy, compliance, policies and specialist provision and may be found here <https://www.feedinghungryminds.co.uk/secondary-schools/>.

ISS have been retained for a 3-year period commencing in April 2019, with the possibility of a 2-year extension to that appointment. It is anticipated that the catering contract will then be put out to market tender again, to seek to ensure best practice and best value is achieved.

ISS has confirmed its commitment to and compliance with the School Food Plan <http://www.schoolfoodplan.com/plan/>, School Food Standards <http://www.schoolfoodplan.com/actions/school-food-standards/> and government recommendations on healthy eating and balanced diet <https://www.gov.uk/government/publications/the-eatwell-guide> which (as published at November 2019) are at Appendix.

ISS has a Healthy Eating and Wellbeing Policy which may be found here https://www.feedinghungryminds.co.uk/wp-content/uploads/pdf/Healthy-Eating-Policy_Sept-2019.pdf and (as published at November 2019) is at Appendix 2.

ISS has an Allergen policy which may be found here https://www.feedinghungryminds.co.uk/wp-content/uploads/pdf/Allergen-Policy_Sept-2019.pdf and (as published at November 2019) is at Appendix 3

At Pinner High School, ISS provide lunch, break and (subject to sufficient take up, piloting from October 2019) breakfast catering. The menus for these services are devised centrally by ISS specialists to comply with the standards and policies referred to above, and tailored as appropriate to the school's needs or wishes. Pinner High School works actively with ISS to tailor and ensure the menus offer a strong range of healthy choices, meets the needs of the whole school community including the provision of vegetarian and

non-vegetarian options, halal and non-halal options and food for students with allergy or other dietary requirements. Pinner High School has, for example, frequently asked ISS to include or omit particular food items to ensure a range of healthy choices; has required ISS to strengthen the accessibility to students of allergen information and allergen management and training of its staff, resulting in an initiative rolled out across all consortium schools; and has sought a commitment to certain health-based and environmentally-responsible measures such as Meat-Free-Monday and Fish-Friday, as well as excluding the sale of drinks in single-use plastic bottles and seeking to minimise the use of disposable tableware.

Pinner High School meets its obligation to provide a lunch to students who by virtue of family circumstances are entitled to Free School Meals, and has extended this commitment to funding free breakfast for those children too. There are also arrangements in place for the *ad hoc* provision of free breakfast and other meals to students who may not be entitled to Free School Meals but who, for whatever reason, a staff member believes to need a free meal on any particular occasion. Pinner High School is also committed to a policy decision that a child should never be unable to eat at lunchtime. Thus if, for example, a student has no credit on their cashless catering (Parentpay) account, the child will still be allowed to have lunch food; parents are then asked to pay for that food but where such payment is for a good reason not forthcoming, the school will meet the cost of the student's lunch.

Pinner High School does not allow students to bring canned/fizzy or energy drinks to school and ISS are only allowed to sell drinks which comply with School Food Standards. The school does not have any vending machines to avoid students purchasing unhealthy impulse snacks and drinks.

All food sold by ISS must comply with School Food Standards, thus avoiding the sale of "junk" food, and Pinner High School also requires ISS to limit the sale of "impulse purchase" items and break time snack items to two per student, to seek to promote that students predominantly buy nutritious, filling, main meal food.

Pinner High School aims to provide an attractive, calm and happy dining environment. A cashless payment system for school meals is provided to minimize queuing times and avoid any stigma which may be associated with the uptake of Free School Meals. There are multiple serveries and indoor and outdoor eating spaces, facilities which will be refurbished and expanded as the school embarks upon an imminent Department for Education refurbishment programme and as the school continues to grow. All dining spaces are supervised by Pinner High School staff and duty staff are entitled to a free meal at lunchtime which encourages staff and students to eat together. ISS are only permitted to deploy staff for whom they have obtained an enhanced DBS check and who are appropriately trained as catering staff. Pinner High School's designated safeguarding lead provides additional mandatory safeguarding training to all employees of external contractors who work at the school and Pinner High School's expectations that all adults dealing with students do so in a professional, responsible and respectful way are clear.

Students are encouraged to bring refillable water bottles to school and water fountains are provided around school.

Students are not allowed to eat sweets or gum at school, a rule which is enforced in as far as reasonably practicable.

When events are hosted on the school premises, thought and consideration is given to the type of refreshments provided. Water and fruit are made available when possible. Fizzy drinks, sweets and chocolate are never served during the school day although may be available at evening or social events.

When students take part in day trips or visits, they will normally take their own packed lunches. For residential trips, the catering provision will be carefully evaluated. Provision will be made for those students with special dietary requirements and menus will be altered as necessary.

We do not use food as a reward other than a celebration breakfast, a healthy selection of fruits, cereals and reduced sugar juice are served and this event takes place just once a year.

Cooking and Food Education in the Curriculum

Food is a compulsory element of the KS3 Curriculum at Pinner High School with all students in Years 7 and 8 following a curriculum which includes practical and theoretical elements intending to equip students with an understanding and the practical skills required to follow a healthy diet. Students receive a 12 week programme of lessons with an allocation of 150 minutes of teaching time per week. Practical lessons introduce students to new skills as well as a variety of different cuisines. By the end of Year 8 all students are able to create a simple, nutritious meal for themselves such as Spaghetti Bolognese, Thai Curry, Vegetable Pasta Bake and Fruit Crumble. GCSE Food Preparation & Nutrition is also an available option at KS4 which has a larger focus upon the elements of nutrition. At GCSE students will not only develop their practical skills but be expected to create more complicated dishes that also adhere to current dietary guidelines.

There is also intervention and extra-curricular provision available for students with a particular interest in or need for support with food, nutrition and cooking skills. Nutrition also features in the theoretical elements of PE GCSE theoretical elements of the KS3 PE curriculum as well as core KS4 PE. Deep Learning Days and weekly PSHE focus on elements such as healthy lifestyles and living as well as effects of diets, perception of body image and influence of social media.

Extra-curricular activities

Pinner High School is committed to ensuring the provision of a vast number of extra-curricular activities which provide continued learning around and access to a healthy lifestyle. These include

- a wide range of competitive and non-competitive sports teams and training opportunities and monitoring and confirmation of wide-access to these;
- participation by all students in a variety of in-timetable and after-school clubs including; sports clubs, food, cookery clubs, yoga and mindfulness.
- A Young Carers support group also offers support and advice regarding the preparation and cooking of meals for the family.

MONITORING AND EVALUATION

This policy will be approved by the Senior Leadership Team and the Local Governing Body before publication. It will be reviewed in three years, or sooner if felt appropriate.

Hilary Ford, Head of Operations

Emma Pacey, Assistant Head Pastoral

Appendix 1

Department for Education and Public Health England Guidance

- the School Food Plan <http://www.schoolfoodplan.com/>
- School Food Standards <http://www.schoolfoodplan.com/actions/school-food-standards/>
- Government recommendations on healthy eating and balanced diet <https://www.gov.uk/government/publications/the-eatwell-guide>

Appendix 2: ISS Healthy Eating & Wellbeing Policy September 2019

https://www.feedinghungryminds.co.uk/wp-content/uploads/pdf/Healthy-Eating-Policy_Sept-2019.pdf

Appendix 3
ISS Allergens Policy (September 2019)

https://www.feedinghungryminds.co.uk/wp-content/uploads/pdf/Secondary-School-Allergen_Nut-Policy-September-2019.pdf