



CITY OF BIRMINGHAM EDUCATION DEPARTMENT

BASKERVILLE SCHOOL

Food Policy

Date reviewed: January 2014
Next review: January 2017

BASKERVILLE SCHOOL, FELLOWS LANE, HARBORNE, BIRMINGHAM, B17 9TS

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VISION STATEMENT

We will ensure the entitlement of each student to access a variety of opportunities to promote academic, social, emotional and physical development.

We will use autistic specific, empathetic approaches and an autistic sympathetic learning environment to promote student learning and personal development.

We will provide choices and challenges in order to maximise potential and build upon strengths and interests.

All the members of the school community are valued equally and work in partnership with parents, carers and the wider community.

We will work within a supportive school framework to promote and celebrate individual success, integration into the wider community and prepare students for life after school.

1. INTRODUCTION AND RATIONALE

Description of our school and pupils

Baskerville School is a secondary special school, which specialises in catering for the needs of students with Autism aged 11-19. The school has provision for some students to be resident during school time.

Autism is a complex disability, which is often referred to as a 'triad of impairments', these being: the impairment of social interactions; communication; and cognitive thinking.

The degree of the impact this has on the youngsters' lives differs considerably. Some youngsters have considerable difficulty understanding their lives and communicating, whilst others are within or above average intelligence. Often, the rigidity in the student's behaviour means that they find it difficult to accept new things, ideas and concepts. This can involve them not accepting some food items and drinks and becoming obsessed with others, both of which makes it difficult to ensure a healthy diet. We know that what students eat and drink at school is important, therefore we ensure that the teaching and learning about food and nutrition that occurs in the curriculum fully supports and is supported by the provision and opportunities for eating and drinking that occur on the school premises.

We acknowledge the link between students' diets and their physical and emotional health and especially the recent research into food, autism and

behaviour. The school can play a key role in supporting students and their families to develop and maintain a healthy diet.

This policy is fully inclusive and applicable to all students including those with special dietary requirements either for medical or religious reasons

The ethos of the school is one that promotes awareness of the importance of healthy lifestyles within the school at all times and recognises the valuable role that all school staff have in modelling good practice and helping to create an environment that supports a positive attitude to healthy lifestyles.

2. AIMS AND OBJECTIVES

At Baskerville School we aim

- To ensure that all aspects of food and nutrition promote and support the health and well being of pupils and staff and meet the nutritional standards for school lunches and food served throughout the school
- To equip students with the skills, attitudes and knowledge to enable them to make informed choices about food throughout their lives
- To ensure equal access for all to healthy food and drink and appropriate nutritional education.

Objectives

At Baskerville School we will meet these aims by:

- Ensuring that the requirements of the food policy are in the School Development Plan
- Reviewing all teaching and learning to ensure that information relating to food and nutrition in different lessons/subjects/key stages is consistent and up to date and that there are no gaps in the curriculum
- Ensuring that students are well nourished and hydrated at school and that every student has access to safe, tasty, nutritious food appropriate to their needs
- Allowing students sufficient time to eat their food
- Ensuring that the surroundings are as pleasant as possible
- Working in partnership with parents / carers to promote the aims of the food policy including all food brought into school by students

- Introducing and promoting practices within the school to reinforce these aims and removing or discouraging practices that negate them

3. POLICY DEVELOPMENT

Consultation is undertaken via:

- Teaching and non teaching staff meetings
- Residential staff meetings
- Governors School Improvement Committee
- Students through the School Council
- Residential students at unit meetings
- Parents / carers through questionnaires

Guidance from DfE and the Health Education Service is followed as well as:

- Mandatory nutritional standards for school lunches and for other food
- Children's Food Trust guidance
- The School Food Plan
- Curriculum planning

4. EQUAL OPPORTUNITIES

At Baskerville School we ensure that students' religious and medical dietary needs are met. We have students who have medical dietary needs which stem from gluten allergies and dairy intolerance, students on special diets and students whose special needs results in them only eating and drinking specific items.

5. TEACHING AND LEARNING

At Baskerville School teaching and learning about food occurs as part of the PSHCE curriculum, life skills lessons and 24 hour curriculum. Food Technology is also taught at Key stage 3 and as an accredited option course at Key Stage 4.

Resources are purchased by the school from the school budget and staff are trained in Food Hygiene Regulations.

6. FOOD PROVISION OTHER THAN AT LUNCHTIME

At Baskerville School we provide food and drink to students throughout the school day, as appropriate, which will meet all nutritional standards.

All students have access to fruit at mid morning break. This promotes the ethos of healthy eating by encouraging students to meet their '5 a day'.

All students are encouraged to drink water throughout the school day. Water dispensers are readily available equipped with disposable cups. All staff encourage students to drink water after PE lessons and during times of hot weather.

Sandwiches and drinks are provided for the students who stay to after school clubs.

Students are able to bring in food from home as long as it meets the nutritional standards for schools. Fizzy drinks, chocolate, sweets and crisps are positively discouraged in school for snacks.

7. FOOD PROVISION AT LUNCHTIME

Food and drink will be provided at lunchtime which will meet the mandatory nutritional standards.

The menus are devised by the catering supervisor who holds the appropriate qualifications.

The menus reflect the cultural mix of the school and reflect students' choices. Students are supported to make healthy choices from the selection provided by all the catering staff. Menus are discussed at school council meetings and feedback is given to the catering supervisor. The menu is seasonal. Seasonal fresh vegetables and fruit are used whenever possible including those grown on site by the students.

Students are seated in their class groups and each group is supervised by members of staff who are well known to them. To allow students sufficient time to eat their food the lunchtime is one hour with two separate sittings.

To help create a suitable ambience in the dining room a member of the Senior Leadership Team is present during the lunch break to support the staff on duty.

Additionally staff on breaks eating a school meal are encouraged to use the dining room.

The weekly menu is prominently displayed in the dining room together with posters displaying healthy eating messages.

8. PACKED LUNCHES

All students who bring packed lunches to school will be given information on appropriate healthy eating guidelines. Class staff will monitor the contents of the packed lunch. Additionally contact will be made with parents/carers if

- Students are not eating the food sent in for them
- Students are regularly provided with unhealthy options
- Students are still hungry after eating their packed lunch
- Students are unable to eat the quantity of food supplied.

Students having packed lunches are supplied with fresh water

9. FOOD PROVISION FOR RESIDENTIAL STUDENTS

Breakfast for students in residential provision is eaten in their residential unit. The food and drink provided on the units are breakfast cereals, toast and fruit juice. A cooked breakfast of eggs, sausage or bacon is limited to once per week.

The evening meal is planned, prepared and cooked by the residential staff with the students on each residential unit. For three units the ingredients are ordered from and supplied by the main school kitchen on a weekly basis. Students on Beeches unit shop weekly for the ingredients themselves with the support of staff.

The menus reflect the students' choices. Students are supported to make healthy choices when menu planning. Menus are discussed at residential meetings and a four weekly menu is devised. The menu is seasonal.

Students receive supper in their residential units. Supper food items are provided by the catering supervisor.

10. SPECIFIC ISSUES

At Baskerville School we will celebrate the major religious festivals of Diwali, Eid and Christmas and will arrange special appropriate meals. We may also hold celebrations in classrooms and residential units to mark significant religious festivals and end of school terms. As these celebrations are occasional some special food is allowed. However, due to food hygiene and food allergy concerns,

information will be sent home to parents outlining the foods that are acceptable for students to bring in.

At Baskerville School students are allowed to bring in a birthday cake to share with their class on their birthday. This will be shared during the tutorial period at the end of the school day

At Baskerville School we do not use food as any kind of reward.

11. WORKING WITH PARENTS AND CARERS

The partnership of parents with our school is essential and particularly with promoting healthy eating. At Baskerville School we

- Send menus home on a termly basis
- Send letters home informing parents of the school's policy relating to students bringing in food and drink from home
- Publish the Food policy on the school website

12. WORKING WITH PARTNER ORGANISATIONS AND OUTSIDE VISITORS

In order to enhance the food policy and nutritional education at Baskerville School we have worked with the Health Education Service. Liaison with the Health Education Service occurs via the Healthy School Steering Group.

13. MONITORING AND EVALUATION

Compliance with nutritional standards for school meals are monitored by the school Business Manager by using the online tool on the Children's Food Trust website.

Compliance with nutritional standards at times other than school meal times will be monitored by Head of Care and reported to SLMT on a termly basis.

Students' menus and food choices are monitored and used to inform policy development and provision. Monitoring occurs via a variety of methods such as visual monitoring by staff at the table with the students, monitoring of take up of choice by the Catering Supervisor, use of school council and residential students meetings.

Nutritional education in the curriculum will be monitored by the Assistant Head Teacher (Curriculum).