



Williamwood
High School

Mighty oaks from little acorns grow

Food and Nutrition Policy

Respect * Ambition * Kindness



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Williamwood High School's Aims

The school promotes high expectations and standards, which create an inclusive environment, where all are encouraged to strive to achieve their full potential. The positive ethos across the school and a high degree of commitment shown by our staff, our young people and our parents, as well as the wider community, allow the young people of Williamwood to achieve their full potential, both academically and socially.

Our school values of Respect, Ambition and Kindness underpin the life and work of the school. We recognise learners' successes in living the school values through their actions and choices. Our school vision of 'Mighty Oaks from Little Acorns Grow' aims to develop the skills which will enable our young people to become:

- Successful Learners
- Confident Individuals
- Responsible Citizens
- Effective Contributors



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Rationale

A good diet is essential for good health. It is important that children and young people are provided with a solid foundation for establishing healthy, life-long eating habits. Although schools alone cannot be expected to address poor eating habits, they can make a valuable contribution to improving the nutritional quality of diets and promoting consistent messages about healthy eating within a health promoting school environment. By working together, school communities can support children and young people to develop the skills, knowledge and experience they need to make positive dietary choices.

(Education Scotland, School Food Policy, 2020)



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Background and Legislation

Establishing healthy eating habits in childhood and providing growing children with good nutrition are key to ensuring optimum health in adult life.

The link between good nutrition and high attainment is well established and is articulated in the second National Priority in Education: Framework for Learning, where it is a central element of health promoting schools. The national policy brought these issues to prominence in educational settings (Education Scotland, School Food Policy, 2020). 'A whole school approach to school meals in Scotland' (Scottish Executive, 2020) made recommendations so that schools can provide attractive, nutritionally-balanced meals to all children who wish to take them, without fear of stigma, in an environment that is welcoming, comfortable and fun.

This broad approach to children's nutrition has to be considered in the context of the various ways in which food and health are connected. The food we choose to eat has an impact on individual health, as well as on the health of the environment and the people involved from the farm to the plate. In short, for children to become healthy and responsible members of society, they need to understand not just how foods affect their health, but also how their food choices affect the health of others.



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Aims of Policy

To ensure our “little acorns” have all they require to grow into “mighty oaks” at Williamwood High School, we recognise the importance of a healthy diet. Not only does this contribute to healthy bodies, but it also enables children to maintain their concentration and energy levels. This helps pupils to effectively learn throughout the school day, stabilising their moods and sharpening their minds.

Our policy aims to create an environment in which our young people, parents and school staff are more likely to make healthy and responsible food choices.



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Whole School Approach to Food and Nutrition

All members of the school and the wider community should contribute to the development of a healthy food culture. This contribution can be made in the classroom; it can also be made at home, in the school dining room at lunchtime and break, breakfast clubs, cooking clubs, child and parent cooking evenings etc.

Social Inclusion: The approach to food and nutrition within Williamwood High School is sensitive to religious, cultural, medical and financial constraints. The school encourages parents to take up free school meal entitlement. Arrangements for those taking free school meals ensure anonymity as far as possible. Arrangements for those with special dietary requirements meet needs as far as possible.

Social Value: School meals and breaks are timed to allow staff and young people to appreciate their food and to socialise. Queuing is minimised by employing such strategies as staggered sittings, multiple serving and payment points. Supervision is organised to ensure safety, promote healthy eating and support social interaction.



Food Provision

School Canteen

The Catering Manager and office administration team work closely together to ensure that all allergy and dietary requirements are known and prepared for. This information is also shared with the wider staff team. All food items have allergy information clearly displayed and canteen are on hand to offer advice to learners regarding the content of the menu and the price of food items.

Our school operates as a nut-free school and young people, parents and staff are aware of this. We also have posters displayed throughout the school to inform visitors and act as a reminder for all.

Our school lunch menu is displayed on screens throughout the school and is available to all parents via the East Renfrewshire Council website. Young people can pre-order their lunch using the app. The catering team are enthusiastic and committed to delivering menus which are exciting, tasty, healthy and affordable. All food prepared in school canteen follows statutory guidance supporting the implementation of the *Nutritional Requirements for Food and Drink in Schools (Scotland) Regulations 2020*. This ensures learners' nutritional needs are being met whilst in school.

Breakfast Club

Every weekday from 8:00am all learners have access to Williamwood High School's Breakfast Club, where they are provided with a breakfast that they can prepare and eat together. This experience is integral to check in and, as well as providing a nutritious start to the day, allows learners to take part in a social experience where they prepare, eat and clear up as a group, taking roles and working together as a team. At this time our focus is to help strengthen relationships by the sharing of a meal prepared, eaten and cleared up together, promoting a positive ethos around food. The Breakfast Club staff order ingredients which follow Healthy Eating in School Guidance (2020).

Oaky Dokey Snack Trolley

Although targeted for PEF pupils, any pupil can access the trolley which is available during break times. All snacks available are carefully chosen to meet Healthy Eating in School Guidance (2020).

Study Snacks

Fruit, cereal bars and sugar-free drinks are available for pupils who are attending after school study clubs, to help prevent learners snacking on sugary high-calorie snacks.



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Fruit Trolley for CSS Pupils

Children with ASN are particularly likely to be highly selective in their food choices. To help promote fruit intake, the CSS have a pupil-led fruit trolley which the pupils collect and distribute. Not only does this give the pupils independence, but pupils also promote their fruit trolley and persuade others by explaining the benefits of eating fruit.

Water

We actively encourage all pupils to drink water each day. Young people are encouraged to drink more after physical exercise and on hot days. Water is available at the canteen at break and lunch time and water coolers are available for children to refill. We do not permit fizzy juice or flavoured drinks in classrooms and insist that only water is contained in water bottles, which young people are encouraged to carry with them. Energy drinks are not permitted to be consumed in the school.



Food Education

As well as food education being embedded across the school curriculum, Williamwood High School offers SQA Food and Nutrition qualifications to Higher level. Learners have access to Health Education within the curriculum through PSHE, Food Technology and Physical Education. This contributes to improving children's diets through the promotion of consistent healthy eating messages, enabling them to make healthy food choices and to develop lifelong healthy eating habits.

A good diet is essential for good health, but research shows that many children fall short of national dietary recommendations. Schools contribute to improving children's diets through the promotion of consistent healthy eating messages, enabling them to make healthy food choices and to develop lifelong healthy eating habits.

Fair Aware Award

Food Technology BGE pupils cover a series of lessons on Fairtrade in partnership with Morrison's Supermarket, which provided a range of ingredients to cover a series of lessons. The school therefore achieved this Fairtrade Cookery Award.

Quality Meat Scotland

Williamwood High School's Food and Textile Technology annually apply for a Quality Meat Scotland voucher to allow classes to learn cook with a variety of meats: lamb, pork and beef. The lessons ensure pupils have an understanding of protein and the effects on health.

Garden to Grub

BGE classes in Food Technology learn elementary gardening skills, successfully growing and harvesting a variety of vegetables in the school's garden. The learners understood the work and time taken to grow their produce, and used their harvest to prepare a variety of dishes including carrot cake, beetroot brownies, parsnip soup and a stir fry. Seasonality and sustainability and food preparation techniques earned the pupils RHS level 1 and level 2 awards.

Family Evening Cooking Classes

A six-week cookery course was offered to qualifying parents to build skills and learn about ingredients and their relation to health. The class proved to be extremely popular and all spaces were filled. All the dishes were nutritionally analysed to ensure they met Scottish dietary targets for both adults and children. The feedback from the participating families was positive with some parents commenting on the fact that the evenings provided them with a break and relieved some stress. They enjoyed spending time with their families in a relaxed, fun atmosphere.



Food Sustainability

As an eco-school with green flag status, we have a learner-led Eco Committee who are leading the school in our transition to being a greener environment. As part of this, we are committed to ensuring that there is minimal food waste in the school and that all packaging and food waste are disposed of sustainably. We have recently added recycled plates and containers for soup/hot drinks as well as new low-cost metal cutlery that has led to a reduction in disposable plastic waste. In Food lessons, the department provide take-away dishes and wooden cutlery to ensure learners can enjoy their finished product.

Rewards and Celebrations

The school does not encourage the regular eating of sweets or other foods high in sugar or fat, especially as a reward for good behaviour or academic or other achievements. The maximum number of days that this is allowed is four. Other methods of positive reinforcement are used in school. When there are celebrations to mark religious or cultural occasions and during fund-raising events in school, organisers are encourage to consider healthier alternatives wherever possible.

Allergy

Williamwood High School operates a strict allergen policy: we are a nut-free school. No nuts or products containing nuts or kiwi fruits can be brought into any area of the school. Staff and pupils are forbidden to bring any products containing nuts; visitors are advised of this policy through our website and clearly displayed signage at the front door and throughout the school. All product packaging must be checked for warnings directed at allergy sufferers and if these ingredients (or similar) are displayed, the product must not be brought into the building. Pupils suffering from food allergens and intolerances are highlighted on both the canteen systems and the school medical conditions to ensure pupil safety. In Food Technology classes, alternative ingredients are available for pupils to allow participation.

Special Dietary Requirements

If a pupil needs a special diet for medical reasons, a medically prescribed diet registration form can be obtained to ensure dietary requests are met by the school canteen and the Food and Textile Technology Department. To ensure all dietary requests are met for pupils, parents can complete a cultural or lifestyle request form. In Food Technology, teachers ensure wherever possible to meet any special diet requirements to ensure all pupils can access the curriculum.



References

Association of UK Dieticians: <https://www.bda.uk.com/>

Education Scotland, School Food Policy (2020):
<https://education.gov.scot/media/dmxn0elo/school-food-policy-incorporating-nutritional-regulations.pdf>

Food in Schools Across Scotland:
<https://blogs.glowscotland.org.uk/glowblogs/foodforschools/monitoring-templates/>

Food Standards Revised Dietary Goals for Scotland:
https://www.foodstandards.gov.scot/downloads/Dietary_Goals_for_Scotland.pdf

NHS: <https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/>

Scottish Government Health Promotion Guidance:
<https://www.gov.scot/publications/health-promotion-guidance-nutritional-guidance-children-young-people-residential-care-settings/>

Scottish Government Healthy eating in schools: Supplementary guidance:
<https://www.gov.scot/publications/healthy-eating-schools-supplementary-guidance-diet-nutrition-children-young-people/>

Schools (Health Promotion and Nutrition) Scotland Act: Health promotion guidance for local authorities and schools: <https://www.gov.scot/publications/schools-health-promotion-nutrition-scotland-act-health-promotion-guidance-local/>