



## CALLINGTON LEARNING COMMUNITY (FOUNDATION SCHOOL)

# WHOLE COLLEGE FOOD POLICY (INCLUDING FEEDER PRIMARY SCHOOLS THAT WE MANAGE)

### **Introduction**

In the college and the feeder primary schools we manage, we are committed to giving all our youngsters consistent messages about all aspects of health to help them understand the impact of particular behaviours and encourage them to take responsibility for the choices they make. This policy should be read alongside the PSHE, Drugs and Sex and Relationship Policies.

We support the '5 a day' campaign to encourage children to eat five portions of fruit and vegetables a day, which has been shown to reduce the onset of certain life-threatening conditions as well as being helpful in tackling and preventing childhood obesity.

How well are we doing?

### **Rationale**

Callington Learning Community is a healthy community. It is important that we consider all elements of our work to ensure that we promote health awareness in all members of the community. We can provide a valuable role model to youngsters and their families with regard to food and healthy eating patterns.

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

### **Aims and Objectives**

- To ensure that we are giving consistent messages about food and health.
- To give our youngsters the information they need to make healthy choices.
- To promote health awareness.
- To contribute to the healthy physical development of all members of our community.
- To encourage all children to take part in the '5 a day' campaign

### **Settings for Food Policy**

Sweet vending machines are only available after college in the Sports Centre. There are no vending machines within the primary schools.

## **Breakfast Club**

A Breakfast Club operates on a daily basis in the college from 8.00 a.m. – 8.35 a.m. We target some youngsters who we know have little or no time for breakfast in the mornings at home. The food offered is healthy and is consistent with a healthy diet. We provide bacon rolls, croissants, yoghurts, cereal bars, fruit, water and fruit juices.

Delaware and Pensilva Primary Schools hold a Breakfast Club serving cereal, toast, fruit and fruit juices. This is open to children accessing child care from 8.00 a.m. and for families from 8.30 a.m.

There is no demand for a Breakfast Club at Harrowbarrow Primary School.

## **Snack**

At snack break the college provides hot and cold drinks (no fizzy), toast, sandwiches, baguettes, fresh fruit salad, jacket potatoes and pasta meals.

All of the feeder primary schools serve free fruit or vegetables at break times to Key Stage 1 pupils. Some primaries have healthy tuck shops selling healthy snacks and drinks.

## **Lunches**

All college meals are provided in-house. We provide a choice of three main courses each day, a pasta bar, takeaway pasties, baguette bar and salad bar (Monday, Wednesday and Friday), jacket potatoes with a variety of fillings, hot and cold drinks including cappuccino, hot chocolate, latte, espresso choc, tea, juices, milks, waters. We have a no fizzy drinks policy.

The primary schools have two choices each day. All schools purchase fresh meat and vegetables locally and meals are nutritious and well balanced.

## **Partnership with Parents/Students/Pupils/Staff**

We have a Parents' Catering Committee which meet once a term to discuss any issues relating to catering at Callington and the six feeder primary schools which we look after. The Catering Manager meets with students regularly at their committees, i.e. College Council to discuss catering issues and take samples for them to try. Staff at Callington meet at a Healthy Schools Committee to discuss catering issues.

## **Role of the Governors**

Governors monitor and check that the policy is upheld.

## **Eating Area**

We provide two eating areas with seating (one inside and one outside). All students are able to eat within these areas whether they have packed lunches or paid lunches and at each break time. It is called the 'Red Zone'. Each break time is thirty minutes long. There are several litter bins provided in the red eating zone for rubbish. Students are not allowed off the college site during college hours unless they are in the Sixth Form or have authorised permission.

All primary schools have a dining hall except one. All children eat together, irrespective of whether they have school meals or packed lunches. Water is available throughout lunchtime.

## **Training**

All our catering staff have a food hygiene certificate. Our Catering Manager, Catering Supervisor and Assistant Cooks have all relevant catering qualifications for their job.

## **Water for All**

Cooled water is freely available throughout the college day to all members of staff and students. Students may drink water at any time. We have nine water machines throughout the college.

Primary schools also have water fountains and pupils are encouraged to have a water bottle readily to hand. Water is available at all times and children are encouraged to drink regularly.

## **National Events**

We entered the Soil Association 'Food For Life' college meals competition and received a highly recommended. We have also received the Jamie Oliver award for healthy eating.

## **Local Events**

We host each year, the local Rotary Club's Charity Extravaganza to raise money for local charities. Age Concern hold a luncheon with us each year and Sixth Form students volunteer to help serve the meal. We also host the Callington Fireworks Display at the college and several students get involved in helping on the day.

## **Free Meals**

Five per cent of students at Callington College are entitled to a free school meal. A smaller percentage are entitled at the primary schools. They must obtain something substantial with their allowance and not just snacks.

## **Joining with our feeder primary schools**

We manage the catering of six out of eleven feeder primary schools. We provide a healthy nutritious menu. Two of the primary schools are back to real plates instead of flight trays, and we encourage the students to try new vegetables, fruit and new foods and award them with a sticker.

Delaware Primary has a 'special table'. Every week children from each class are nominated by the midday supervisors to sit on a designated table with privileges.

