



RYECROFT C. E. (C) MIDDLE SCHOOL

POLICY STATEMENT

FOOD

CONTEXT

Ryecroft is a Church of England Voluntary Controlled Co-educational Middle School meeting the needs of boys and girls from aged 9-13. Ryecroft is committed to the principals of the Every Child Matters programme, which states that “every child whatever their background or circumstances, should have the support they need to be healthy, stay safe, enjoy and achieve, make a positive contribution and achieve economic well-being”.

AIMS

- To encourage members of the school community to make informed choices about their food habits and intake.
- To help our pupils acquire the skills and knowledge to make healthy choices and set a good example by offering healthy food and drink throughout the school day.
- To integrate our aims into all aspects of school life, including food provision within the school; the curriculum and pastoral and social activities.
- To ensure that all aspects of food and nutrition in school promotes the health and well being of pupils, staff and visitors to our school.

OBJECTIVES

- Our formal curriculum is reviewed regularly to ensure that all information relating to food and nutrition is consistent and up-to-date.
- We work closely with county catering to ensure that all pupils have a wide choice of nutritious healthy food at lunchtime.
- We offer pupils a pre-ordering service.
- We provide guidance to parents on ideas for healthier packed lunches.
- We invite parents and visitors to enjoy a school lunch weekly.
- We provide samples of school lunches at Open Evenings.
- All pupils are allowed to drink water during the day.
- The teacher who delivers food technology in Design and Technology is a specialist teacher and has her basic food hygiene certificate.
- We provide support for special nutritional needs.
- We consult with the school council regarding healthy eating.
- We offer catering to groups within the local community.

CURRICULUM CONTENT

- Food, nutrition and healthy drinking and eating messages are inherent in the school ethos.
- The importance of healthy eating and relevant food and nutrition is taught in both key stages in design technology. The science department also looks at nutrients and ingredients as part of the science scheme, the consequences of a poor diet, eating disorders and marketing of food.

| | Key Stage 2 Year 5 and 6 Curriculum Area Food Technology | Key Stage 3 Year 7 and 8 Curriculum area Food Technology |
|-----------------------------|---|--|
| Knowledge and Understanding | All year 5 pupils learn about basic nutrition and study a topic on cereals. This includes some multi cultural work on breads from other countries. | All key stage 3 pupils look at nutrition in more depth. This includes making healthy choices to receive a balanced diet. They use a wide variety of foodstuffs as well as introducing the more unusual ingredients. In Geography they consider food availability in other countries including third world areas. |
| Skills | They have access to basic equipment which they are taught to use correctly and they learn different methods of cookery. | Build on their skills and use more technological equipment. They learn about risk assessment and hazard analysis. |
| Attitudes | All pupils are encouraged to appreciate a wide variety of foods and taste foods that may be new to them. Both key stages look at multi-cultural food and those countries where there is a food shortage. | All pupils are encouraged to appreciate a wide variety of foods and taste those that may be new to them. They start to understand the importance of why a healthy diet is so important and learn how to modify and adapt recipes to make them healthier. |

SUPPORT FOR SPECIAL DIETARY NEEDS AND EATING DISORDERS

- All pupils are considered equally at Ryecroft Middle School
- Information is requested from all parents at the beginning of each academic year to identify if there are any medical problems or special dietary requirements
- The Food Technology teacher is aware of those pupils with special dietary needs and plans lessons accordingly, modifying recipes so that no child would be singled out
- All staff ensure that any cultural and social differences are treated sympathetically

EXTRA CURRICULAR ACTIVITIES

- The school has a gardening club which further compliments the healthy school ethos.
- The school participates in the Rotary Young Chef of the Year competition.

Signed on behalf of the Governing Body

Chair

Date