

## Healthy Eating and Kashrut Policy

Last Review March 2019 – Inclusion Committee

Next Review: March 2022 – Ethos Committee

Addendum added: November 2019 (School event catering policy)

### Aims

Proper nutrition is essential for good health and effective learning. We aim to:

- Provide a consistent programme of curricular, cross-curricular and extra-curricular nutrition education that enables students to make informed choices without guilt or anxiety
- Provide a whole school approach to nutrition that makes healthier choices easier choices
- Work in partnership with catering staff to ensure that nutritional standards are implemented by providing attractive, value for money meals that are appropriate to the needs of the school community
- Work in partnership to achieve a pleasant and sociable dining experience which enhances the social development of each student
- Educate students to understand the issues of ethics and food

### Nutritional Aims:

- To encourage students to choose a variety of foods to ensure a balanced intake in line with the national nutrition guide – ‘The Balance of Good Health’ and new nutrition standards.
- Encourage foods which are rich in vitamins, iron and calcium, in particular fruit, vegetables, meat, beans, bread and low fat dairy products.
- Encourage starchy foods as a source of energy (such as bread, pasta, rice and potatoes) rather than fatty foods or sugary foods high in fat and sugar.
- Encourage fruit juices, lower fat milk and sugar-free drinks.
- Discourage sugary drinks and snacks between meals.
- Encourage the drinking of water throughout the day.

### School Catering

The subtle messages that students receive about food and health from the daily life of school are as important as those given during lessons, e.g. school menus, peer pressure to eat certain snacks, and packed lunches. By working together, we can promote healthier eating habits and aim to provide food of the highest standards.

- Changes made to menus and sales are agreed between the school and catering staff. The preferences of our diverse school community are considered within the framework of the nutritional standards.
- Catering staff will always try to respond to reasonable requests and to support theme days linked to curriculum areas or calendar events.

### Additional Sources of Food

We recognise there may be alternative sources of food available to students at certain times (e.g. vending machines, tuck shops, cake sales). With secondary age students in particular, it is important to recognise the need to educate young people to make their own choices rather than totally control choices. However, all food sources will be vetted and, whenever possible, foods following nutritional standards will be offered. Students will be encouraged to consider the ethical issues linked to food e.g. the debate about Fairtrade.

### School Ethos, Environment and Organisation

The school recognises:

- The importance of lunchtime organisation on the behaviour of students
- The value of promoting social skills.

Teachers, caterers and mealtime supervisors work together to create a good cafeteria ambience and the development of appropriate social behaviour. All lunchtime duties carried out by staff will be paid and a free meal given, or time off in lieu will be ensured. The School's Behaviour for Learning policy makes clear that all members of staff are part of a single structure and all worthy of equal respect.

### **Free School Meals**

The school recognises the potential value of school meals to children from low-income families. A positive feature of the cashless catering system is the creation of anonymity to students entitled to free school meals.

### **Curriculum, Teaching and Learning**

- The National Nutrition Guide informs our teaching in this area across the curriculum.
- All students in Years 7-9 follow courses in Food Technology
- Healthy Eating is taught in Years 7-11 through Kvutzah (PSHCE).
- The Jewish laws of kashrut (dietary laws) will be taught through the Jewish Education Department
- As part of their Modern Foreign Languages course students are taught the French and Hebrew terms for food and drink items.
- At Key Stage 3 they learn the French and Hebrew terms to categorise foods into healthy/non healthy groups and at Key Stage 4 how to sort into nutrient types, e.g. Proteins, vegetables, etc. In preparation of coursework they talk about ideal and well-balanced meals and why some foods are healthier than others. They compare and contrast meals in Israel/France with those in the UK and discuss fast food and why it is not healthy.

### **Parental and Student Involvement**

- Students have an opportunity to express their views and make suggestions about school catering via the Student Parliament and the suggestion box.
- Parents new to the school are provided with information about the swipe card system

### **School Kashrut Policy**

- Kosher lunches will be available for students to purchase throughout the school year
- No food may be brought into the school kitchen or cafeteria unless authorised by the Director of Jewish Life or the Director of Jewish Learning, who will act under the guidance of the Shomer (kashrut supervisor)
- All food brought onto the school campus must be vegetarian, dairy, or parev
- Students will be allowed to bring in a vegetarian, dairy or kosher fish (not seafood) packed lunches to be eaten in a specially designated space
- The staffroom and staff offices are spaces where adults may bring in their own vegetarian, kosher fish (not seafood) or dairy food
- No meat will be allowed onto the school campus, unless brought in by the caterer.

### **Kashrut Policy on a School Trip**

- Where the school organises food on a school trip, it will be kosher
- All residential trips will be catered by kosher caterers authorised by the Director of Jewish Life or the Director of Jewish Learning.
- Students may buy their own snacks, or packed lunches when directed, for their own consumption which must be vegetarian and nut free<sup>i</sup>. Students are to be mindful and respectful to others who keep kashrut. It is not the role of the school to police what students do and do not eat. Parents should brief their children before the trip.
- Staff may bring and/or purchase vegetarian, nut free, fish (not seafood) or dairy food.

---

<sup>i</sup> Nut and Other Allergies: No nuts, products containing nuts, those which may contain nuts, products containing palm oil, sesame seeds or sesame derivatives are allowed on the school premises at any time or on school trips. In addition, foods that have traces of nuts are also forbidden.

### **Addendum 1**

#### School event catering policy

JCoSS is a religiously inclusive school that caters for all religious observances without excluding any member of staff

To this end:

- All food for official school business must be Kosher with a Hescher or must appear in the Kosher Nosh guide as kosher.
- Any school event that is to be catered within school premises should be catered by a supervised caterer or Caterlink, the school lunch supplier.
- The JE faculty will ensure that up to date kosher guides will be given to each faculty for staff to use when purchasing food for staff meetings etc.
- All diets will be catered for including Kosher, gluten free, vegetarian and vegan.
- Any food being brought into school for Yom Tzedaka will be checked by JE staff for Kashrut