

THE LION WORKS SCHOOL



The Lion Works School Meals and Food policy

Aim

The purpose of this policy is to support students, parents and staff to understand the role that food preparation and food play in the day-to-day of The Lion Works School. This policy will lay out our offering, expectations and limitations in terms of food and drink at The Lion Works School.

Cooking

We are a 'food positive space'. This means that we enjoy preparing, sharing and consuming a variety of food and drinks. Our students all cook at least once per week. Each form group is allocated one day per week when they cook food for the school's lunches. This is a hot meal and is provided free of charge by the school. The students plan which meal they will cook for the following week with the support of their form tutor.

Students in years 10 and 11 are able to complete a BTEC in Travel and Tourism (Catering).

Lunch

Meals are eaten collectively to encourage social communication. Mealtimes are led by a teacher in order to support students with portion control and healthy choices. Staff are provided with meals free of charge so as to be able to model healthy eating and social communication during lunch times. There is always a hot meal (meat), hot meal (vegetarian) and cold options including a sandwich and wraps. We encourage students to try a range of food but appreciate eating can be a multi-sensory experience and a young person's ability to engage with this can vary.

There is always a quiet lunch space available for those who need to limit their sensory inputs whilst eating.

If students decline to eat a meal they will not be sanctioned. Parents will be informed of this at the end of the day and where appropriate an individual action plan will be drawn up between parents and staff.

We are not a nut free zone at this time.

Packed lunch

Students are welcome to bring a packed lunch to school if they prefer. The packed lunch should consist of a balanced meal. The items should consist of a carbohydrate and protein source as well as an appropriate natural sugar or dairy and sugar. An example of this might be: a whole meal wrap with cheese and salad and a yoghurt.

Snacks

Students are welcome to bring snacks to school with them, but these must be eaten in designated breaks. Fizzy drinks are not permitted but flavoured waters and flavoured soft drinks are.

Caffeinated drinks are not permitted (Red bull, Monster etc). It is not appropriate for a child to consume these drinks on account of their highly concentrated ingredients.

Fruit is always available in breaks and is provided by the school.

Healthy meals

The school encourages healthy eating at all times. Students are taught about the government advised "healthy plate" in their PSHE and cooking lessons. Students are also taught that healthy meals can take over forms. Students are taught that foods are neither healthy or un-healthy on their own and the relative impact on health stems from a range of factors including the volume of food, high-calorie vs low calorie foods and the importance of a healthy lifestyle.

School trips

A packed lunch will be provided by the school on a school trip. This will consist of a carbohydrate, protein and fruit/salad. There may also be some sugars natural and added. Water will also be provided. Students are welcome to bring a packed lunch by the same guidance applies as to lunches in school.

Drinking water

Drinking water is always available. Students are encouraged to drink in every break and lunch. The frequency of these reminders is increased in hot weather.