

Bicester Technology Studio

Meals Policy

Introduction

Bicester Technology Studio (BTS) is committed to providing healthy meals which students will choose to eat. It wants all students to have the confidence, skills and understanding to make appropriate food choices.

The school takes account of the 'Food in Schools' Guidance and the '5 a day' message encouraging students to eat at least five portions of fruit and vegetables. It ensures that nutritious food is available across the school day.

Students have access to drinking water throughout the day. Students may take and drink bottled water during lessons, provided no compromise to health and safety is made. No other drinks are allowed.

The school meals provided comply with the nutritional guidance from the DfE.

No student (including Post 16 students) is allowed off the premises at lunch time and students either bring a packed lunch or are provided/purchase a BTS meal.

Aim

The objectives of the school are in line with Healthy Schools and the school is committed to:

- Promoting a BTS ethos and environment which encourages a healthy lifestyle
- Using the full capacity and flexibility of the curriculum to achieve a healthy lifestyle
- Ensuring the food and drink available across the school day reinforces the healthy lifestyle message
- Ensuring the food provided for students and staff is enjoyable and popular

Operation

- A breakfast is available between the hours of 8.00 am and 8.30 am which provides a variety of healthy options as the breakfast offer to suit different budgets, tastes and requirements.
- Students may sit and chat, read the selection of daily papers available.
- During breaks, options for light, healthy snacks are available, again aimed at providing good value for money, variety and nourishment.
- Students at the school will take their lunch break at the time most appropriate to them within their available breaks. This creates an ambient atmosphere for diners to eat and chat.
- Employees and students dine together at BTS; this ensures passive supervision during breaks.
- All students are offered a hot meal, which always includes a vegetarian option and a range of snacks including sandwiches and fruit.
- The school will utilise cashless catering model. Free school meals are available for those students whose families have applied for them.
- On completion of their meal, students return their used plates and glasses to the appropriate area.

Monitoring and Evaluation

The Board of Governors and Principal will monitor the operation and effectiveness of the BTS' Meals Policy at specified intervals.

Policy Written: May 2016

Policy review date: 31 August 2017