



# Healthy Eating Whole School Food - Policy

Review Period: 3 yearly – Summer Term

Review By: Leadership Group & H&S

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## **Healthy Eating - Whole School Food Policy**

### **Aim**

To ensure that all aspects of food and nutrition in school promote the health and well-being of pupils, staff and visitors to the school.

### **Rationale**

The school recognises the important connection between health eating and a pupil's ability to learn effectively and achieve high standards of learning and behaviour in school. It also recognises the role the school can play, as part of the larger community, to promote family health and sustainable food. The school recognises that meal time is a fundamental, social experience for all people; a primary way to nurture and celebrate our cultural diversity; and an excellent bridge for building friendships.

### **Objectives**

- To ensure that pupils are well nourished at school, and that every pupil has access to safe, tasty, and nutritious food, and a safe, easily available water supply during the school day.
- To ensure that pupils are consulted with regard to the menus and organisation of the meal service offered.
- To make the provision and consumption of food an enjoyable and safe experience in a pleasurable environment.
- To ensure that food provision in the school reflects the ethical, cultural and medical requirements of staff and pupils.
- To provide opportunities for pupils to plan recipes, budget, prepare and cook food.
- To improve the health of pupils, staff and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes healthy eating.
- To introduce and promote practices within the school to reinforce these aims, and to remove or discourage practices that do not support them.
- To monitor menus and food choices to inform policy development and provision.

### **Guidelines**

The school will consult with the following:

- students through the School Council.
- staff through staff meetings and through monitoring schemes of work
- parents through parent meetings and/or questionnaires/surveys
- catering staff through briefings at Leadership Group meetings

The school actively promotes healthier food choices during the day by:

- developing a breakfast club
- ensuring food available at all times from the school canteen is prepared in line with DFE guidance.
- having facilities for pupils to sit in social groups for meals
- having water freely available throughout the day

Canteen staff receive training in the use of equipment and in food preparation on a regular basis.



### **Monitoring and evaluation**

Pupils are consulted on a regular basis through School Council regarding their views on the school meals service. Senior staff consult with the catering staff, in particular the Catering Manager, to monitor the effectiveness of the school meals service. Both parents and pupils are consulted on an annual basis through surveys.

### **Conclusion**

The school is committed to providing a Whole School awareness of Healthy Eating. This is both through the taught curriculum and through providing healthy food choices in line with DFE guidance. The school has a refurbished kitchen and new refectory and intends to develop this further to provide more and permanent seating areas for students to use when finances allow.

The Healthy Food policy is monitored throughout the year by pupils, staff and parents.