

## **Whole School Food Policy**

### Why do we have a food policy?

- ✿ To ensure that all aspects of food and nutrition in school promote the health and wellbeing of pupils, staff and visitors to our school
- ✿ To make it clear that this school actively supports healthy eating throughout the school day because there is an important connection between a balanced diet and a student's ability to learn effectively

### What do we want to achieve?

- ✿ To ensure 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 the provision and consumption of food is an enjoyable and safe experience
- ✿ To ensure that the whole school community understands that a balanced diet is recommended
- ✿ To increase pupils' knowledge of food production, manufacturing, distribution and marketing practices, and their impact on both health and the environment
- ✿ To increase pupil, parent and staff knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet, and hygienic food preparation and storage methods
- ✿ To ensure that food provision in the school reflects the ethical and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian, medical, and allergenic needs

### School Ethos

The importance of a balanced diet is consistently communicated throughout the school day including trips and events. Staff are strongly encouraged to participate and model balanced eating as a valuable part of daily life.

### Curriculum

Through Beliefs and values, PE, Me and My World, Science, DT and the pastoral system, healthy eating and hygiene is encouraged as well as the importance of sustainability and the environment.

Curriculum delivery will involve practical food experience delivered by properly trained staff and will be adequately resourced.

### Water

All pupils and staff have water freely available at all times and are able to refill bottles easily. Certain classrooms/subjects may wish to manage the intake of water for safety or behaviour management issues.

Food or drink sold or provided to the pupils is consistent with this policy and the government's non-lunch standards (including vending machines). These are no confectionary (e.g. chocolate, sweets, cereal bars, processed fruit bars, yoghurt/chocolate coated fruit), no savoury snacks (e.g. crisps, salted/sweetened nuts), and that a variety of fruit and vegetables should be available in all school food outlets.

Kitchens selling food at breaks may be able to provide a wider range of snacks within the standards and the policy can therefore be expanded upon appropriately.

### Lunchtime

Lunches meet the School Food Trust's national standards. All pupils have a choice enabling them to eat healthily. Meeting the government's food-based standards meeting one third of a child's average dietary requirements across a menu cycle.

Pupils are encouraged to taste and eat new foods.

Packed lunches are monitored and the curriculum encourages a healthy balance. This is done through healthy eating surveys, tutor activities and house assemblies.

Children cannot leave the school site at lunchtime.

### Staff and Visitors

Staff will be encouraged to model the food policy.

Visitors will be offered healthy refreshments or at least a choice which contains a healthy option.

### School Visits and Events

Food served at events and offered on trips will be consistent with school policy. Guidance on packed meals will be given encouraging a healthy balanced choice.

### Equal Opportunities

Provision is allowed for special diets e.g. medical, cultural, and vegetarian.

Free packed and cooked lunch provision will be handled sensitively.

### Personnel

A member of the senior leadership team is responsible for food in school via the line management of the kitchen staff and oversight of the curriculum. This will be evaluated through challenge 2 meetings.

This document is freely available to the entire school community. It has also been made available on the school web-site.

This policy will be reviewed on an annual basis.

Policy agreed as of 18 May 2017.

Review date: To be reviewed by new Academy sponsor