

PRINCIPLES

We aim to:

- ensure that healthy food and drink is provided at all times of the day and that it responds to statutory guidance in relation to nutrition;
- meet the stipulated School Food Standards;
- be allergy aware and make the ingredients within dishes known to students;
- ensure that we are giving consistent messages about food and health to students;
- provide our students with the information they need to make healthy choices;
- promote health awareness;
- contribute to the healthy physical development of all members of our school community.

PUBLISHED	Website	✓	Pre-admission documentation	Student/Parent Planners	On Request
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PRACTICE

1. INTRODUCTION

- 1.1. We are committed to giving all students consistent messages about all aspects of health to help them understand the impact of particular behaviours and encourage them to take responsibility for the choices they make.
- 1.2. It is important that we consider all elements of our work to ensure that we promote health awareness in all members of the school community. We can provide a valuable role model to students and their families with regard to food and healthy eating patterns.
- 1.3. Through effective leadership, the school ethos and the curriculum, all school staff can bring together all elements of the school day to create an environment, which supports a healthy lifestyle.

2. BREAKS

- 2.1 There are two breaks during the school day: 10.55 – 11.15 and 13.15 – 13.50.
- 2.2 All school meals are provided by our contracted caterer.
- 2.3 This Food Policy is applied to all items sold.
- 2.4 Daily meals include a daily choice of fresh fruit and vegetables. There is always a hot and cold option available, both of which pay regard to the requirements of the School Food Standards. Where meat is used there will be a non-halal option.
- 2.5 The school does not provide fizzy, energy or added sugar drinks. Students are not permitted to bring such drinks onto the school site.

3. PACKED LUNCHES

- 3.1 Food-based standards also apply to all packed lunches provided by the school caterer.
- 3.2 Students who bring a packed lunch to school are encouraged to eat healthily.

4. WATER

- 4.1 Water is freely available throughout the school day to all members of the school community from the water fountains at the rear of the school building.

5. FOOD EDUCATION

- 5.1 There are many opportunities for students to develop knowledge and understanding of health, including healthy eating patterns and practical skills to help students to understand: where food comes from, how people complete their shopping, appropriate ways of preparing and cooking food. This will include: learning about Fair Trade and global inequality in Geography; using ratio and proportion which could be used to

calculate the volume of liquids and the mass of ingredients in a recipe in Mathematics; learning about how healthy eating affects exercise in PE.

- 5.2 During PSHCE students will have the opportunity to take responsibility for their own health and well-being and consider how to develop a healthy lifestyle, addressing issues such as body image.
- 5.3 The school does not encourage the regular eating of sweets or other foods high in sugar or fat, especially as a reward for good behaviour or academic or other achievements. Other methods of positive reinforcement such as Vivos should be used in school.

6. PARTNERSHIP WITH PARENTS

- 6.1 It is recognised that the partnership of home and school is critical in shaping how young people behave, particularly where health is concerned. Each must reinforce the other. This is not always easy but our school is well placed to lead by example. Where appropriate, parents are briefed about the school's catering service through its publication of *In The Know* and menus are published for parents on FROG. Parents are also sometimes invited to the dining room during Parents' Days to meet with the catering team and sample the food.

7. FOOD & HYGIENE INSPECTION

- 7.1 A formal inspection by an external consultant is reported to the school.

8. MONITORING AND REVIEWING

- 8.1 The school's contracted caterer is responsible for ensuring that the food served is in accordance with this policy. Compliance is also checked as a part of the termly Hygiene Inspection.
- 8.2 A representative of the school's Leadership Team will provide on-going feedback to the school's contracted caterer.
- 8.3 This policy is reviewed annually to take account of new developments.