

076 Healthy Food

Responsibility: CGJ
Date: September 2017
Next Review: June 2020

1. Philosophy

In setting out this policy, staff and governors at the school seek to emphasise our approach to food issues. We believe it important that our children are encouraged to:

- See food and meals as part of one of the enjoyable aspects of life and to understand the social side of eating with friends and family
- Understand the wider implications of food choice in terms of the impact on health and fitness
- Experiment in food choice and to understand the significance that certain foods have in different cultures
- Develop the skills to ensure that they understand the basics of food hygiene, preparation and cooking

2. Food Choice

In order to encourage healthy eating, the school has liaised with the school meal providers to establish a wide range of choices. On all days there are choices that include sandwiches, salads, panini, a pasta meal and three different main meal choices. Main meals are prepared in the school kitchen and are not 'bought in' frozen meals. The kitchen does not serve burgers or related "fast food" products. Chips are served only on Fridays as part of the traditional fish and chip lunch.

With the exception of pupils going home for lunch as authorised by parents, pupils are not allowed off-site at lunchtimes and only a relatively small percentage take up this opportunity, ensuring that the vast majority of pupils take up a school lunch.

At morning break the kitchen provide a "tuck shop" facility. This facility provides light snacks including toast, croissants, biscuits and other home baking. No chocolate or sweets are sold on the school site. The school has no vending machines.

3. Drinks

The school serves only soft drinks approved by the school's catering service. Water dispensers are available in the dining hall and elsewhere in the school. Pupils are allowed to drink in classrooms, but only water from plastic bottles.

4. Social Eating

The school encourages pupils to develop the social side to eating and places high emphasis on developing good eating habits. The use of metal knives and forks are encouraged with all hot

meals, and all food must be collected on plates and trays. Children are discouraged from walking around whilst eating. The dining room is well furnished with modern, attractive furnishings and server. Pupils should only consume food in the dining room unless staff have given permission for food to be consumed elsewhere.

5. Education

Programmes in PSHE, Science, Physical Education and Technology develop pupil understanding of the importance of a healthy diet. This is supported by the work of the Spectrum facility where children who have questions about health, diet and exercise can go. The facility is currently open three lunchtimes each week supported by our school nurse. Where staff have concerns about the diet and well-being of a pupil, they can refer the young person concerned to the Spectrum facility and the School Nurse can speak to the child concerned, along with their parent as necessary to discuss the issue and identify any support strategies.

6. Consultation

The school will consultation of parents and students about the standards of school meals. Pupils are involved in regular discussion through the Year and School Council system. Pupil comment is fed through to staff when issues have arisen or when it is time for review.