

ADEYFIELD SCHOOL

“Ever Onward”

POLICY ON: Healthy Food Policy

AIMS:

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.

PRINCIPLES:

- Reinforce appropriate messages relating to food and nutrition, ensuring consistency between the curriculum and food provision.
- Provide parents/carers with information on and involvement with aspects of food in school.
- To contribute towards the whole school overall aims of providing a safe, healthy learning environment where learning is for everyone.
- For the senior member of staff in charge of school food to work with the school finance officer, the caterers, chair governor, food technology teacher, Head of PE, a Head of year and a representative of the School Council to meet termly as the Healthy School Committee.
- To plan, coordinate, implement and oversee the planning and coordination of nutrition education, provision of food and physical resources of the dining room.

PRACTICE:

Nutrition in the curriculum:

- PSHE policy and curriculum is consistent and up-to-date regarding food and nutrition.
- Highlighted through whole school, key stage and year group assemblies.
- Taster sessions are carried out as per school calendar.
- Health week promoted with speakers and events taking place as per school calendar.

The eating environment:

- Welcoming eating environment with a variety of spaces, displays and clear guides to ordering food displayed and followed.
- Appropriate cutlery and equipment made available to students and clear directions to putting used cutlery away after use.
- Teaching and catering staff are always present during break times and lunch times to ensure appropriate behaviour is adhered to.
- Year groups have set times to enter the dinner hall at lunch time to ensure counters do not experience overcrowding at busy times.
- School food and drink provision:

School food and drink provision:

- All meals served at breakfast, break and lunch meet standards set out by the SFT.
- Menus are displayed around the school each day and sent home to parents at the start of each school year.
- Parents are advised of food that students should have in their packed lunches and food taken on trips includes fresh sandwich, fruit, drink and biscuit.
- Small portions are served to reduce the amount of food wastage. More food can be requested by individuals.
- Food provided outside of lunchtime at after school clubs, trips, school events and celebrations etc, is organised by the Food Technology department and meets the SFT standards.
- Water fountains placed around the school.

Communication:

- Parents and staff are invited to attend cookery classes held by the food technology department.
- Pupils can feedback their views through the school council and their year group taster sessions as calendared.
- Parents and pupils are updated regarding changes, events and expectations through newsletters home each half term.

Rewards and special occasions:

- Food should not be used for reward. Parents/carers should be informed of eating arrangements that are provided or made available to students on school trips, seasonal celebrations and outside of school day events.

Quality assurance:

- All staff offering practical cookery skills sessions have basic food hygiene training.
- All staff teaching nutrition should have the opportunity to receive training to ensure consistent approach and baseline knowledge of healthy eating.
- Visitors to the school should be made aware of the schools ethos and policy towards healthy eating before delivering or planning their sessions.
- Expert advice will be sought for matters outside of basic healthy eating advice to ensure an evidence based approach to nutrition is taken within the school.

Meeting the needs of pupils with special dietary needs:

- Students with food allergies, diabetes, celiac etc are identified on enrolling in the school.
- Foods from a wide variety of cultural backgrounds are served on school premises.
- A vegetarian option is provided daily in order that students may abide by their religions food laws.