

CHESLYN HAY SPORT AND COMMUNITY HIGH SCHOOL

GOVERNORS POLICY

Whole School Food Policy

1. Introduction

Cheslyn Hay Sport & Community High school is committed to a whole school food policy which will encourage all aspects of food to be considered holistically to ensure that all elements of it are promoted consistently and appropriately to the individuals needs. The content of our policy reflects the entitlements of every student to healthy and nutritious food as set out by the National Curriculum and the government nutritional standards. The policy has been developed based on advice and guidance from the LA, Food in Schools, School Food Trust and teachernet.gov.uk. We believe that by improving the provision of healthy food within our school and providing our students with clear information and guidance they will be able to experience healthy food and make informed decisions which will lead to them partaking in a safe and healthy lifestyle.

2. Our aims

- To actively promote healthy food and drink as part of an enjoyable and balanced diet through our provision and consumption of food in school and restriction of the accessibility and promotion of less nutritious options
- To provide access to and promote healthy nutritious food and drink to all stakeholders of the school including students, staff and visitors
- To deliver clear appropriate information about food, nutrition, well-being and healthy eating to all stakeholders of the school including students, staff and visitors.
- To provide learning opportunities both within the curriculum and extra-curricular in relation to healthy diets, nutrition, food safety and hygiene, food preparation and cooking, and food provision.
- To involve the entire school community in developing and evolving our food policy

3. How we intend to achieve our aims

- Communicate this policy to the school community in a wide range of ways that make will make it accessible to all.
- Provide continual professional development for all staff to ensure that the whole school food policy is implemented consistently
- Ensure that this policy is considered in relation to other policies such as rewards and sanctions to ensure a consistent approach
- Review regularly the formal school curriculum and extra-curricular activities to ensure that the teaching and learning about food meets current government requirements and guidelines.
- Promote the awareness of healthy eating, preparation and cooking of food through the formal curriculum and extra-curricular activities
- Promote healthy lifestyles through food by developing extra-curricular activities, involving external agencies and participating in regional and national events
- Maintain a productive working partnership with the school catering provider(LA/Chartwells) to review the provision of school meals once each term and develop an approach to promote healthy choices by students, staff and visitors
- Work in partnership with the school catering provider (LA/Chartwells) to ensure that all food and drink sold or served on the premises between the hours of 8am – 6pm meets the “New National Standards” and supports Healthy Schools, including breakfast clubs, lunches, after-school meals, tuck shops, mid-morning break and after-school clubs
- Work in partnership with parents, students, staff & visitors to encourage that all food brought onto the school premises between the hours of 8am – 6pm, meets the National Standards and supports Healthy Schools, including breakfast clubs, lunches, after-school meals, tuck shops, vending, mid-morning break and after-school club
- Provide easy access at all times of the day to free, fresh drinking water
- Actively restrict the availability of snacks other than those permitted within the new nutritional standards
- Actively promote the taking up of school lunches by staff, students and visitors
- Continually improve the dining experience by developing a pleasant and enjoyable environment and negotiated systems
- Undertake surveys of stakeholders opinions and views through existing school processes including the school council

4.0 Reviewing, monitoring and evaluation

- The effectiveness of this policy will be monitored and evaluated by a named member of the senior leadership team who will oversee all aspects of food in schools including the annual review of the Whole School Food Policy
- We will analyse surveys of stakeholders views on an annual basis
- We will analyse data of meal take up provided by the catering providers (LA) on an annual basis
- We will apply best value principles to inform our evaluation of provision
- We will produce an action plan on an annual basis to improve the effectiveness of our policy.

5.0 Our expected outcomes

Through the implementation of our policy, we expect to achieve:

- Improved levels of concentration, attention and behaviour
- Improved academic performance
- Increased consumption of water
- Reduced levels of litter within the school environment
- Students, staff & visitors being able to make informed decisions on making healthy lifestyle choices
- Consistency between the formal curriculum and what is available to eat on the school premises
- Whole school policies for behaviour & rewards consistently promote healthy eating and healthy schools

Lead SLT member: CBY

Date of next review: summer term 2019

Reference: Food policy CBY 08 18