

GREAT HEIGHTS ACADEMY TRUST

To note: this policy will be re-written once guidelines for schools on the National Food Strategy June 22 are issued

WHOLE SCHOOL FOOD POLICY

2019

RATIONALE

To influence and improve the health of the whole school community by equipping children and their families with ways to establish and maintain lifelong healthy eating habits that benefit both themselves and the environment. This will be accomplished by providing high quality food education and school food and ensuring consistency in food messages throughout the school day.

FOOD LEADERSHIP

Aim

To ensure staff and governors facilitate the role school plays in promoting family health and healthy eating.

Objectives

- To ensure key staff and teachers have the necessary skills to educate the whole school on food and nutrition topics.
- To ensure dietary requirements of all stakeholders are met including food allergies and intolerances, religious beliefs and cultures and vegetarians.
- To ensure the catering staff are involved in the life of the school and given opportunities for continuous professional development.
- To promote healthy packed lunches and snacks.
- To provide a high quality school meals service to our consortium of local schools.
- To promote the school meal service to parents and improve the take-up of school meals, including free school meals.

FOOD QUALITY AND PROVENANCE

Aim

To ensure pupils and staff receive nutritious, fresh, local and organic food at lunch and that this food is delicious, seasonal, affordable and safe.

Objectives

- To provide food which meets the nutrient-based standards.
- To seek to achieve targets of 75% unprocessed, 50% local and 30% organic ingredients, and to address issues of seasonality, animal welfare and sustainable fishing.
- To ensure pupils have easy access throughout the day to drinking water.

FOOD EDUCATION

Aim

To provide a well-planned curriculum course of study that incorporates messages about nutrition, food hygiene and sustainable and ethical food production and which is completed and reinforced by practical hands-on food education e.g. Cooking and growing projects and farm links.

Objectives

- To help pupils develop an understanding of the relationship between a healthy diet and physical activity for their short and long-term wellbeing and health.
- To help pupils understand others views and beliefs around food and understand that some people have strict dietary needs.
- To give pupils and the wide community the opportunity to acquire basic skills in planning, preparing and cooking healthy meals, and an understanding of basic food hygiene.
- To provide pupils and members of the wider community with the opportunity to learn about the growing and farming of food and its impact on the environment.
- To provide opportunities for pupils to eat and cook with vegetables they have grown themselves.
- To create opportunities for pupils to connect with local producers and food businesses, to help them become intelligent and responsible food consumers.

FOOD CULTURE AND COMMUNITY INVOLVEMENT

Aim

To create an enjoyable and sociable dining experience for pupils in school and a lively food culture within the school and its wider community.

Objectives

- To provide an enjoyable lunchtime experience and environment
- To educate pupils in table manners and etiquette.
- To ensure parents have a healthy approach to packed lunches and snacks in school
- To promote a good understanding of healthy and sustainable foods in families and the wider community through the involvement of growing and cooking projects and food events.
- To share the learning experience of food issues with other schools and community groups.

Date reviewed and agreed: May 19