



The Grange School and Sports College Policy Document



1. **Title:**

Whole school Food Policy

2. **Purpose:**

To create a whole school approach to healthy eating.

3. **Aims:**

- To implement nutritional guidelines and ensure all our menus remain compliant with these guidelines
- To educate all students about the need and benefits of eating healthily
- To provide food and drinks during the school day which actively supports the healthy eating guidelines
- To give staff and students a choice from a variety of foods and drinks daily
- To operate a pricing and serving system which actively promotes healthy options
- To create calm and pleasant serving and eating environments which are well supervised
- Reduce environmental impact, ie food packages/litter on the site
- To maximise the cost effectiveness of healthy eating

4. **Policy:**

- Food and drinks in school will be regularly monitored by the SLT to ensure that nutritional guidelines and advice from DCSF is followed through and students receive quality products and suitable prices every day
- All school staff will be asked to actively promote healthy eating as appropriate and to contribute ideas
- Students will not be allowed to leave the school site during break or lunchtimes unless parents have specifically requested in writing that their child is allowed home for lunch during the lunch break
- Bright, colourful healthy information/posters will be displayed around the canteen
- The upstairs canteen will be open every morning from 8.00am to 8.25am to serve breakfast foods and drinks
- Breaktimes – the canteen will be open during breaktimes selling snacks and drinks. Teaching staff will be on duty in this area daily
- The upstairs canteen will operate 3 areas – 2 areas selling hot foods and 1 salad and sandwich bar and one hot pasta point
- Students will be asked for their views and ideas for implementation on food in school via the school surveys/questionnaires
- Healthy foods will be priced appropriately to encourage purchase
- Confectionary and savoury snacks will not be available through the lunch time
- Cold water will always be available in the canteen
- Fresh vegetables and salads will be available daily
- High sugar and fizzy drinks will not be sold
- Crisps will not be sold
- A variety of foods will be available and foods such as pizzas will be restricted

- Pizzas will never be sold more than once
- Oily fish will be on the menu at least once every 3 weeks. Fried potatoes will be restricted to once per week and must be sold as part of a main meal. Only 2 deep fried products per week

The implementation and monitoring of this policy will be the responsibility of the Deputy Headteacher (student achievement and welfare)

The purpose of reviewing the effectiveness of the implementation and development of this policy is:

- To ensure that all students are aware of the healthy eating guidelines
- To report to the school council progress made and review any further changes that may be required
- To ensure that students and staff have good quality food and drink available in school
- To evaluate the service provided
- To evaluate the atmosphere and conduct in the eating areas
- To evaluate the amount of litter on the site

Responsibilities:

Heads of lower, middle and upper school will:

- Oversee the conduct of students during break and lunchtimes
- Liaise with the catering staff to ensure well ordered environments for serving and eating
- Promote healthy eating in the school

Deputy Headteacher will:

- Work closely with the teacher, Director of Sport and teacher in charge of PSHE with responsibility for Food Technology to ensure that appropriate guidelines on nutrition and healthy eating are taught to all Key Stage 3 students
- Work with the Catering Manager to ensure that a variety of good quality healthy foods and drinks are available daily
- Ensure that the guidelines on what should or should not be served to students are adhered to. Work with the Heads of School to promote calm eating and serving environments
- Liaise with the school council to ensure that students opinions are considered in relation to Food in Schools via questionnaires

The Catering Manager will:

- Follow the school's whole school food policy to promote healthy eating within the school
- Apply the new Nutritional standard to all items of food and drink supplied and produced to students daily
- To liaise with catering staff, teaching staff, student council
- Supervise catering staff to communicate and promote the needs and benefits to all students to eat healthily
- Oversee and develop the training needs of the catering staff as necessary.
- Seek to use local sources of produce and aim towards providing organic products

Support available to parents who wish to learn more about Food in School

Parents can access information via the internet:

www.foodinschools.org

www.eatwell.gov.uk

www.ihsp.org

www.teachernet.gov.uk/wholeschool/healthyliving/curriculum

Parents can contact the school to get up-to-date information on the food and drinks available.

5. Relationship to other Policies:

- The Equal Opportunities Policy

6. Monitoring, Review and Evaluation:

The monitoring, reviewing and implementation of this Policy will be the responsibility of the Assistant Head in consultation with the SLT and the Governor's Students and Personnel committee.

Adopted by Full Governing Body: May 2010

Review Date: 2011