



Prince Henry's Grammar School
SPECIALIST LANGUAGE COLLEGE



WHOLE SCHOOL FOOD POLICY

This policy has been written to form a framework for Prince Henry's Grammar School to develop and maintain a shared philosophy on all aspects of food and drink within the school.

Its key aim is to establish and extend healthy eating and drinking behaviours in school that will benefit all involved with school life. This will include students, staff, parents, the catering team and others within the community.

The policy has been written after consultation with students, parents, staff, health education professionals and catering teams, and its development will continue to be through consultation.

This policy and any future amendments to the policy will be communicated clearly and consistently to all stakeholders.

Aims:

- To ensure that all members of the school are aware of what constitutes a 'healthy, balanced diet' and how this influences a student's ability to learn and achieve high standards of achievement and behaviour in school

Objectives:

- Through effective leadership, school ethos and curriculum, encourage all in our community to support a healthy lifestyle
- To provide students with access to safe, tasty and nutritious food on a daily basis
- To provide a variety of healthy option choices for food available in school
- To provide an easily accessible water supply during the school day
- To allow students to drink bottled water during lesson times and internal examinations where appropriate
- To allow students to drink bottled water during external examinations
- To ensure that all stakeholders are able to make informed choices about the importance of food and its production (curriculum, newsletter)
- To ensure that food provision in school reflects the medical and ethical requirements of staff, students and visitors to the school – considering vegetarian, medical, allergenic, religious and ethnic needs as appropriate
- To provide a welcoming eating environment that encourages positive interaction between students and adults in the school
- To encourage students to share the experience of eating food together and enjoy the social aspect of sharing food
- Regularly take feedback as to development of the Whole School Food Policy

SETTINGS FOR THE FOOD POLICY

In accordance with the aims and objectives of this policy the following settings will apply to the food policy in school.

Dining Area

The dining area is a designated area for food. The environment is attractive, bright, spacious and clean.

No fizzy drinks or chocolate/sweet machines will be provided in this area. Take-away food must not be consumed on the school site, and school will encourage parents/ carers to provide healthy packed lunches.

Students will be allowed access to the dining room – Henrys – during the following times:

8.00 am – 8.30 am	Breakfast/snacks available
	Sixth Form students have a designated area where snacks and drinks will be available all day
10.50 am - 11.10 am Break	All students will be able to purchase snacks
13.10pm – 13.55 pm Lunch	All students will be able to purchase hot/cold food

The school will aim to provide a calm, ordered environment conducive to mutual respect and good behaviour through PD policy at all times. It will:

- Provide help for students who find the physical process of school dinners and packed lunches difficult
- Encourage all students to eat food provided
- Provide equal treatment of children having school meals and packed lunches, in terms of provision and supervision

Water is provided through water fountains – students are required to provide their own water bottles.

Breakfast

- A variety of items such as toast, fruit slice, cereals and hot and cold drinks will be available

Break

- Students can bring their own snacks
- Fruit drinks, water, hot drinks will be available
- Hot snacks (see Breakfast) will be available, as well as sandwiches and fruit

Lunch

School lunches have undergone a thorough review by the catering team. All students should be provided with a choice of menu that forms the basis for healthy eating.

Ingredients should be fresh and our aim is to move to local produce, within necessary budgetary constraints.

- Food should be attractive and appetizing
- Students should be offered carbohydrates, proteins, vegetables & fruit
- There should be enough choice of food available for students throughout the lunch hour
- Chips should only feature on the menu once a week
- All meals are prepared and cooked on site and a variety of healthy food cooked in different ways is available every day
- Fresh fruit and vegetables will be served daily and variety will be provided
- Healthier option sandwiches will be offered and a variety of breads will be provided
- Water and fruit drinks will be offered
- All menus will have salt, sugar and fat levels compliant with school standards
- No fizzy drinks and crisps will be served at lunch time
- All our meals are provided in-house and meet the government's Minimum Nutritional Guidelines. Genetically modified foods, food containing nuts and mechanically reclaimed meat are banned from school lunches.

Packed Lunches

Many lunch boxes contain foods that do not fulfil dietary guidelines.

- Information re healthy packed lunches will be provided to students through the curriculum
- Guidance to parents re healthy lunches will be provided through newsletters and website

Food in the Curriculum

Food represents many things – health, energy, livelihood, communal activity, pleasure, religious observance and traditions. Its significance means its importance can be developed in the curriculum.

Schemes of work from various curriculum areas will enrich students' understanding of the importance of healthy eating and reflect the school's emphasis on and belief in healthy eating.

Curriculum Content will cover:

- The importance of food groups and the role they play in promoting growth and development
- What constitutes a healthy diet
- An understanding of cultural diversity and food
- The development of respect and understanding towards the beliefs, attitudes, celebrations of others and the role food plays
- How food is produced
- Extra curricular activities will include food clubs/workshops

Partnerships

- The partnership between home and school is vitally important in shaping the eating habits of young people, each must reinforce the efforts of the other

- Parents/carers must be regularly updated on the Food Policy through newsletters and a weekly menu will be published on the website

Monitoring and Evaluation

This Policy will be reviewed on an annual basis by the Senior Leadership Team.

Communication/dissemination

The information contained within this Policy will be disseminated in the following ways:

- School Prospectus
- School Website
- Newsletter
- Assemblies
- School Council
- Staff Meetings
- Governor Meetings