



Archbishop Temple School

A Church of England Specialist College

HEALTHY EATING POLICY

Date Agreed : February 2021

To Be Reviewed : February 2023

Name of Policy: **Healthy Eating Policy**

Sub-Committee Responsible: **Education & Curriculum Committee**

Lead Responsibility in School: **Assistant Headteacher**

Source of Policy: (Please tick)

- LA:**
- Diocesan:**
- School: X**
- Other – Please specify:**

This policy supports our work as a Church school as summarised in our Vision Statement:

Purpose

Archbishop Temple School seeks to care for young people and prepare them well for adulthood, valuing the whole person.

Mission

Through our faith in God, Father, Son and Holy Spirit, we strive to nurture each person’s ability, gifts and talents so that they can ‘have life and have it to the full’ (John 10:10) and use it in the service of God and other people.

Process

The Healthy Eating Policy is a document outlining the school's approach to the health and wellbeing of pupils and staff in respect to the food and drink provided by the Catering Department. The document recognises the important role of schools in contributing to childhood nutrition and the development of the knowledge and skills necessary to make healthier food choices.

Diet is central to health, and what children eat is an important influence on their health now and in the future. Good nutrition in childhood can help protect against chronic diseases in later life. A healthy diet rich in fruit and vegetables is protective against cardiovascular disease, including heart disease and stroke and cancer.

Aims

1. Each school lunch will include a portion of fruit or vegetables and there are strict controls on the nutritional content.
2. The standards specify a maximum amount for fat, saturated fat, added sugars and salt, and a minimum amount for vitamins and minerals.
3. There are also calorie limits, which mean that the average school lunch contains energy appropriate to the needs of the pupils.
4. We will work to educate the children on healthier options both in and outside of the school.
5. We will work to provide a pleasant and enjoyable dining environment to help enhance the social skills of all students.
6. Food allergies can be very serious, all menus will come with a list of the 14 food allergens and the items that contain them.

Nutritional Aims

A healthy diet for children will have:

- a balance and variety with enough energy for growth and development;
- plenty of starchy foods such as bread, rice, pasta and potatoes;
- plenty of fruit and vegetables;
- moderate amounts of milk products;
- moderate amounts of meat, fish, eggs, beans, and other non-dairy sources of protein;
- moderate amounts of food containing fat and especially saturated fats;
- moderate amounts of sugary foods and drinks.

Objectives

We will be working towards ensuring that this policy is accepted by the governors, school management, teachers and support staff, pupils, parents, food providers and the wider school community.

To integrate these aims into all aspects of school life, in particular food provision within the school, the curriculum and pastoral and social activities.

Provisions across the School Day

Breakfast/Snacks

Food based standards apply across the whole school day including breakfast, break and lunch.

Drinks Policy

Water coolers are available in the dining room and changing rooms all day long. Drinks are available to purchase at breakfast, break and lunch and any other time of the day if required 8am-1.30pm. All drinks are school compliant.

Lunchtime

The catering team are working together with the Student Council and Heads of House to continually provide a well-balanced and exciting menu for the children.

1. Meal deals are a great way to encourage the children to eat a balanced meal.
2. A wide selection of sandwiches, wraps and rolls made daily are available.
3. A side salad is an option with every meal in the spring and summer menus.
4. Vegetarian meals are varied and again nutritionally balanced.
5. Bread rolls are provided as an accompaniment.
6. Fresh vegetables are available daily.
7. Pupils going on trips and taking a late lunch are able to pre-order a 'grab and go bag' with the sandwich of their choice.
8. A choice of meals available throughout the lunch time.
9. Well displayed menus in and around the lunch hall.
10. A cashless system is now in operation which can keep a track of what each pupil is eating on a daily basis. This can be accessed by the parent.
11. No cakes will be served on their own; they can only be purchased with a meal.
12. Free fruit will be available for any student taking a meal deal.

Free school meals

The school works hard at producing a balanced meal so that children from low-income families can eat at least one healthy meal a day. The system for free school meals is actively promoted to parents by the school and the non-discriminatory process explained to pupils and supervisors.

Dining environment

The school recognises the importance of lunchtimes to pupils as not only a time for eating but also a time for developing social skills. The school works in partnership with the Student Council to help provide a good dining ambience. Heads of House and Assistant Heads are responsible for informing the catering department of any changes to the lunchtime timetable and for arranging queuing and prefect's duties.

Year 6/7 Induction

The Transition Coordinator is responsible for liaising with the catering department and year 7 tutors regarding the induction programme.

Children with Special Needs

The school recognises that some children have special dietary needs including allergies, diabetes and Coeliac. The new cashless dining system has a facility that flags up any foods at the till that a student may be allergic to or should not be eating. Information is requested from parents on admission to the school and whenever food tasting sessions are taking place.

Pupil Involvement

Pupils are actively encouraged to make constructive comments about the catering service at Student Council meetings. An open-door policy is also in place in the catering department for any student wishing to discuss any aspect of the day-to-day service.

Parental Involvement

All new parents are given information about the catering service and information leaflets on healthy eating. Information regarding menus and developments in healthy eating are included in the school newsletter inviting feedback from parents.

Exception circumstances when social distancing needs to be followed

During the unprecedented times of social distancing, we will be serving each year individually at break and lunchtime from the PODs situated in the junior and senior yards.

We will only be serving meal deals at lunch time, these will include sandwiches, jackets, hot pannini, vegetarian pasta, meat pasta and a homemade dish. Hot and cold drinks will be available along with a selection of desserts. Everything we serve follows the school's Healthy Eating Policy and is nutritionally balanced.

All students using the PODs must sanitize before entering and will not be allowed in without a face mask.

Monitoring and Assessing the Policy

The School Food and Drink Policy is monitored closely by the Catering Manager and Senior Leadership Team. It will be reviewed on a planned two-yearly cycle with the view of the whole school community taken into consideration, including those of pupils.

The uptake of the healthier options at lunchtime will be monitored and reviewed.

Planning and written work will be monitored in line with the school's monitoring procedures to ensure that the correct knowledge, understanding and skills are being developed and attitudes and values are explored. In line with the school's Teaching and Learning Policy, students will be encouraged to reflect on their learning at the end of lessons and units of work. Their views will help to shape the future of the nutritional education across school.

Accreditation will be requested from Lancashire Healthy Schools programme to achieve recognition for the school's developments in this area.

All information has been compiled using the National School Food Trust information site *Eat Better, Do Better* revised standards for school food, June 2014.