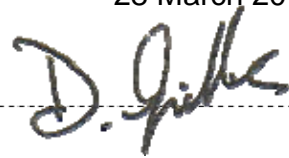


HELLEDON HIGH SCHOOL
WHOLE SCHOOL FOOD POLICY

Policy Reference:	SJ8	Review Frequency:	3 Yearly
Issue Number:	01	Next Review Date:	March 2014
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Ratified by the Governors' Policy Review Committee on: 28 March 2011

Signed: _____



Chair

Introduction

Hellesdon High School is committed to giving all students consistent messages about all aspects of health to help them understand the impact of particular behaviours, and encourage them to take responsibility for the choices they make.

The School supports the '5-a-Day' campaign to encourage children to eat five portions of fruit and vegetables a day, which has been shown to reduce the onset of certain life-threatening conditions, as well as being helpful in tackling and preventing childhood obesity. Posters are displayed around the School.

Rationale

Hellesdon High is a healthy School. It is important that all elements of the School's work are considered to ensure that health awareness in all members of the School Community is actively promoted. The School can provide a valuable role model to students and their families with regard to food and healthy eating patterns.

Through effective leadership, the School ethos and the curriculum, all School staff can bring together every element of the School day to create an environment which supports a healthy lifestyle.

Aims and Objectives

- To ensure that the School is giving consistent messages about food and health.
- To give students the information they need to make healthy choices.
- To promote health awareness.
- To contribute to the healthy physical development of all members of the School Community.
- To encourage all students to take part in the '5-a-day' campaign.
- To encourage the take up of free school meals by eligible students.

- To allow special dietary needs of children and staff to be catered for where required (vegetarian, Halal, Kosher, etc)
- To ensure that the School meets the requirements of the Education (Nutritional Standards and Requirements for School Food) (England) Regulations 2007 (E(NSRSF) Regs).

Setting for Food Policy

During the School Day

The consumption of any fizzy drinks throughout the day is banned and students can expect to have these types of drinks confiscated.

Breakfast Club

Breakfast Club operates on a daily basis in the School and meets all healthy eating criteria. The food offered is consistent with a healthy diet. Toast, bread rolls, eggs, grilled bacon, cheese on toast, yoghurt and fresh fruit are provided and students can choose from water, fruit juice, milk and hot chocolate to drink.

Morning Break

Again a wide range and healthy selection of food is offered, e.g., filled granary rolls, paninis, bagels, pizza slices, fruit, water, milk, juice and hot chocolate.

Lunchtime – School Meals Provision

All School meals are managed, staffed and cooked in-house. The School ensures that good quality ingredients are used which are, where possible, sourced from local suppliers. All meals meet Healthy Eating Standards and the Schedule 3 requirements of the E(NSRSF) Regulations.

A student-designed dining room (Café Dinermite) is available for purchase and consumption of hot meals, whilst cold snacks can be bought in the conservatory.

Students are encouraged to eat a hot lunch and are often given the opportunity to ‘taste’ new types of food. Theme days are used to increase uptake and expand in variety. Monthly and daily menus are displayed in the café and cloakrooms. These may also be viewed on our School Website.

A ‘food’ group meets regularly with members of the School Council invited along to discuss menu, ideas etc. Food available includes: hot meal deals, vegetarian options, soup, pasta, jacket potatoes, salad pots and cold snacks/filled rolls, fresh fruit etc.

Lunchtime - Packed Lunches

Students who eat packed lunches are allowed to sit with students who eat hot meals. They may also sit in the conservatory, at outside picnic benches around the School grounds or on seating installed in the cloakroom areas. Students are prohibited from bringing fizzy drinks in their packed lunches and are actively encouraged to bring fruit and other healthy snacks in place of crisps and confectionery.

Vending Machines

These only supply ‘healthy’ drink options (milk, fruit juice etc).

Water for All

Water is freely available throughout the School at drinking fountains. Students are encouraged to bring water bottles (sport cap) into most lessons. Cheap bottled water is also available from Café Dinermite.

Food Across the Curriculum

There are a number of opportunities for students to develop knowledge and understanding of health, including healthy-eating patterns and practical skills that are needed to understand where food comes from such as shopping for, preparing and cooking food.

Science provides an opportunity to learn about the types of food available, their nutritional composition, digestion and the function of different nutrients in contributing to health, and how the body responds to exercise.

Food Technology provides the opportunity to learn about where food comes from and apply healthy-eating messages through practical work with food, including preparation and cooking.

Personal, Social and Health Education (PSHE) encourages young people to take responsibility for their own health and well-being, it also teaches them how to develop a healthy lifestyle and addresses issues such as body image. Students are able to discuss issues of interest to young people, e.g., advertising and sustainable development.

Physical Education provides students with the opportunity to develop physically and to understand the practical importance of sport, exercise and other physical activity such as dance and walking. It is emphasized that healthy eating plays a big part in this physical development and success in sporting activities.

Geography provides a focus on the natural world and changing environment, offering the chance to consider the impact our consumer choices have on people across the world who rely on growing food as their source of income.

Religious Studies provides the opportunity to discuss the role of certain foods in the major religions of the world. Students may have the opportunity to experience different foods associated with religious festivals.

Groups of students have the opportunity to take part in activities such as ‘fun with food’ during Activities Weeks.

Partnership with Parents and Carers

The partnership of home and School is critical in shaping how children and young people behave, particularly where health is concerned.

Parents and carers will be regularly updated on the School’s healthy eating/lifestyle campaigns and policies through School newsletters and the School Website.

‘Healthy’ lunch box sessions will be promoted to new Year 7 intake students and their Parents/Carers during the autumn term each year.

Monitoring and Review

The Governing Body are responsible for the overall monitoring and review of this policy to ensure that standards are maintained in compliance with current legislation.

The Head of Social Sciences and the Business Manager, are responsible for the drafting of this policy and monitoring the implementation of the nutritional standards provision by the Catering Department.

The Head Teacher is responsible for leading and supporting staff in the delivery of the Food Policy throughout the School.

The School Council will meet with the Catering Manager to gather information/feedback regarding differing food requirements due to increasing ethnic diversity to inform future menu planning.