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# KING EDWARD VII SCHOOL POLICY



## Whole School Food Policy

### Document Adopted by Governing Body

Date: March 2018

*Barbara Walsh*

Signed (Chair):

Date: March 2018

Print Name: Barbara Walsh

Date of Next Review: March 2020

Leadership Team Responsibility: Huw Parker

## **King Edward VII School**

### **Whole School Food Policy**

Ms Gooden (Deputy Head) has strategic responsibility for food in the school as part of Healthy Schools Status.

This document is freely available to the entire school community. It has also been made available in the school newsletter, website and prospectus. A simplified version is included in student planners.

At King Edward VII School we believe that healthy eating should be promoted as an enjoyable activity as well as one that contributes to good health. We believe that it is the School's role to develop student's abilities to make informed choices in a way which acknowledges and respects the eating habits of individuals and families.

This policy brings together all aspects of food in school to give coherence, clarity and consistency.

This policy applies to all food served throughout the school day, food provided for trips out of school, food brought into school by students and food provided in after-school clubs.

#### **Aims**

- To ensure that all aspects of food and nutrition in school promotes the health and well-being of students, staff and visitors to our school.
- To equip students with the knowledge to make informed choices about food throughout their lives.
- To give students the opportunity to apply this knowledge on the school premises.

#### **Objectives**

The following objectives are underpinned by the school's Healthy Schools Audit.

The School will:

- continue to provide food that complies with the food and nutritional based standards.

- continue to ensure that information relating to food and nutrition in different lesson areas is consistent and up to date.
- continue to involve students, particularly at Lower School, in activities that engage them in thinking about healthy food e.g. designing a particular dish or food item.
- continue to work with Autograph Catering services at Lower School to maintain a healthy breakfast club which sells/provides healthy food including:
  - white, brown and wholemeal toast, bagels, teacakes, crumpets
  - porridge oats
  - fresh and/or dried fruit
  - fresh orange, apple, pineapple juice
  - semi-skimmed milk
  - free water
- successfully maintain food hygiene training for school staff preparing and cooking food with our without students.
- maintain student access to clean, palatable drinking water throughout the school day and remind students of the importance of keeping hydrated.
- work with the catering teams on both sites to monitor student menus.
- ensure that allergen information relating to all menu items is clearly displayed and available for students and parents to view.
- provide guidance so that all the messages about food and nutrition are consistent across all the School's activities, including snacks eaten during the day, school meals, packed lunches and food taken on school trips.
- work with parents to explore healthy packed lunch boxes.
- reinforce the message that fruit should be the preferred snack at morning break rather than crisps, sweets or chocolate coated products; such products are not sold in the dining rooms at King Edward VII School.
- reinforce the message that students are not allowed to bring fizzy or high energy drinks to school.
- present and display the Whole School Food Policy to new parents during reception year (Y7) Open Evenings.

- actively encourage parents to be involved in healthy eating activities in school.
- share with parents/carers accurate and up to date nutritional guidance gained from the Food Standards Agency's website ([www.food.gov.uk](http://www.food.gov.uk)) to support them to plan healthy packed lunches for children.

King Edward VII School will meet these objectives by:

- Re-launching and raising the profile of healthy eating during the annual, calendared Healthy School Week.
- Delivering assemblies that focus on healthy eating with reference to this policy.
- Keeping curriculum content up to date and including food and diet topics within subject areas where possible e.g. Food Technology, Life Skills course, Science, PSHE.
- Involving students on the Inspiring Youth Award Programme to support the activities.
- Encouraging more staff to eat in the dining rooms.
- Giving students the opportunity to visit the kitchens and observe food preparation and include question and answer sessions with the catering staff.
- Regularly inviting parents/carers and governors into school for lunch.
- Working with oral health promotion and the Food in Sheffield (5 A Day) Programme to promote all aspects of healthy eating.
- Providing access to fresh water for students, staff and visitors to the school.

The Policy will be monitored and evaluated by:

- An biannual review of the Whole School Food Policy
- Regular meetings with the member of staff responsible for line managing the Catering Teams to monitor and evaluate the quality of provision.

**Notes**

This policy was produced in consultation with the entire School community including students, parents, school staff, governors and the local Healthy Schools representative.

King Edward VII School actively supports healthy eating and drinking throughout the whole School day.