



Whole School Food Policy

Review Period: 3 yearly **Status:** Non- Statutory **Next review Date:** Spring2022

1. Responsibilities

The Head Teacher and Governors recognise the important connection between a healthy diet and a pupil's ability to learn effectively and achieve high standards in school. They also recognise the role which a school can play promoting healthy lifestyles.

The Head Teacher and Governors also acknowledge that sharing food is a fundamental experience for all people. It is a primary way to nurture and celebrate our cultural diversity and an excellent bridge for building relationships.

2. Mission

Sunnydown's mission is to improve the health and well-being of the whole School by teaching pupils ways to establish and maintain lifelong healthy and environmentally sustainable eating habits. This mission will be accomplished through food education and skills, the food served in the School and core academic content in the classroom.

3. Aims

- To improve the health of pupils by helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet, and hygienic food preparation and storage methods
- To increase pupils' knowledge of food production, manufacturing, distribution and marketing practices, and their impact on both health and the environment
- To ensure pupils are well nourished at school, and that every pupil has access to safe, tasty, and nutritious food and a safe, easily available water supply during the school day
- To ensure that food provision in the School reflects the ethical and medical requirements of pupils and staff e.g. religious, ethnic, vegetarian, medical, and allergenic needs
- To make the provision and consumption of food an enjoyable and safe experience
- To introduce and promote practices within the School to reinforce these aims and to remove or discourage practices which work against them
- To sustain the National Healthy Schools award

- To sustain a high 'Food Hygiene Rating' from the Food Standards Agency
- To ensure staff participate in food safety training
- To work towards ensuring that this policy is embraced by both pupils and staff
- To integrate these aims into all aspects of school life, in particular food provision within the School, and through the curriculum and social activities
- To improve the health of pupils by making a range of food available for pupils with eating disorders. If parents have a concern about the dietary regime at the School, they should write to the Head teacher with a positive list of foodstuffs which their son may safely consume

4. Implementation

- Establish an effective structure to oversee the development, implementation and monitoring of this policy and encourage a participatory approach to meeting the objectives
- Develop an understanding and ethos within the School of safe, tasty, nutritious environmentally sustainable food, through both education and example
- Create an environment, both physical and social, conducive to the enjoyment of safe, tasty, nutritious, environmentally sustainable food
- Help to promote and raise awareness of environmentally sustainable food production methods and socially responsible food marketing practices
- Ensure that all children of KS3 age should be taught how to cook a healthy meal
- KS3 and KS4 will be taught how to cook healthy meals