

Sheldon School Food and Nutritional Policy

Rationale

The Governors of Sheldon School are committed to promoting health and well being through curricular and extra curricular opportunities. It is important for pupils to recognise and understand the need for a balanced diet and the importance of making informed choices to have healthy bodies and minds. They should recognise the social importance of food and eating together and experience a positive social environment that is conducive to learning.

Guidelines

- The policy reflects the DfES guidelines and will ensure that the compulsory DfES nutritional standards for food outlets including hot and cold meals, snacks and vending machines are met.
- All catering staff should be appropriately qualified and trained as specified in the guidance.
- Implementation of the policy is the responsibility of a named member of the Senior Management Team and the school's Catering Manager.

We will:

- Make reasonable provision for special diets e.g. vegetarian, medical, cultural.
- Ensure pupils entitled to free school lunch will have access to all food outlets.
- Provide clean areas for the consumption of food.
- Provide free drinking water at break and lunch times.
- Provide, promote and monitor the consumption of healthy food at breakfast, break and lunchtimes.
- Use public areas to display messages about food, nutrition and healthy eating.
- Meet the compulsory guidelines for packed lunches provided for off-site school visits.
- Promote and encourage healthy packed lunch choice.
- Use curriculum opportunities to teach about and present consistent, informed messages about food, nutrition, healthy eating and cooking, body image and oral health within DT, science, PSRE, PE and tutor learning programmes.
- Include education on basic food safety practices in DT and science.
- Provide appropriate training for staff.
- Use pupil, teacher and parent surveys to monitor and evaluate provision in all food outlets.
- Involve parents, pupils and governors with food and nutritional decisions using the Parent Forums, School Council, Tutor Representatives and Governors' meetings.
- Staff involved in on-site 'out of hours' activities or off-site activities such as school trips should endeavour to reinforce the messages of the school policy.
- Include a statement related to the school's policy in the Staff Handbook.