

# WHOLE SCHOOL FOOD POLICY

**Date: April 2010**

## **AIMS**

- To improve the health of students, staff and their families 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 students' knowledge of food production, manufacturing, distribution and marketing practices, and their impact on both health and the environment.
- To ensure students are well nourished at school, and that every student has access to safe, tasty, 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 staff and students e.g. religious, ethnic, vegetarian, medical, and allergenic needs.
- To make the provision and consumption of food an enjoyable, sociable and safe experience. To introduce and promote practices within the school to reinforce these aims, and to remove or discourage practices that negate them.

## **CURRICULUM**

Food plays a key role in the education of our students at Light Hall School. It is covered in the school curriculum through Food Technology, PSD, Science and Physical Education.

Light Hall School provides a safe environment in which students are encouraged to voice their opinions about health and education. Students are consulted on a regular basis via a number of different forums – the main being school council. Parents are encouraged to represent their views at the termly Parents Focus Group meetings.

## **AFTER SCHOOL CLUBS**

The school is keen to ensure that after school clubs and activities also encourage students to eat a healthy balanced diet.

**HEALTHY EATING WORKSHOPS** Light Hall School shows its commitment to developing the skills and knowledge of students and (parents) by offering them the opportunity to learn new and basic skills at planned Healthy Eating Workshops.

## **PROVISION AND CONSUMPTION OF FOOD IN SCHOOL**

Light Hall School has a responsibility to encourage children to eat a healthy balanced diet. We use a range of opportunities to encourage children to have carbohydrates, protein, fruit and dairy as part of the meal. Costs are kept to a minimum. Students are encouraged to bring/buy healthier foods that are lower in fat, sugar and salt. Curriculum work supports students to understand what good food choices are.

Our school meals offer a nutritionally balanced lunch to students. They link to the national guidance regarding nutritionally balanced meals for children of school age.

### **DINING FACILITIES**

Students, staff and visitors are encouraged to eat in school. In order to do this the school endeavours to:

- Ensure high quality of food and drinks are available.
- Students are encouraged to interact with each other and staff.
- Litter is kept to a minimum to help make the canteen a pleasant environment to dine in.
- Students are made to feel as though they have ownership of the dining room, so are encouraged to socialise and appreciate the enjoyment of food.
- The dining room is inviting.
- Students were fully consulted about the new dining room facility as part of the fire damage rebuild

The formal curriculum informs the students of the importance of a healthy lunch.

### **WATER PROVISION**

Light Hall School realises that a constant supply of water can have a positive effect upon the health and well-being of staff and students. It reduces tiredness, irritability and distraction and can help concentration. Students are encouraged to drink water throughout the day.

#### **Reviewed Annually by:**

SLT, Director of Pastoral Care, Head of Food Technology, Head of Catering