



FOOD POLICY

Rationale

A healthy and varied diet can help maintain a healthy body weight, enhance general well-being and can improve quality of life by reducing the number of diseases in later life such as heart disease, stroke, cancer, diabetes and osteoporosis. Nidderdale High School actively supports healthy eating and drinking throughout the school day, ensuring that all aspects of food and nutrition in school promote the health and well-being of students, staff and visitors. This school also plays a key role in promoting healthy lifestyles to students through developing their attitudes, knowledge and skills in relation to the preparation and cooking of food. We therefore support the teaching of food technology and the importance of a healthy diet and offer the opportunity for students to participate in extracurricular cookery classes.

This policy takes full account of the Department for Education's School food in England advice of January 2015 (updated 26/3/2019) and the requirements for School Food regulations 2014.

Aims and objectives

The main objectives of our Food policy are:

- To give consistent messages about food and health.
- To have a planned curriculum to ensure the delivery of information relating to food and nutrition.
- To ensure teaching is consistent and provides opportunities to learn about different food types in the context of a balanced diet (using the balance of good health) and how to plan, budget, prepare and cook meals.
- To ensure students understand the need to avoid the consumption of foods high in salt, sugar and fat and the need to increase the consumption of fruit and vegetables.
- To ensure that food and drinks provided in school (school lunch service, break time snacks, breakfast club etc) meet or exceed current Government nutritional standards.
- To ensure there is easy access to free, clean and palatable drinking water.

Ethos and environment - Implementing Healthy Eating at Nidderdale High School

School Meals are provided by Nidderdale High School's in-house Catering team (Nidderlicious).

Environmental Health, Harrogate Borough Council inspect the premises. A copy of each inspection will be provided to the school and is kept by the Catering Manager.

The Catering Manager ensures lunch menus comply with the school lunch nutritional standards.

EU legislation (Dec 14) regarding food allergens and intolerances is complied with and notices are displayed in the Dining Room. The staff are aware of their responsibilities in this regard.

On entry to the school and before relevant school trips parents are asked to inform the school of food allergies. The school caters for special diets, at no additional cost, when requested on medical grounds or for cultural or religious reasons. Water is provided throughout the day from water fountains in Reception and the Sports Area and from jugs on the tables at lunchtime and break time. Students are encouraged to carry a bottle and to drink water. Form tutors are able to remind students in the morning to fill their bottles during break and lunch time.

All those leading healthy eating activities adopt a caring and supportive approach to the students in their care. Midday supervisory staff ensure that the dining hall is a welcoming and calm environment for all students eating school lunches and packed meals. A choice of rectangular and circular tables encourages positive social interaction. There is adequate time available for the students to purchase and eat their food and there is non-stigmatisation of FSM and SEND students. The food technology room is a well-equipped area with posters and leaflets to encourage healthy eating and there also displays in the dining hall.

Curriculum

Students have opportunities within the curriculum to learn about healthy eating as follows:

- Students have regular, timetabled opportunities to cook and prepare healthy food. There are consistent messages across the curriculum about healthy eating.
- Healthy food and diet are actively promoted through food technology, science, PSHE and sports studies lessons.
- All students learn and apply the principles of food hygiene in food technology.
- In PHSE students learn about and are able to apply the principles of a balanced diet and understand how diet affects health.
- Student work is regularly assessed and schemes of work are regularly updated to reflect new guidelines.

Out of school hours learning

Breakfast club is open each day from 8.30 – 8.50. Students can buy breakfast and socialise under supervised conditions. For students on Free School Meals the Breakfast Club cost is subsidised.

Community links

Where possible, the school kitchen sources produce from local suppliers.

Consultation

The input of students, parents and staff is valued. Senior students meet with the Catering Manager once per term to discuss school catering and facilities and are asked for suggestions for healthy options for the lunch and break time menus. All students are consulted annually via questionnaire. Informal feedback is welcomed at any time.

ROLES AND RESPONSIBILITIES

Governors

As part of their general responsibilities for management of the school, the governors play a key role in the development of the school's policy for food. They will continue their involvement through regular evaluation of the policy.

Senior Leadership Team

The Headteacher takes overall responsibility for this policy and its implementation and for liaison with the governing body, parents /carers, catering services and appropriate outside agencies.

All Staff

All staff are aware of the policy and how it relates to them. Any member of staff involved in practical food education has opportunities for relevant training including diet, nutrition, food safety and hygiene. The catering staff have current food safety and hygiene qualifications.

Parents / Carers

Parents are encouraged to support the healthy provision of food within the school programme and have access to the Food Policy via the school website.

Students

Students have an entitlement to healthy food. They will continue to be actively consulted about the food provision within the school and their views will be central to developing that healthy provision.

Review

This policy will be formally reviewed by the Governors every three years.

Reviewed 29 June 2020

Next review June 2023