

FOOD POLICY

St Hugh's Communication & Interaction School

This policy has been developed and implemented in consultation with the whole school community including students, parents/carers, staff, school kitchen staff, governors and partner agencies.

Introduction

The school recognises the important contribution of a healthy and balanced diet, in combination with a satisfactory level of physical activity, to overall health, development of social skills and the ability to learn effectively.

Special consideration is given to the dietary needs of the students in addition to the texture and consistency of food in order to cater for complex medical conditions (Please refer to Feeding Policy - 11.07).

Aims:

- ❑ To improve and maintain 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.
- ❑ To provide visitors to the school with snacks or meals of a healthy and balanced nature
- ❑ To promote hygienic food preparation and storage methods
- ❑ To increase students' knowledge of food production, manufacturing, distribution and marketing practices, and their impact on health and the environment
- ❑ To ensure students are well nourished at school, and that every pupil has access to safe, tasty, and nutritious food, and a safe and easily accessible drinking water during the school day
- ❑ To make the provision and consumption of food an enjoyable and safe experience ensuring that those students on supplementary foods and drinks are regularly monitored. Any students with known food allergies are closely monitored and staff are made aware of their needs.
- ❑ To introduce and promote practices within the school to reinforce these aims, and to remove or discourage practices that negate them

Objectives

- ❑ Encourage all members of the school to embrace this policy including governors, parents, food providers and the school's wider community
- ❑ Integrate these aims into all aspects of school life including, food provision within the school, the curriculum and pastoral and social activities
- ❑ Encourage staff involved in food preparation (including teaching staff) to undertake basic food hygiene training
- ❑ Make the dining areas in the school as pleasant as possible
- ❑ Ensure there is sufficient time for eating, while encouraging good manners and providing a happy social experience
- ❑ Maximise the reduction of waste by recycling wherever possible
- ❑ Ensure that food and drink sold at the tuck shop promotes health and well-being e.g. water, milk- no fizzy drinks or food with a high fat, salt or sugar content
- ❑ Ensure that the healthy eating message is promoted through any cookery, gardening or breakfast clubs. Food treats should be explained as such. E.g. choice of ice cream as a class merit reward is a treat and not a food that is eaten regularly

Curriculum

- ❑ Healthy Eating is explicitly addressed within the Science, PSHCE, PE and D&T curriculum.
- ❑ A wide range of teaching and learning styles and resources are used to deliver the curriculum.
- ❑ Cross curricular links to encourage healthy eating and lifestyle will be explored and fostered whenever possible by all members of staff.

- Extra-curricular activities and external agencies are able to support teachers. These include the School Nurse, Study Heslam, Football in the Community, and Multi-Cultural days with food tasting sessions. All visits are carefully planned into the curriculum to support the work being done - visits do not take the place of teachers' input.

School Food Provision

- At St Hugh's School we recognise that most of us need to eat more:
 - Fruit and vegetables
 - Cereals and bread
 - Fish and lean meat
- We also need to eat less:
 - Fat
 - Sugar
 - Salt
- This knowledge is reflected in the food provision in school. School meals are provided by the North Lincolnshire Catering Service.
- The school and the catering facilities are dedicated to providing a balanced menu of dinners. The school cook works with the Catering Service to ensure that there is a consistently wide range of nutritious and attractive meals available to students. The needs of students with individual dietary needs, due to medical, cultural or religious reasons - who have school dinners - are catered for appropriately.

Packed Lunches and Snacks

- Parents are asked to support the school's healthy eating policy by providing balanced packed lunches for their children. Students may bring water or fruit juice to have with their packed lunch.

Drinks Provision

- Everyone has a right to access clean drinking water. We try to encourage students to drink water at school.
Students are encouraged to drink water when required from their team base. At lunchtime water is available in the dining room.