



**School Food Policy developed from Food in School Toolkit**  
with support from the  
**Northumberland Healthy School Programme**



***FINAL DRAFT***

**SCHOOL FOOD POLICY**

**School Name:** Queen Elizabeth High School, Hexham

**Date of policy implementation:** June 06

**Date of next review:** June 07

This policy document was produced in consultation with members of the school community, including students, parents, school staff, governors, LA representatives and local Healthy School Standards representative.

This document is freely available to the entire school community on request. Details have also been made available in the school newsletter and on the school web-site.

**Rationale**

Our healthy eating policy will encourage, reflect and build upon the values outlined in the National Curriculum and those in the school's statement on ethos and values. It is based on the advice and guidance from the Food in Schools materials and supported by the Northumberland Healthy School Programme.

Current research indicates that health issues related to diet are a major factor in ill health and mortality issues.

Schools share the responsibility with parents and the wider community (including health professionals e.g. health visitors, GPs, dentists) to educate students in all aspects of food and nutrition so enabling them to make healthy, informed choices through increasing their knowledge, challenging attitudes and practising skills.

**Aim(s)**

- To ensure that all aspects of food and nutrition in school promote the health and wellbeing of students, staff and visitors to our school.
- To encourage healthy lifestyles, rather than focusing on being healthy at school.
- To provide current information, support and guidance on healthy eating for the whole school community.
- To provide age appropriate knowledge and skills in order to make healthy choices.

**Objectives:** (see also ECS [our school catering service] documents, Food and Nutrition Policies and Procedures)

- To ensure the curriculum provides information relating to food and nutrition in different lesson areas is consistent and up-to-date.
- To work with the school caterer, ECS, students and parents to develop a healthy focus to meal times including the lunchtimes, break times and breakfast time.
- To work with the school caterer to encourage students to make healthier choices
- To ensure that the vending machine has a variety of drinks available, e.g. water and fruit juice to promote healthier eating and drinking. No carbonated drinks will be available from September 05. Vending will be limited from September 06 in line with new guidelines (see *Food in School* document).
- To pilot an after school cookery club (via the Youth Service).
- To ensure that the teachers with responsibility for food/ catering have basic food hygiene training.
- To work in partnership with parents and students to raise the awareness of healthy eating.
- To reduce dental caries.
- To provide palatable drinking water for the adequate hydration of the school community.
- To improve the dining experience and encourage more young people to take a school lunch.
- To reduce the intake of salty, fatty and sugary foods (see details in ECS documents).
- To ensure that food provision throughout the day is in line with current guidelines from the *Food in School* guidance and covers all aspects of provision.
- To ensure that practical work is carried out in a hygienic and safe environment.
- To promote and enjoy the preparation and cooking of food via Food Technology and Catering departments.
- To encourage experimentation with unfamiliar foods by having days focusing on foods from around the world/ different cultures.

**Guidelines:**

We will meet our objectives through:

- Discussion at School Council and Year Councils to gain student views.
- The formal curriculum: Food Technology department to constantly review recipes to reduce fat, salt and sugar content and to encourage students to adopt these healthy guidelines.
  - Encourage students to eat healthily through a rewards scheme linked to healthy lifestyles e.g. prizes include sports kit, visits to local leisure centre/ swimming pool etc.
- Monitoring / changing vending: Liaise with supplier so that a range of healthy food and drink choices must be made available (see ECS guidelines).
- Developing extra-curricular activities. Aim to establish an after school cookery club 06-07 using the Youth Service and other local voluntary organisations.
- Continuing Professional Development: All Catering/ Food Technology teachers to attend appropriate training to update knowledge.

**Monitoring and Evaluation:**

The school will monitor and evaluate objectives by:

- The Healthy Schools Group/ senior member of staff responsible (Les Palmer) reporting on progress to School Council and reviewing the policy annually in light of improvements and changes.
- Auditing the formal curriculum: receive a summary of aspects covered from head of Technology and via observation of lessons.
- Monitor food choices via ECS data analysis to identify if more healthy choices are being made by students.
- Feedback from students – questionnaire/ discussion groups.
- Vending: Half termly review of popular items and ensuring healthy items are constantly stocked.
- Extra-curricular: Club produces reports, photographs etc which are put on school web-site and as a wall display. Evaluations from users.

CPD: Assistant Headteacher in charge of food disseminates materials at a training day/ other meeting with other teachers and school staff to ensure all staff are aware of recent changes to school food policy.

Signed:

Headteacher:

Chair of governors:

Date: