



SOUTH WESTMORLAND  
MULTI ACADEMY TRUST

# School Food Policy

Committee: Local Advisory Committee

Date of re-adoption: 10<sup>th</sup> February 2020

Date of next review: Spring 2023

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### 1. Aims

The aims the school food policy at our school are to:

- To provide a consistent, planned curriculum of food education that enables students to make informed choices
- to improve eating habits through development of cooking and growing skills and information about what constitutes a healthy, hygienic and environmentally sustainable diet
- To make healthier food and drink choices easier to choose and easily available at all appropriate opportunities
- To ensure the provision and consumption of food is an enjoyable and safe experience.

### 2. Statutory requirements

Dallam does not have to follow National Healthy Schools Programme. However, the school recognises the importance of healthy living and consequently aims to provide all students with the knowledge, skills and opportunity to make healthy food choices at Dallam.

### 3. Policy development

This policy has been developed in consultation with staff, pupils and parents. The consultation and policy development process involved the following steps:

1. Review – a member of staff or working group pulled together all relevant information including relevant national and local guidance
2. Staff consultation – all school staff were given the opportunity to look at the policy and make recommendations
3. Parent/stakeholder consultation – parents and any interested parties were invited to give feedback on the policy
4. Student consultation – we sought feedback on our provision via student voice
5. Ratification – once amendments were made; the policy was shared with governors and ratified

#### 4. Definition

The National Healthy Schools Programme promotes the links between health, behaviour and achievement; it is about creating healthy and happy children and young people, who do better in learning and in life.

#### 5. Implementation

- 5.1 Run a school food action group (School Nutrition Action Group - SNAG) to clarify roles and responsibilities, decide priorities, timescales and allocate tasks using a participatory approach.
- 5.2 Ensure that all food and drink served reflects the needs of all consumers, makes healthy choices easy to make, complies with nutritional standards and is environmentally sustainable.
- 5.3 Regularly review eating opportunities during the school day to ensure that food and/or drinks are available when needed and comply with nutritional standards
  - a. Before/after school
  - b. Break times
  - c. Lunchtime
  - d. Special activities e.g. sports days, parents evening
- 5.4 Provide food and drink that allows individuals to
  - a. Drink free cool water frequently throughout the day
  - b. Eat healthily without financial disadvantage
  - c. Follow special diets/cultural requirements.
- 5.5 Design a curriculum that delivers complementary and developmental nutrition messages and practical food skills throughout a student's school life based upon the Design and Technology programme of study KS3 (cooking and nutrition)
- 5.6 Involve students through student voice
- 5.7 Ensure catering staff are trained to provide food that meets nutritional standards and are able to assist with the promotion of a balanced diet
- 5.8 Ensure the relevant classroom staff are trained to provide accurate information on nutrition, free from bias and based on the 'Eatwell Guide' and practical food education

#### 6. Roles and responsibilities

##### 6.1 The Local Advisory Committee

The Local Advisory Committee will approve the School Food policy, and hold the Headteacher to account for its implementation.

##### 6.2 The Headteacher

The Headteacher is responsible for ensuring that this policy is implemented throughout the school.

##### 6.3 Staff

Teaching staff are responsible for:

- Delivering healthy eating in a sensitive way
- Modelling positive attitudes to healthy eating
- Monitoring progress

- Responding to the needs of individual pupils

The catering managers are responsible for:

- Sourcing, cooking and selling high-quality healthy foods and drinks in the canteen
- Keeping up-to-date with the latest research and publications regarding schools' nutrition
- Responding to student feedback received via student voice
- Attending the SNAG group meetings

#### 6.4 Students

Students are expected to engage fully in healthy eating and, when discussing issues related to food, treat others with respect and sensitivity.

#### 7. Monitoring arrangements

The School food policy/healthy school policy is monitored by Mrs Dunne, Personal Development coordinator through:

- *Learning walks*
- *Book scrutiny*
- *CPD activities*
- *Student voice feedback*
- *the termly SNAG meetings*

This policy will be reviewed by Mrs Dunne, Personal Development Coordinator responsible for Healthy Schools. At every review, the policy will be approved by the Local Advisory Committee.