



THE
**WALDESLADE
& GREENACRE**
SCHOOLS PARTNERSHIP

Healthy Eating and Drinking Policy

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Statement of Equality

We have carefully considered and analysed the impact of this policy on equality and the possible implications for students with protected characteristics, as part of our commitment to meet the Public Sector Equality Duty (PSED) requirement to have due regard to the need to eliminate discrimination, advance equality of opportunity and foster good relations

Purpose

The school is dedicated to providing an environment that promotes healthy eating and drinking enabling students to make informed choices about the food they eat. This will be achieved by the whole school approach to food and nutrition documented in this policy.

The main aims of our school food policy are:

- To enable students to make healthy food choices through the provision of information and development of appropriate skills and attitudes.
- To provide healthy food choices throughout the school day.

The nutritional principles of this policy are based on the findings of the National Diet and Nutrition Survey of 4 to 18-year olds; the 1991 Dietary Reference Values for Food Energy and Nutrients for the UK; and the Balance of Good Health (BOGH).

The school is committed to ensuring that the provision of lunches and other food and drink provided meets the school food standards (Standards for school food in England - GOV.UK (www.gov.uk)).

Equal Opportunities

Healthy eating, as in all other areas of the curriculum we recognise the value of the individual and strive to provide equal access of opportunity for all.

Curriculum

Food and Nutrition is taught at an appropriate level throughout each key stage.

The students are taught about the Eat Well guide - the important of breakfast, protein for growth and energy rather than toast, cereal. They learn about the '5 a Day', vitamins and fibre. Students are taught about healthy portion size and taught the guideline of a 'handful'. Students have food science lessons across Food Technology and their Science Lessons.

They commence in Year 7 with a recap on all their understanding and experience of Food and Nutrition from Primary School and build on this each year so it is embedded by GCSE should they choose an option in Food and Nutrition.



During practical lessons within Food Technology, WGSP have reduced the amounts of salt and sugar in some of the recipes.

As a school we also celebrate the following events as an opportunity to explore and educate about food:

- Healthy Eating Week
- Food Diversity Day
- Fair Trade Fortnight
- External Cooking Competitions
- Young Chef
- Young Cook
- Fibre February
- Cultural Days for Year 7, Year 8, Year 9 and Year 10
- Mental Health Awareness Week

Teaching methods: Effective teaching requires students to develop their understanding of healthy eating issues and appropriate skills and attitudes to assist them in making informed decisions. Teaching methods adopted in the classroom offer a rich variety of opportunities for participatory learning and include debating issues, group discussions and independent learning and research. These decisions are made at teachers planning meetings.

Visitors in the classroom: This school values the contribution made by the pastoral team in supporting class teachers and appreciates the valuable contribution of outside agencies. We believe it is the responsibility of the school to ensure that the contributions made by visitors to the classroom reflect our own philosophy and approach to the subject. The status of visitors to the school is always checked ensuring that the content of the visitor's talk is suitable for the ages of the students.

Resources: Resources for the teaching of healthy eating in PD and food technology have been selected to complement the delivery of the curriculum in other subject areas. These are stored in the school's shared area. The range of materials used is available for review on request to the PD Lead and the Head of DT.

Evaluation of students learning: The healthy eating aspects of the National Curriculum are assessed at regular points in the academic year. Other aspects of healthy eating work are evaluated through activities, which have been built into the programme, as part of the planning process.

Food and Drink Provision

All school food meets standards set out by the Children's Food Trust and the National Nutritional Standards for School Lunches.

Food prepared by the school catering team meets the National Nutritional Standards for School Lunches. And no child at the school is ever refused a meal.

Breakfast, Break and Lunch Time Canteen Foods:



The canteen provides a range of foods and snack that contribute positively to the balance of good health:

- A healthy selection of fresh sandwiches, baguettes and wraps available on white or brown bread
- Range of fruit pots - mixed fruit, melon or grapes
- Range of paninis and toasties
- Fresh Salads - Chicken and bacon pasta salad, tuna and sweetcorn salad, cheese shaker salad, jerk chicken noodle shaker salad
- Whole fruit - apples and Oranges
- Bacon Baps
- Vegetarian Muffins
- Toasted Bagels
- Porridge

The school understands that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet.

The school discourages the consumption of snacks high in fat and sugar at break-time. Energy drinks are strictly prohibited.

Rewards

The school does not encourage the regular eating of sweets or other foods high in sugar or fat, especially as a reward for good behaviour or academic or other achievements. Foods can be used as a reward, but this can often be a healthy balanced breakfast reward or the occasional sweets or possibly an Easter Egg at Easter. We also use other methods of positive reinforcement in school. These include complimentary remarks, postcards, values points, postcards, praise phone calls, stickers and certificates.

Drinking Water

The National Nutritional Standards for Healthy School Lunches recommend that drinking water should be available to all students, every day, and free of charge.

The school agrees with this recommendation and provides a free supply of drinking water. Students are able to fill their water bottles before school, at lesson change over and during break and lunch times.

Food and Drink Brought into School

Mobile Caters Serving Food on School Premises

To operate on school premises, any mobile caterers must demonstrate that staff have undergone appropriate food hygiene training; that their facilities meet appropriate food safety requirements; and



that they provide lower fat alternatives to foods and dishes with ingredients in the proportions depicted in the BOGH.

Packed Lunches

Packed lunches prepared by the school caterers adhere to the National Nutritional Standards for Healthy School Lunches.

The school encourages parents and carers to provide children with packed lunches that complement these standards. This is achieved by promoting healthy packed lunch options.

Special Dietary Requirements

SPECIAL DIETS FOR RELIGIOUS AND ETHNIC GROUPS: The school provides food in accordance with students' religious beliefs and cultural practices.

VEGETARIANS AND VEGANS: School caterers offer a vegetarian option at lunch every day. When necessary, the school also provides a vegan option.

FOOD ALLERGY AND INTOLERANCE: Individual care plans are created for students with food allergies and these can be accessed by all staff, including canteen staff. School caterers are made aware of any food allergies/food intolerance via our Arbor system Under Natasha's Law, schools are required to list the ingredients on repackaged food and this is done.

Food Safety

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include ensuring that adequate storage and washing facilities are available; that food handlers undergo appropriate food hygiene training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. We consult our local Environmental Health Department about legal requirements.

COMMUNICATION: Parents are invited to an annual review of the healthy eating policy and to contribute to a healthy eating approach where appropriate.

The Healthy Eating and Drinking Policy will be promoted via the school website, school assemblies/registration times.

MONITORING AND EVALUATION: Parents are invited to review the Healthy Eating and Drinking Policy and to contribute to a healthy eating approach where appropriate.

The Senior Leadership Team meet with the school catering providers to monitor school food choices and menu planning.

Our cashless system enables the kitchen to monitor student's choices and incorporate this into menu planning.



If students are noted to consistently chose/bring unhealthy packed lunches, parents are contacted to discuss and encourage other options.

Food concerns will be discussed with caterers, students, parents, and staff as the need arises.

Supporting Community

The WGSP Healthy Eating and Drinking Policy also has a strong emphasis on supporting our community and helping those in need. We have a program in place to help provide food hampers to more vulnerable families within our community, in order to ensure they have access to nutritious food. At Christmas time, we also organise and distribute Christmas hampers to those families in need. In addition, as part of our 'just ask' scheme, we often organise and facilitate food drives for local food banks to help restock their supplies and support those in need within our community. These initiatives are a testament to our commitment to promoting healthy eating for all and supporting our community.



Equality Impact Assessment

Who is the policy or process intended for?	Students	Employees	Govs/ Trustees	Volunteers	Visitors		
	☒	☒	☒	☒	☒		
Status of the policy or process:	New policy or process			Existing policy or process			
	☐			☒			
Analysis							
Protected Characteristic	Impact analysis			Explanation of impact analysis			
	Positive	Neutral	Negative				
Age:	☐	☒	☐				
Disability:	☐	☒	☐				
Sex:	☐	☒	☐				
Gender reassignment:	☐	☒	☐				
Race:	☐	☒	☐				
Religion or belief:	☐	☒	☐				
Sexual orientation:	☐	☒	☐				
Marriage or civil partnership:	☐	☒	☐				
Pregnancy and maternity:	☐	☒	☐				
Student groups (PP/SEN/CLA):	☐	☒	☐				
Evaluation and decision making							
Summary of action taken:							
Final decision:							

