



Healthy Schools

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



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QUEEN ELIZABETH HIGH SCHOOL

SCHOOL FOOD POLICY

School Name: QUEEN ELIZABETH HIGH SCHOOL

Date of policy implementation: June 2011

Date of next review: June 2012

Link Governor: Sandra Thompson

The original School Food Policy document (June 2006) was produced in consultation with the school community, including students, parents, school staff, governors, LA representatives, community dietician and local Healthy School Standards representative.

This revised School Food Policy is freely available to the entire school community. It has also been made available on the school website.

Rationale

Our healthy eating policy will encourage, reflect and build upon the values outlined in the National Curriculum and those in the schools' mission statement. 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. Deprivation indices show that obesity is linked to a high index of Multiple Deprivation (IMD). Schools share the responsibility with parents and the wider community including health professionals e.g. nurses, GPs, dentists, to educate students in all aspects of food and nutrition so enabling them to make healthy, informed choices through increasing knowledge, challenging attitudes and practising skills.

Aims

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 merely focussing on being healthy at school. This is done via the curriculum including Food Technology, Science, PE and PSHE.

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, documentation from Creative Management who provide the catering service to QEHS.

- To ensure the formal curriculum which provides information relating to food and nutrition in different lesson areas is consistent and up-to-date.
- To work with the school caterer, Creative Management, students and parents to develop a healthy focus to mealtimes including lunch, break and breakfast times.
- To work with the school caterer to encourage students to make healthier choices.
- Promote Food Week where appropriate.
- To ensure that the vending machine has a variety of drinks available, e.g. water and fruit juice – see School Food Trust regulations and nutritional standards [The School Food Trust](#)
- 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.
- To ensure that food provision throughout the day is in line with current guidelines from the School Food Trust and covers all aspects of provision including the nutritional standards.
- To ensure that practical work is carried out as hygienically and safely as possible.
- To promote and enjoy the preparation and cooking of food.
- To develop social skills in a pleasant dining environment.
- To encourage experimentation with unfamiliar foods e.g. by having days focussing on foods from around the world/other cultures.

Guidelines:

We will meet our objectives through:

- Discussion at School Council and Year Councils to gain student views.
- The formal curriculum: Food Technology and Catering departments to audit food based topics at each key stage. Amending recipes to reduce the fat, salt and sugar content.
- Breakfast facilities to be constantly promoted.
- Work with the school caterer to improve the consumption of fruit and vegetables. This includes vegetarian options and a variety of salads.
- Supporting Food Week where appropriate.
- Monitoring/changing vending: Liaise with Creative Management to ensure that a range of healthy food and drink choices is made available in line with School Food Trust guidance.
- Developing extra-curricular activities.
- Continuing Professional Development: All catering/food technology teachers to attend appropriate training to update knowledge e.g. Food Hygiene courses.

Monitoring and Evaluation:

The school will monitor and evaluate objectives by:

- The Healthy School's Co-ordinator, Diane Harris, and the member of staff responsible for food (Business Manager, Susan Hope) reporting on progress to School Council and reviewing the policy annually in light of improvements and changes.
- Auditing the formal curriculum: Senior Leadership Team to receive a summary and via lesson observations in departmental reviews/sample lessons.
- Breakfast provision: School caterer to report on number of students using the service. Ask students, parents and teachers their thoughts about the service and the range of food provided.
- Feedback from students – discussion groups; questionnaires if appropriate.
- Vending: review vending content once every term to ensure the catering contractor is meeting the School Food Trust guidance.
- Extra-curricular: review provision.

- CPD: Member of staff responsible for food (Susan Hope) disseminates materials at a training day/other meetings with other teachers and school staff to ensure all staff are aware of recent changes to school food policy.
- Governor responsible for school food to meet with the School Business Manager to monitor school food issues annually. The Link Governor for this policy is Sandra Thompson.

Useful links:

[The School Food Trust](#)

[Child Obesity and Socioeconomic Status](#)

This revised policy was agreed by the Pupil and Curriculum Development Committee at their meeting on 14 June 2011.

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| Signed | | Chair of Pupil & Curriculum Development Committee (Adrian Woolley) | Date | |
| Signed | | Headteacher (Neil Morrison) | Date | |
| Review Date: | June 2012 | | | |