



Sandbach High School

and Sixth Form College

Our Academy, Our Future

Healthy Schools Policy

The school is dedicated to providing an environment that promotes healthy eating and 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 whole school food policy. This policy covers all aspects of food and drink at school.

The policy was formulated following consultation involving students, staff, governors, parents and our school nurse. The policy is available to the entire school community via our website. Everyone involved with the teaching/serving/cooking of food/drink in school during the day and our partners that share our school premises seek to adhere to this policy.

The nutritional principles of this policy are based on current DfE standards for school food. We adhere to the principles of Fair Trade as reflected in our purchasing policies for our vending machines, for example, and source as much as possible produce including our fresh meat and vegetables from local suppliers.

Food Policy Coordinator

This school food policy and healthy eating strategy is co-ordinated by School Business Manager in association with Curriculum Leader - Design & Technology and Catering Officer and the Healthy Schools Coordinator.

Aims:

The main aims of our school food policy include:

- enabling students to make healthy food choices
- providing healthy food/drink choices throughout the school day
- promoting the learning of health eating outside of school
- helping to ensure that all aspects of our food and drink in school promote the health and well-being of students, staff and visitors to our school.

When we are made aware of specific health issues such as celiac appropriate food is made available.

Curriculum

The importance of healthy eating and healthy life styles is reflected across our curriculum most notably within Food Technology, Science, PE and PSHCE programme.

There are various extra curricular activities which complement classroom learning e.g. cookery clubs, opportunities for Year 10 and 11 pupils to complete the Food Hygiene Certificate and the growing of our own fruit and vegetables if the school's allotment.

Food and Drink Provision

The Government announced new standards for school food to be phased in by September 2009. Together they apply to all food and drink sold or served in schools.

New regulations concerning food allergens introduced in December 2014 have been put into place.

Food and Nutrient based Standards covering all aspects of school food, form the basis for all food offered and eaten in school throughout the school day. (Full details and the documents and guidance relating to this are available from the School Food Trust www.schoolfoodtrust.org.uk.)

Breakfast

Breakfast is an important meal that should provide 25% of a child's energy requirement and contribute significantly to their vitamin and mineral requirements. The school operates a breakfast club that provides a nutritious meal for students before the school day and complies with the standards. The breakfast menu includes cereals and juices. We are trialling the provision of a free breakfast for students taking a morning examination.

Vending Machines

Our vending machine is stocked with a range of drinks that complies positively with the food based standards.

Break time Snacks

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.

School Lunch

Food prepared by the school catering team meets the National Nutritional Standards for School Lunches.

As a school we encourage students to have a school lunch provided by our catering service and free school meals are provided to all those students who are entitled to them and will advise on the process for obtaining a free meal.

Healthy options are promoted at lunchtime. Students are consulted about food choices through regular meetings between our Catering Officer and the School Council and through Pupil Voice.

We encourage the consumption of fruit and vegetables as part of the 5 a day initiative as much as is possible eg through the provision of a salad bar and fruit deserts.

Use of food as a reward/special occasions

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, academic or other achievements. Other methods of positive reinforcement are used in school. See our behaviour policy for a list of rewards used.

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 and will encourage students to drink at frequent intervals throughout the day. Water is available free for all students via several water fountains.

Vegetarian options

There is a vegetarian option at lunch everyday.

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 safety and hygiene training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. Information is cascaded to everyone who is involved with food related activities in school. We have food safety information displayed in the appropriate areas.

All staff involved in the preparation or handling of food are expected to complete their Food Hygiene Certificates.

There is regular monitoring of the food facilities by the Environmental Health Officer.

The Dining Room

The school will provide a clean, sociable environment for students to eat their lunch and has developed the healthy/welcoming aspects of the dining room environment.

Lunch time supervisors will help to ensure a safe, enjoyable experience at lunchtime and will be able to encourage healthy eating.

Leading by example

Teachers, caterers, lunchtime supervisors and school nurses have a key role in influencing students' knowledge, skills and attitudes about food, so it is important that they are familiar with healthy eating guidelines.

It is essential that staff remain committed to setting an example with food in school. Our restaurant, provision for food within the curriculum and the Hospitality and Catering Course highlights the importance we attach to educating young people and parents of the importance of Healthy Eating.

Consultation, monitoring and evaluation

This policy has been developed through wide consultation with the whole school community. The policy and its impact are reviewed on an ongoing basis to reflect current DfE standards. The policy is communicated to the entire school community via our website.