

November
2023

FOOD IN SCHOOL POLICY



Policy Created: January 2015 (previously known as Healthy Eating Policy)

Date of Review: November 2023

Review: As required

Introduction

Sullivan Upper School recognises that in order for pupils to achieve their full potential there is an important connection between a healthy diet and a pupil's ability to learn effectively. It is recognised that establishing a positive whole school food culture is integral to the well-being of pupils and staff. The school provides an environment that promotes healthy eating and enables pupils to make informed food choices.

Aim

To ensure that all aspects of food and nutrition in school promote the health and well-being of pupils, staff and visitors to school.

Objectives

- To support pupils to make informed food/drink choices that encourage them to take responsibility for their own health.
- To develop a coherent and consistent approach to healthy eating messaging and activities in school.
- To provide opportunities for pupils to develop the practical skills required to independently plan, prepare, cook and serve a range of meals.
- To make healthy food and drink options available to pupils in school.
- To ensure that pupils have easy access at all times to free, fresh drinking water.

School Meal Provision

- School meal provision meets the mandatory requirements of the School Food Standards.
- Themed events are held regularly in the Silver Robin eg World Diversity Day.
- School Council provides pupil feedback to Silver Robin Catering Manager.
- The Silver Robin offers healthy snacking options for breaktime.

Packed Lunches

- Parents are encouraged to provide children with healthy packed lunches.

Water Provision

- There are drinking fountains in the Silver Robin, Technology Centre, Sports Hall, Pavilion and the Sixth Form Centre, so all pupils have access to water during the school day.
- Staff have access to bottled water in the Frost Staff Room and filtered mains water in both Staff Rooms.
- Pupils are permitted to carry water with them, but for health and safety reasons they should seek permission to drink water during class from their teacher.
- Pupils are not permitted to bring energy drinks to school.

Reward Systems

- All staff recognise the need for consistent messages about healthy eating within school and the importance of leading by example.
- Sweets and chocolate are not used to reward good behaviour or work on a routine basis. However, food treats are permitted on a whole school basis at four designated and negotiated times during the year eg end of term treat with Form Class.
- Sixth Form tutors overseeing 'bun rotas' in sixth form groups must take appropriate steps to ensure balance with regards to healthy eating, food safety and that pupils are not excluded due to religious beliefs or allergy/intolerance needs.

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Charity sales

- If a member of staff wishes to sell food for charity or fund-raising purposes under consultation of the Silver Robin Catering Manager and the food sold must meet allergen guidelines and healthy eating guidelines; a healthy option is also provided.
- Pupils are not permitted to bring in foodstuffs to sell for personal gain.

School Events

- All food sold or served at school events is discussed with the Silver Robin Catering Manager in advance to ensure compliance with school policy and food safety advice eg allergens.

Food Intolerance and Food Allergy

- A number of pupils in Sullivan Upper School experience severe food allergy. School is aware of the most common allergens and has procedures in place to manage these (Medical/Medication Policy).
- For school events staff should also be mindful of the dietary requirements/food allergies of other staff members.
- In the Information for Parents Booklet pupils are encouraged:
 - not to share food with others
 - avoid eating anything with unknown ingredients
 - be proactive in the care and management of their food allergy and reactions including notifying an adult immediately if having a reaction
- A data capture form is completed by parents of children with a food intolerance or allergy. Parents are encouraged to notify the Silver Robin Catering Manager of any changes during the school year and make any relevant changes via the parent app.
- Compliance with food safety legislation regarding declaration of allergens is adhered to for all food for sale in the Silver Robin and Sixth Form Common Room. There is an option to pre-order for any pupils with specific dietary requirements.
- In Home Economics, pupils with a food allergy or food intolerance are encouraged to manage their own dietary needs so that safe and appropriate modifications can be made to recipes in partnership with their class teacher.
- For more information consult www.allergyuk.org.

Special Dietary Requirements

- Vegetarian or Vegan – options are available and there is an option to pre-order for any pupils with specific dietary requirements.
- The school is sensitive towards the religious or cultural practices of pupils with regards to food eg pupils who are vegetarian or who may be fasting for religious observance.

School Curriculum

- Home Economics at Key Stage 3 provides opportunities to explore ways to develop a healthy diet and to develop practical skills in the safe, hygienic, healthy and creative use of food. GCSE Food & Nutrition and GCE Nutrition and Food Science are offered as subject choices.
- Other departments contributing to the delivery of consistent healthy eating messaging include; Learning for Life and Work, Physical Education, Chemistry and Biology.

Extra-curricular Activities

- Cookery Club.
- Cookery Competitions.
- Eco Club.
- Participation in national events and initiatives eg The British Nutrition Foundation – 'Healthy Eating Week'.

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Printed: 12/12/2023 page no. 2 of 2	Reviewed by Board of Governors: 04/12/2023