

# GUILDFORD COUNTY SCHOOL

## WHOLE SCHOOL NUTRITION POLICY

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### **Principles and Values.**

Guildford County School recognises the important connection between a healthy diet and a student's ability to learn effectively and achieve high standards in school. Consequently we recognise the role a school can play, as part of the larger community, to promote family health, and where possible support sustainable food and farming practices.

Moreover, sharing food is a fundamental experience for all people; a primary way to nurture and celebrate our cultural diversity; and an excellent bridge for building friendships, and inter-generational bonds.

### **Aims of our healthy eating policy**

- To ensure students are well nourished at school, and that every student has access to safe, tasty, and nutritious food and a safe, easily available water supply during the school day.
- To ensure that food provision in the school reflects the ethical and medical requirements of staff and students e.g. religious, ethnic, vegetarian, medical, and allergenic needs.
- To make the provision and consumption of food an enjoyable and safe experience.
- To improve the health of students by helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet, and hygienic food preparation and storage methods.
- To increase students' knowledge of food production, manufacturing, distribution and marketing practices, and their impact on both health and the environment.
- To ensure consistency between formal curriculum and the provision of healthy food & drink.
- To introduce and promote practices within the school to reinforce these aims, and to remove or discourage practices that negate them.
- To ensure all food produced on site meets or exceeds the minimum nutritional standards for school lunches.
- To ensure that vending machines in situ have contents that are both 'healthy' and conform within School Food Standard guidelines.
- To encourage students, parents and staff to ensure that food brought into the school meets the same nutritional standards as food provided by the school

### **Objectives**

To work towards ensuring that this policy is both accepted and embraced by:-

- Governors
- School management
- Teachers and support staff
- Students
- Parents
- Food providers
- The school's wider community

To integrate these aims into all aspects of school life, in particular:-

- Food provision within the school
- The curriculum
- Pastoral and social activities

### **Process**

Establish an effective structure to oversee the development, implementation, and monitoring of this policy, and to encourage a participatory approach to meeting the objectives.

Develop an understanding and ethos within the school of safe, tasty, nutritious, environmentally sustainable food, through both education and example.

Create an environment, both physically and socially, conducive to the enjoyment of safe, tasty, nutritious, environmentally sustainable food.

Help to raise awareness of environmentally sustainable food production methods and socially responsible food marketing practices and to promote these practices through the food choices made in the school.

### **How these aims can be achieved**

- Conduct a baseline survey covering all aspects of food in school and include pupils and parents in follow up surveys at least once per year to objectively measure the success of this policy and highlight any areas that may need attention.
- Governor responsible for Food to liaise with Catering and Business Managers to review with Pupils, Staff, Food Technology Department, Governors and Parents to monitor all aspects of nutrition policy and regularly report back to the Governing Body.
- Regular examination of menus, nutritional standards and evolving national guidelines
- Provision of access to free, clean drinking water in at least five places throughout the school. Pupils and staff can take small bottles of still water into every class (except where Health & Safety issues either permanent or transitory have been identified). The class teacher must be the person to make this decision and communicate this to the pupils.
- Participate in appropriate National Events, initiatives and raise awareness of environmentally sustainable food production and socially responsible food marketing practices.
- With the Governing Body, work towards providing an adequate eating environment for all pupils and staff (to include packed lunches).
- Fresh fruit will be available daily in the canteen.

- Carbonated drinks will not be available from any on site outlet during school hours.
- Pupils and Staff will be asked not to bring carbonated drinks onto school property.
- Selling any items of food or drink, by pupils, on school property is not permitted.
- Hygiene of food and catering premises to be monitored by catering and premises managers with term visits by Business Manager and Governor with Food responsibility.

**Particular responsibilities to ensure monitoring and achievement of these aims**

| <u>Persons</u>                 | <u>Area for monitoring</u>   |
|--------------------------------|--|
| Subject leaders:               | Curriculum content & delivery, and liaison with Catering   |
| Catering manager:              | Nutritional standards/ Hygiene/ Menus  |
| Leadership Team:               | Staff feedback   |
| Student Team:                  | Pupil feedback   |
| Premises Manager:              | Fitness for purpose of premises provided, and H&S issues   |
| Business Manager:              | Financial impacts on school budgets  |
| Governor Responsible for Food: | Monitoring of all aspects of policy in conjunction with Catering and Business Managers through Student Council, staff meeting feedback and parent Liaison Group. |
| Governing Body:                | Approval of Policy and periodic review of implementation including focus within Strategic Plan.  |

***This policy was approved by the Personnel and Curriculum committee in June 2008.  
It will be reviewed again in three years time, in June 2011.***