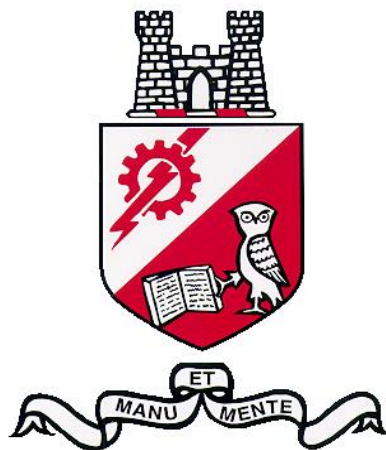


WEST HATCH HIGH SCHOOL



THE BEST THAT I CAN BE

FOOD POLICY

Policy reviewed January 2020

Signed

A handwritten signature in black ink, appearing to be 'Deanna', is written over a horizontal line.

FOOD POLICY

CONTEXT:

At West Hatch we endorse the case for a healthy diet that is low in fat, sugar and salt, and high in fibre with plenty of starch foods, fruit and vegetables and being well hydrated. We recognise that healthy eating patterns need to be established in childhood.

We recognise that obesity and many illnesses are related to poor diet or incorrectly prepared food. A healthy diet can help reduce the risk of diseases such as heart disease and some cancers.

We recognise that well-nourished pupils are likely to be more responsive to teaching and will learn better.

We believe that we can make a major contribution to the health of pupils, staff and their families by increasing their knowledge and awareness of food issues and helping to influence their eating habits.

Our aim in developing the following Food Policy is to show our commitment to improve the health of our staff and students.

PURPOSE:

1. We aim to ensure that healthy food and drinks are provided throughout the day taking account of individual needs (cultural, ethical and medical), and ensuring we are following all legal requirements.
2. We aim to reflect nutrition and healthy eating messages in the curriculum and ensure we do all we can to promote the health and wellbeing of our pupils, staff and visitors to our school.
3. We aim to make the provision and consumption of food an enjoyable and safe experience.
4. We aim to ensure that pupils have access to water during the school day.
5. We aim to introduce and promote practices within the school to reinforce these aims.

SCOPE:

1. We want to ensure that we are giving consistent messages about food and its impact on health.
2. We want to give students the information they need to make healthy choices to promote health awareness and eat healthily.
3. We want to ensure there is healthy food and drink available at all appropriate opportunities.

PROVISION:

1. Break and school lunches are all provided 'in house'. We have a Healthy Food Policy which aims to provide as much unprocessed food as possible. Wherever possible this includes the use of fresh fruit and vegetables each day as a choice for students. We provide a range of hot and cold options – all of which are in line with national nutritional requirements.

2. We encourage the use of locally grown produce wherever possible.
3. We eliminate unnecessary and potentially harmful food additives.
4. We aim to ensure maximum uptake of meals and that all pupils entitled to a free meal receive one. Free school meal students have their accounts automatically credited on a daily basis with the value of their free school meal allowance. Our cashless system ensures other students are unaware of who has the FSM entitlement.
5. We maximise the reduction of waste by reusing unused food within a specific timescale.
6. All the staff employed in food preparation hold at least a basic hygiene certificate, or if newly appointed will be working towards this.
7. All Government/European Union regulations pertaining to food hygiene are complied with.
8. The 6th form area offer a small range of drinks and confectionary via a vending machine system at the discretion of the Head Teacher.
9. All satellite food areas (Snack Shack & 6th Form Café) are prepared in main kitchen and transported over to the outlets following all the correct food policies.
10. We have a number of departments who contribute to pupils' knowledge about healthy food choices and their impact upon wellbeing and learning capacity.
11. We aim to minimise the unnecessary use of plastics and encourage students to bring their own refillable water bottle to school. Water purchased from school must be consumed in the Dining Hall or Snack Shack area only.
12. We encourage the Parents Voice and other providers to be mindful of our Food Policy when purchasing items for sale at intervals and during evening events.
13. Halal options are available throughout the weekly menus and are displayed on the weekly menus in RED on the website

Food Technology

- Provides the opportunity to learn about Healthy Eating through study of the Eatwell Guide and develop an understanding of the function and sources of nutrients, water & fibre.

Pupils will do this through practical tasks whilst considering aspects of food hygiene when preparing the tasks. Pupils will develop the understanding of where food comes from and how to avoid food wastage.

PSEC (Personal Social Education and Citizenship)

- Encourages students to take responsibility for their own health and wellbeing and how to develop a healthy lifestyle. It addresses issues such as body image. Pupils are able to discuss issues surrounding topics of interest to young people.

Geography

- Provides a focus on the natural world and changing environment, offering the opportunity to consider the impact our consumer choices have on people across the world who rely on growing food as their source of income and food insecurity in some parts of the world.

History

- Provides insight into changes in diet and food over time.

PE

- Provides pupils with the opportunity to develop physically and to understand the practical impact of sport, exercise and other physical activity.

RS

- Provides the opportunity to discuss the role of certain foods and the way Food is prepared and served in the certain religions of the world.

Science and Modern Foreign Languages.

- Provides an opportunity to learn about the types of food available, their nutritional composition, digestion and the function of different nutrients in contributing to health and how the body responds to exercise.

MONITORING AND REVIEW

1. The Catering Manager invites feedback from year group and whole school representatives regarding the meal provision and service. Recommendations and requests are seriously considered and wherever possible implemented.
2. Governors review provision half termly at Finance and Premises Committee Meetings.
3. The Catering Manager regularly reviews uptake and food choices. Free School Meal (FSM) uptake is also monitored and action taken to encourage greater participation where necessary.
4. The Parents Voice Forum is consulted regarding provision. They help review and develop our policy in relation to promoting healthy lifestyles.