

## **Richmond School Healthy Eating Policy**

### Aim

It is the aim of the school to assist young people to make informed choices about what they eat and drink, and help them to improve their health and fitness by adopting a healthy diet.

### The purpose of this policy

The purpose of this policy is to provide the principles and objectives to guide the school's Improvement Plan in developing the facilities for providing health eating options.

The policy is adopted in the context of:

- Every Child Matters.
- National statistics drawing attention to concerns about the poor health of many young people.
- The 'Five-a-Day' campaign.
- The relationship between healthy diet and effective learning.
- The national Sustainable Schools initiative.

### The objectives of the policy are:

- To increase students' knowledge of healthy eating and nutrition.
- To ensure that healthy eating options are available for all who work at the school
- To ensure that menus provide for the medical and ethical requirements of staff and students (eg vegetarian and allergies).
- To involve students and staff in decisions which affect the quality and variety of food provided at the school.
- To make the consumption of food an enjoyable, safe and socialising experience.
- To discourage the consumption of food and drink that are viewed by nutritionists as unhealthy.
- To improve the health of all who regularly use the school's dining facilities by influencing their eating habits.
- To promote the Sustainable Schools initiative.

### Guidelines for implementation

#### The taught curriculum:

- Food Technology includes many topics on nutrition and the benefits of healthy eating options.
- PSHE provides opportunities for finding out about the part played by food and water in health globally.
- PSHE introduces students to the issues that are related to the part played by food in global, national and local economies, and in particular to the dependence of developing countries on one-crop exports.
- Where appropriate in the curriculum students' attention is drawn to the benefits of a varied, fresh and nutritious diet.

#### Whole school dimension – facilities:

- Healthy eating opportunities throughout the school, including Breakfast Club; healthy break-time snacks; Sixth Form Bistro; Youth Club catering; and school lunchtime menus are monitored to ensure good nutritional standards and variety (including food from different cultures).
- Creative serving methods encourage students to eat a balanced diet at each meal (eg including vegetables as part of the main dish rather than as a side option).
- Water dispensers are provided throughout the school.
- Kitchens endeavour to ensure that students arriving in the second half of the lunch hour have access to a variety of healthy nutritious food and drink.
- Student servers in the Youth Club encourage the acceptability of food and drink that are nutritionally beneficial.
- Snack vending machines that serve ‘junk’ snacks are not permitted on site.
- Healthy snacks are provided by the kitchens for those students who need a take-away lunch.
- Refreshment areas in the open air, close to the dining rooms, encourage students to combine healthy food with fresh air, and thereby recharged their batteries for the next lesson/activity.
- Students are permitted to drink water during lessons.
- Serving arrangements enable all students to buy a lunch within a reasonable time.

#### Whole school dimension – information and publicity:

- Daily menus are posted and promoted near the dining halls.
- Student preferences are sought in order to aid planning and presentation of food at breaks and lunchtimes.
- Parents are kept informed through the termly newsletter and at Parents’ and Open Evenings and they are given the chance to sample the kind of food served to their children.
- Staff encourage students to drink water during lessons and promote the benefits of this to concentration, stamina and effort.
- At assemblies pastoral staff draw students’ attention to the benefits of a healthy lifestyle and its impact on achievement generally.
- Students are encouraged to ‘eat on site’ and support the healthy food policy.
- Students who conduct themselves in a sociable, considerate manner while eating lunch are appreciated and praised.

#### Management and Leadership, including monitoring and review:

- Lead responsibility for this policy is taken by the Director of Citizenship/PSHE working closely with the Director of Administration, a nominated school governor, the school caterer and the Health Education Co-ordinator.
- Regular reviews are held by key staff to assess the level of meal uptake, quality and variety of food, and customer satisfaction with serving arrangements.
- A Catering Review Group is convened on a regular basis and this includes Senior Management, Pastoral Staff and students from each key stage.
- Catering is a whole-school issue and, therefore, planning, marketing, promotion, preparation and presentation are all discussed by a range of staff and students in order to raise the quality of provision.
- Caterers are encouraged to use locally grown food wherever possible, and to link menu planning to seasonal produce.

- Catering decisions take note of the desirability of supporting environmentally sustainable food production methods wherever possible.
- Similarly, catering for school uses ingredients from developing countries which have the Fair Trade, or equivalent, label attached to them.
- When appropriate, external consultants are commissioned to advise about any aspect of catering arrangements which are of concern.

The Governing Body and senior staff of the school endorse the Healthy Eating Policy, and will assist teachers, parents, students and catering staff to meet its objectives and secure its success.

Review: May 2009