



WHOLE SCHOOL FOOD POLICY

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1. Introduction

This Whole School Food Policy outlines our commitment to promoting healthy eating and ensuring all students have access to nutritious and sustainable food. It supports students' health, well-being, and learning by fostering positive attitudes toward food and nutrition. We value all the school community and seek to promote the health and well-being of all as part of being an enjoyable place to work and learn. We recognise that food and nutrition form an important aspect of health and well-being and thus contribute to all being able to learn effectively. We recognise that food and drink play an important role in different cultures and for all of our emotional and social well-being and are committed to communicating consistent messages across the school.

2. Aims

- Promote a whole-school approach to healthy eating.
- Ensure that all food provided meets national nutritional standards.
- Encourage students to make informed, healthy choices.
- Foster a positive food culture that respects dietary needs, cultural diversity, and sustainability.
- Strengthen links between food education, school meals, and the wider community.

3. Food and Drink Provision in School

- **School Meals:** Meals provided in the canteen will meet national nutritional guidelines, ensuring a balance of protein, carbohydrates, healthy fats, vitamins, and minerals.
- **Packed Lunches:** Families are encouraged to provide nutritious lunches, and guidance will be shared on healthy options. This is done annually in June for 'Healthy Eating week'.
- **Breakfast Provision:** A healthy breakfast option will be available to support students' concentration and well-being.
- **Drinks:** Water will be accessible throughout the school day. Sugary drinks, including energy drinks, will not be permitted for KS3 and KS4 students.

4. Food Education

- **Curriculum:** Healthy eating and nutrition education will be integrated into subjects such as Food Technology, Science, Physical Education, and Personal, Social, Health and Economic (PSHE) education. Within the KS3 Food Curriculum students will develop the life skills and knowledge associated with healthy living, food nutrition and cooking with a focus on sustainability and food security. Cultural awareness will be embedded throughout the curriculum.
- **Cooking Skills:** Students will be taught practical cooking skills to provide and equip them with lifelong skills enabling them to make healthy dishes aligned to the Eatwell Guide.



- **Gardening:** Opportunities will be provided for students to engage in growing food to enhance understanding of sustainability and nutrition. Extra-Curricular: Cooking clubs will be available to allow students to further develop their practical skills and enjoyment of cooking.

5. Inclusive and Sustainable Practices

- **Cultural and Dietary Needs:** The school will respect and accommodate religious, ethical, and medical dietary requirements such as vegan/vegetarian as well as those with allergies and intolerances
- **Food Waste Reduction:** Initiatives such as composting and responsible portioning will be implemented.

6. Partnership with Families and the Community

- The school will engage parents through newsletters, and guidance on healthy eating.
- Partnerships with local food suppliers, nutritionists, and community programs will be encouraged to support healthy food choices.

7. Monitoring and Review

- The policy will be reviewed annually by the Governing Board, the Senior Leadership Team, catering staff, and student representatives.
- Feedback from students, parents, and staff will be considered in updates to ensure continued effectiveness.

8. Conclusion

This Whole School Food Policy is a commitment to fostering a culture of health, well-being, and sustainability for our students. By working together, we can ensure that every student has access to nutritious food and the knowledge to make lifelong healthy choices.