

## Springwood High School-Whole School Food Policy

**Date of policy implementation:** 04/06/07

**Date of next renewal:** 05/05/08

### Introduction

Springwood High School is committed to being a healthy school and to promote the health and well-being of the school community. As part of this we aim to help our pupils understand the consequences, and to develop the skills to take responsibility for the choices they make.

This policy supports one of the *Every Child Matters* outcomes-**Being Healthy**

### Aim

Our aim is to ensure that all aspects of food and nutrition in school help to promote the health and well-being of the whole school community.

### Objectives

- To ensure that food provided across the school day is consistent with our aim and meets the new mandatory standards covering all school food introduced from September 2007.
- To ensure that food and nutrition information across the curriculum, and in extra curricular activities is consistent and up-to-date.
- Establish cross-curricular links relating to healthy food and nutrition.
- Establish a Food Week for students to explore a variety of different foods that they can implement in and out of school.
- To ensure that the whole school community is involved in the implementation of this policy.
- Support this drive by the broader policy to promote healthy lifestyles.
- Inform parents of the benefits of healthy nutrition.

### Guidelines: How are we going to meet our objectives?

- Discuss any matters with the School Council and set up a Health Council involving students, Health Coordinator and Catering Manager to evaluate progress.
- Formal curriculum: Set up a cross-curricular working group to audit food based topics at each key stage.
- Canteen nutrition: To review menus on a regular basis to ensure we are providing healthy options at a reasonable cost.

- Vending: Inform supplier that a range of drink choices must be made available, or terminate contract.
- Extra curricular: Cookery club- This is an entirely voluntary activity held every Wednesday after school. The staff involved endeavour to promote and make as many products which have a healthy theme.
- Packed lunches- To promote healthy choices through sending out the School Food Trust's information sheets and to include helpful links on the school website. To establish our own packed lunch service at a reasonable price.

**Monitoring and Evaluation:** How do we know our objectives are being met?

- Health Council: Will report on progress to the School Council and review policy annually in light of improvements and changes.
- Formal curriculum: Set up termly meetings with the cross curricular working group to ensure material is being delivered, evaluate its success and adapt schemes where necessary.
- Canteen nutrition: Catering Manager to report on numbers of pupils using our service. Regular discussions with Health Council and Health Coordinator on designing new menus.
- Extra curricular: Ask pupils, parents and teachers their thoughts about the club and the range of food provided.

**Notes**

- School has joined Healthy Norfolk Schools and is currently working towards the Healthy Eating status.
- This policy document was produced in consultation with the entire school community, including students, parents, governors, Community Dietician and local Norfolk Healthy Schools Secondary Advisor.