

FOOD AND HEALTHY EATING POLICY

Royal Alexandra and Albert School

**Approved by the Pupil Matters Pastoral Committee 3 February 2005
16 June 2008 and 17 May 2011**

Next review Summer 2014

Responsibilities in our school

The Governing Body recognises the important connection between a healthy diet and a pupil's ability to learn effectively and achieve high standards in school. The Governing Body also recognises the role a school can play, as part of the larger community, to promote family health, and sustainable food and farming practices.

The Governing Body recognises that 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.

Mission

The educational mission is to improve the health of the entire community by teaching pupils and families ways to establish and maintain life-long healthy and environmentally sustainable eating habits. The mission shall be accomplished through food education and skills (such as cooking and growing food), the food served in schools, and core academic content in the classroom.

Aims of our healthy eating policy

- To improve the health of pupils, staff and their families 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 pupils' knowledge of food production, manufacturing, distribution and marketing practices, and their impact on both health and the environment.
- To ensure pupils are well nourished at school, and that every pupil 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 pupils e.g. religious, ethnic, vegetarian, medical, and allergenic needs.
- To make the provision and consumption of food an enjoyable and safe experience.
- To introduce and promote practices within the school to reinforce these aims, and to remove or discourage practices that negate them.

Objectives

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

- Governors
- School management
- Teachers and support staff
- Pupils
- 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

Methods

- Use the School Food Trust Guidelines and The Education (Nutritional Standards and Requirements for School Food) (England) Regulations 2007 as a direction for Teaching and Learning and Food Provision throughout the school
- 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 physical and social, conducive to the enjoyment of safe, tasty, nutritious, environmentally sustainable food.
- Help to promote and raise awareness of environmentally sustainable food production methods and socially responsible food marketing practices.