

# ROYAL ALEXANDRA & ALBERT SCHOOL



## FOOD AND HEALTHY EATING POLICY

The Governors and staff at The Royal Alexandra and Albert School are committed to providing a safe and happy learning environment, promoting equality and diversity and ensuring the well-being of all members of the community. It is their clear intention to promote good behaviour and to exercise their responsibilities in ensuring the safeguarding and welfare of all students and staff within the community.

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Policy applies to:	All staff & pupils
Governors' Committee Responsible:	Pupil Matters Committee
Governor Lead:	Chair of Pupil Matters Committee
Accountable Executive:	Deputy Head: Pastoral
Status & Review Cycle:	Every 3 years
Last Approval:	September 2025
Next Action:	Autumn 28

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# 1. Introduction and Purpose

Healthy, sustainable eating underpins pupils' well-being, learning and lifelong habits. This policy sets out how the School will:

- Provide consistently nutritious food in accordance with national standards
- Develop pupils' knowledge, skills and positive attitudes towards healthy eating
- Engage governors, staff, caterers, parents and pupils in a whole-school approach

# 2. Legal & Statutory Framework

The School complies with:

- School Food Standards (Regulations 2014; updated January 2015) for all food and drink served at breakfast, lunch, after-school and via vending
- The Eatwell Guide, ensuring balance of the five food groups, "5 A Day" and appropriate hydration
- National Curriculum requirements for cooking and nutrition within Design & Technology (from September 2014)
- Food Information Regulations 2014: mandatory food allergen information (relating to 14 substances listed in the Food Information to Consumers that are known to cause allergies) is accurate, available, and easily accessible to the consumer
- Equality and safeguarding legislation, ensuring that all dietary needs (medical, religious or cultural) are met without discrimination

# 3. Aims & Objectives

- Nutrition: All food and drink available on site will support a balanced diet
- Education: Pupils will acquire practical food preparation skills and sound nutritional knowledge
- Whole-school Ethos: Messages conveyed through the curriculum will be reinforced by the School's food provision
- Inclusion: Medical, religious and cultural dietary requirements will be accommodated.
- Environment: Dining areas will serve as social learning spaces that promote sustainability and celebrate diversity

## 4. Scope & Roles

This policy applies to governors, staff, pupils, caterers, parents and visitors.

Role	Responsibility
Governing Body	Approval, oversight and periodic review of the policy.
Headteacher and Senior Leaders	Leadership of the whole-school approach and resource allocation.
Executive Chef Manager	Menu planning, allergen management and staff training.
Teaching Staff	Delivery of food education (Design & Technology, PSHE) and reinforcement of policy messages.
Staff and Supervisors	Promotion of healthy choices at all meal times and during extracurricular activities.
Catering Department	Provision of packed lunches and communication of any dietary requirements.
Students	Engagement in food education and responsible decision-making.

## 5. Curriculum & Co-Curricular Activities

- Design & Technology: Cooking and nutrition lessons develop practical skills and nutrition knowledge [Healthy Surrey](#).
- PSHE / Citizenship: Understanding food provenance, sustainability and health.
- Clubs & Events: Cooking clubs, themed food weeks, cultural cuisine celebrations.
- Staff CPD: Regular training on standards, allergens and pedagogical approaches.

## 6. Food & Drink Provision

- Breakfast:
  - A nutritious breakfast is available daily
- Mid-morning Snack:
  - Fresh fruit and snacks provided
- Lunch
  - Hot meal provision Monday–Sunday meeting all School Food

### Standards

- Drinking Water
  - Free, accessible at all times (fountains, dining hall dispenser, refill stations)
  - Encouraged use of personal bottles
- Packed Lunches:
  - When permitted (e.g. trips), catering team provide packed lunches
- Food as Reward
  - We discourage the use of unhealthy snacks as a reward; we endeavour to use praise and non-food rewards

## 7. Special Dietary Requirements & Allergens

- Medical Needs: Managed through Individual Healthcare Plans in cooperation with parents, medical professionals and relevant staff
- Religious and Cultural Diets: Halal, vegetarian, vegan and other dietary preferences are accommodated
- Allergen Management
  - Daily allergen information is provided; cross-contamination controls are strictly enforced
  - Relevant staff receive regular training; emergency procedures and epipens are maintained in accordance with safeguarding protocols

## 8. Food Safety & Hygiene

- Food handlers hold a minimum of Level 2 Food Hygiene certification.
- The School's catering facilities operate under Hazard Analysis and Critical Control Points (HACCP).
- Environmental Health inspections occur regularly as per government guidelines; internal audits of cleaning, storage and delivery standards are conducted.

## 9. Eating Environment

- The Dining Hall is managed as a purposeful social learning space, with supervision conducted by RAAS and Sixth Form Prefects that have specific training. There are clear behavioural expectations communicated to students and upheld
- Student committees meets regularly to review provision and suggest improvements
- Themed events promote diversity and environmental responsibility
- Executive Chef Manager and senior leaders meet regularly to ensure the Dining Hall operational functions continue to run smoothly and that the environment is optimum

## 10. Monitoring, Evaluation & Review

- Student Voice: The School is committed to listening to students' views on food provision. Committees and the School Council run regularly and give opportunities for students to provide structured feedback on the quality, variety and presentation of food and to suggest improvements. In addition, surveys are conducted to gather a broader range of student opinions and experiences, ensuring the food offer remains responsive to students' needs and preferences
- Parent feedback: Parents and carers are regularly invited to provide feedback on the School's food provision through online surveys and face-to-face or virtual consultations. This feedback informs menu development, dining environment enhancements and policy updates. The School values this partnership in promoting healthy eating habits both in school and at home.