



## THE HESSE FEDERATION OF SCHOOLS



### FOOD IN SCHOOL POLICY

**Effective Date:** April 2010

**Date of minuted approval by the governing body:** 15 April 2010

**Review Committee:** Finance and Premises

**Review Date:** April 2012

#### **Rationale**

The Hesse Federation is a Healthy School. Our aim is to ensure that healthy food and drink is provided at all times during the school day, including the programme of Extended Learning Opportunities. The food provided reflects nutrition and healthy eating messages in the curriculum. With the support of the whole school community we promote the positive messages of choosing a healthy lifestyle and sourcing locally, ethically produced food.

The Governing Body is proactive in recognising its responsibility for setting a strategic framework for the schools food policy.

At The Hesse Federation we are proactive in setting a positive environment in which students are encouraged to make healthy lifestyle choices. We recognise that research suggests that children who choose a healthy food option have improved concentration and energy levels and are therefore more likely to achieve in school. However we also accept our responsibility for ensuring our students have the necessary skills to make the same positive food choices when they leave school.

School food is a key agenda item at School Council, Parents and Friends Association, Staff and Governor meetings. A working party monitors and reviews school food provision.

In practice the school food provision maintains high standards and responds to Government guidelines (2008 / 09) on food in schools and provides:

- healthy hot meals
- eggs that are free range
- menus that are nutritionally compliant
- drinks which are low in sweeteners and additives
- chips a maximum of 2 portions per week
- healthy 'Breakfast Club'
- meat that, where possible, is sourced locally and to high animal welfare standards.

We recognise that parental choice is vital in a child's diet. We will communicate with parents at every opportunity and ask for their support in:

- purchasing a school drinking bottle for water only.
- not allowing students to bring fizzy drinks on site.
- providing a balanced packed lunch with a healthy option focus.

The ParentPay purchasing system supports parental and school monitoring of food 'choices'. This system allows The Federation Working Party for Food to evaluate food provision and strive for nutritional and ethical excellence.