

Shoeburyness High School



HEALTHY EATING POLICY

Shoeburyness High School
has been designated a Healthy School

February 2019

Status : Recommended

Next revision due : February 2021

Reviewed and monitored by : [Senior Lead Practitioner – Healthy Schools](#)

Signed by Chair of Governors :

1. RATIONALE & PURPOSE

- Shoeburyness High School recognises the significant role diet plays in the development of and susceptibility to ill health, both in the young and in adult life.
- The school should promote healthy eating habits, identify basic food knowledge and provide food within school which is consistent with a long, enjoyable and healthy lifestyle.
- Shoeburyness as a full extended service provider supports 'healthy eating' by offering breakfast and snack facilities during holiday clubs.
- "Foods most commonly consumed by young people are white bread, savoury snacks, potato chips, biscuits, boiled, mashed and jacket potatoes and chocolate confectionery. Consumption of high levels of saturated fat, sugar and salt and insufficient vegetables has been reported within this age group. Additionally, more is spent on soft drinks and confectionery, meat and meat products and least on fruit consumption." *Gregory & Lowe 2000: National Diet and Nutrition Survey: Young people aged 4-18. HMSO.*

2. POLICY STATEMENT

- The aim of the policy is to review all food offered to pupils and staff by the School Catering Service and to improve the provision of food so that a wider range and healthier choices are on offer.

3. GUIDING PRINCIPLES

- To audit food sold throughout the school, including breakfast clubs and school lunches.
- To ensure that the curriculum at KS3 and KS4 'Food and Nutrition' provides pupils with the knowledge and skills to be able to provide themselves with a healthy diet, within limited budgets, using good food hygiene standards.
- Pupils will be encouraged to participate in developments regarding all food sold in school.
- The school will follow Government guidelines in relation to food available and promote consistent informed messages about healthy eating around school and in the canteen through the taught curriculum.
Pupils will be encouraged to drink water and allowed, where necessary and where safe, to do so in lessons.
- All students are given the opportunity to take Food Technology at Key Stage 3. The scheme of work aims to give them a broad range of cooking skills and covers healthy eating across all three years. The school is unusual in that it provides the ingredients for practical lessons ensuring that all students can benefit from the practical lessons. Dishes are selected to follow healthy eating guidelines and to incorporate fruit and vegetables where possible e.g. carrot and orange muffins (rather than chocolate), vegetable curry, pea risotto.
- At Key Stage 4 many of our students opt for Catering and Food courses and again the dishes they prepare have a healthy bias to them. Recipes are evaluated against healthy eating guidelines and students analyse the nutritional content of the dishes, commenting in particular on the salt, fat and sugar content.

4. CONSULTATION GROUP

- School Council discuss healthy eating and their views have been taken into account with regard to the refurbishment of the dining hall.
- The in-house Catering Team, is working with the school to review and improve the quality and the provision of school meals, including “stealthy” healthy eating provision Parents will be updated and informed about any changes in provision through The Keeping in Touch and the school website. Parents will be encouraged to provide healthier choices for packed lunches.
- We also have a breakfast club which encourages students to eat healthy food. This is important as a number of students come into school without having eaten.
- We work closely with the School Sports Partnership and the PE department to support and promote healthy eating.

5. LINKS TO OTHER POLICIES & DOCUMENTS

- Healthy School Policy.

6. MONITORING & EVALUATION ARRANGEMENTS

- There are regular meetings with the Senior Finance Officer and the Catering Consultant and meetings with both students and staff about their views of the canteen facilities via School Council. This has also been discussed at Learning Group Meetings.
- The Keeping in Touch often updates us on Food within Technology and visits.

7. ROLES & RESPONSIBILITES

- The Senior Finance Officer and the Catering Consultant have meetings with the Catering manager.
- Feedback is given to the Senior Leadership Team via the Senior Finance Officer.

8. PROCEDURES

- Procedures are adhered to within the Catering Department. The Senior Finance Officer and the Catering Consultant oversee operations.

9. DEFINITIONS

- Learning Groups = All staff who meet to discuss whole school issues.