



Alec Hunter Humanities College **Whole school food policy**

Mission statement

Our college recognizes the importance of good nutrition on pupils' emotional and physical health and wellbeing and the affects this has on an individual child's ability to maximize their educational attainment.

Aim

- To promote consistent messages throughout the whole college by ensuring all policies, procedures and daily working practice follow this policy.
- To make sure that nutrition has a prominent place in college life
- To offer healthy food and drink choices at all appropriate opportunities
- To ensure the food environment promotes a happy, pleasurable experience
- To have clarity regarding the financing of school food and drink

What we will do

1. Ensure that all food and drink served reflects the needs of all consumers and makes healthy choices easy to take
2. Regularly review occasions during the college day to ensure that food and/or drinks are available when needed and meet statutory requirements.
 - a. Before/after school
 - b. Break times
 - c. lunchtime
 - d. special activities e.g. Sports days, parents evenings
3. Provide food and drink that allows individuals to
 - a. drink cool water frequently throughout the day
 - b. eat healthily without financial disadvantage
 - c. follow special diets / cultural requirements
4. Create a pleasant eating environment that is appropriate to the age of the consumers

5. Design a curriculum that delivers complimentary and developmental nutrition messages throughout a pupils school life
6. Consider nutritional consequences of any organizational change before it happens. Action will be taken to minimize any negative impact.
7. Ensure the healthy choices are affordable to all students and that promotions and offers encourage healthy eating
8. Regularly monitor the impact of this work.

How we will do it

1. Set up a school food action group to include students and staff to review provision and services and evaluate any changes made.
2. Consult with students and parents via the web site and publish menus.
3. Identify and work towards removing all conflicting information and practices e.g. classroom reward schemes, fundraising using promotions on confectionary products, special offers
4. Provide access to training to ensure staff are supported to carry out necessary change
5. Review the process regularly, alongside other school policies and procedures to ensure congruence

Who will be involved?

The following will be invited to be involved in all development and decisions.

Governing body	
Pupils	Volunteers from Year 7 and 8 as well as members of college council.
Catering supervisor	Mrs. S. Humphrey
Healthy Schools Coordinator	Mrs. L. Richards
Parents	Policy plus changes put on web site for consultation.
School nurse,	Ms. J. Paul