



Name:	Healthy Eating Policy
Approved by:	Governors – TLB&S Committee
Policy Created:	2010
Regularity of review	3 years
Date updated:	February 2022
All policies are available to stakeholders either on the school website or upon request from the school office.	

PRINCIPLES

The Healthy Eating Policy is committed to and guided by the principles of:

Working in partnership with families and other professionals to support children in developing healthy eating practices which will become embedded for life.

PURPOSE

The aims of this Healthy Eating Policy are to:

1. To provide students with positive healthy eating experiences in order to promote their well being.
2. To respect the different dietary, cultural, religious and health needs of staff and students.
3. To encourage students to develop positive attitudes towards food through the curriculum and all the other learning opportunities that are provided in the school.
4. To educate all students as to how to eat healthily and have a balanced diet.
5. To monitor menus and food choices to inform policy development and provision.

POLICY

1.	School Meals
1.1	In liaison with our catering company, we aim to provide a lunch with appropriate nutritional value. This includes the use of fresh fruit and vegetables each day as a choice for students and staff.
1.2	We provide hot and cold options, both of which are in line with national nutritional requirements. There is also a breakfast and rec service, where students can choose from a range of options.
1.3	Sixth form students also have access to a sixth form café, which is open throughout the morning and serves a range of food and drink options.
1.4	Every student has access to an affordable ‘meal deal’, which provides a balanced meal at a reasonable cost. Funding is provided daily to the accounts of students who are entitled to free school meals, who attract pupil premium or are eligible for the 16-19 bursary, so that they are able to purchase a full healthy meal each day of their choice. Packed lunches are provided for these students for school trips.
1.5	All the menus are available on the school website.
	Packed Lunches
1.6	Students can bring a packed lunch to school and parents are encouraged to make sure this is a healthy option.



2.	Water
2.1	Water is freely available throughout the school day to all students and staff. To cut down on plastic waste, the school does not sell bottled water. Students are asked to bring their own water bottle, which they can refill in school.
2.2	Students may drink water at any time, except during assembly.
2.3	Only water is permitted for students to drink during lesson time.
2.4	Energy and high-caffeine drinks are not permitted in school.

3	Health Eating Across the Curriculum
3.1	Healthy Eating is taught through a range of curriculum areas, including science, food and PSHE.
3.2	In food lessons, there are a number of opportunities for students to develop the knowledge and understanding of health, including healthy eating patterns and practical skills that are needed to understand where food comes from, such as shopping, preparing and cooking food. All students are taught food in KS3 and the emphasis is on having a balanced diet. Students are taught about nutrition so that they can make informed choices about food and are encouraged to consider nutrition and health in their designing of recipes, preparation and cooking of ingredients.
3.3	Science lessons provide an opportunity to learn about the types of food available, their nutritional composition, digestion and the function of different nutrients in contributing to health and how the body responds to exercise.
3.4	Religious Studies lessons provide the opportunity to discuss the role of certain foods in the major religions of the world.
3.5	PSHE encourages young people to take responsibility for their own health and well-being, teaches them how to develop a healthy lifestyle and addresses issues such as body image and obesity.
3.6	Along with the provision of nutritional education, students have access to displays which encourage healthy eating and the benefits of a healthier lifestyle.

4.	The Dining Environment
4.1	The school aims to make the dining area and sixth form café pleasant and welcoming areas for all of the school community.
4.2	Menu choices are advertised and pleasant displays are on the walls.
4.3	The school dining room has recently been extended to provide more space, to accommodate more comfortably the larger number of students wishing to use the dining room.

Responsibility

Responsible Staff	Vice Principal; Assistant Vice Principal: Head of Sixth Form
Approving body	TLB&S Committee