

St Alban's Catholic High School



Food Policy

Approved by Governing Body on: 3rd March 2025

Recommission Date: March 2028

Introduction and General Aims

1. It is well known that obesity and many illnesses are related to poor diet or incorrectly prepared food. We acknowledge that well-nourished students are likely to be more receptive to teaching and learning. Food knowledge and skills, including menu planning, cooking and gardening, have an important role to play in enriching our social development and in celebrating, nurturing and increasing our appreciation of cultural diversity.
2. There are issues around food production e.g. organic food, free range food, genetically modified food and sustainable food and farming practices. The school can make a major contribution to improving the environment and the health of students by increasing their knowledge and awareness of food issues and eating habits.
3. The most important task of this policy, is to encourage good eating and drinking habits. The educational mission is to improve the health of the entire community by teaching students ways to establish and maintain life-long healthy and environmentally sustainable eating habits. The school also seeks to support the national priority for a healthy lifestyle. The mission shall be accomplished through food education and skills including practical and theory knowledge, the food served in schools, and core academic work done in classrooms.
4. Our Aims are:
 - To improve the health of students and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet, and hygienic food preparation and storage methods;
 - To increase students' knowledge of food production, manufacturing, distribution and marketing practices, and their impact on both health and the environment;
 - To ensure that students are well nourished at school, and that students has access to safe, tasty and nutritious food through the availability of well-balanced school meals on the premises. The canteen meal deal aims to promote healthier options and a bottle of water to keep hydrated.
 - Students will have a safe, easily available water supply during the school day;
 - To ensure that food provision in the school reflects the ethical and medical requirements of staff and students e.g. religious, ethnic, vegetarian, medical, and allergenic needs;
 - A letter will be sent to parents/carers at the start of every academic year to remind them of the school's nut free policy. Currently none of the products sold in the canteen contain nuts. If a product is sent as a replacement to a current product that says "May contain Nuts" this will be highlighted to students.
 - Students with known medical issues, such as allergies, are encouraged to speak to the catering manager who will discuss possible allergens.
 - To make the provision and consumption of food an enjoyable and safe experience;
 - To introduce and promote practices within the school to reinforce these aims, and to remove or discourage practices that negate them.

Objectives

- 5 To work towards ensuring that this policy is both accepted and embraced by Governors, Senior Leadership Team, Teachers, Support Staff, Students, Parent/Carers and the school caterers
- 6 To integrate these aims into all aspects of school life, in particular:
 - Food provision within school
 - The curriculum
 - Pastoral and social activities

Delivery

7 The school will:

- Oversee the development, implementation, and monitoring of this policy, and to encourage a participatory approach to meeting the objectives. There will be a whole school approach to include the food service, curriculum delivery in Food Technology and part of pastoral care. Parents/carers and students will be encouraged to make a positive contribution;
- Develop an understanding and ethos in the school of safe, tasty, nutritious environmentally sustainable food through both education and example e.g. in Food Technology;
- To continue to create an environment, both physical and social, conducive to the enjoyment of safe, tasty, nutritious, environmentally sustainable food e.g. prohibiting sale of non-compliant fizzy drinks, chocolate, crisps and boiled sweets;
- Help to promote and raise awareness of environmentally sustainable food production methods and socially responsible food marketing practices e.g. Fair Trade.

Food across the curriculum

8 All Heads of Department are to ensure that schemes of work include relevant material that contributes to life-long healthy and environmentally sustainable eating habits.

9 School lunches and packed lunches:

- All school meals are provided by our contracted caterer. 'The Lunchtime Company' embrace natural ingredients, seasonal produce and develop ethical trading. Their produce is sourced from suppliers as near to the school as possible. Chips are only available once a week, all food is priced positively to encourage healthy options and 'meal deals' ensure students eating in the canteen purchase a balanced meal. Take away cold baguettes and hot paninis are also available offering a variety of fresh ingredients for fillings. All pizzas are freshly made each day and fruit pots are also available. Menus can be found on the school website.
- All items sold by the canteen and for events such as barbeques must now comply with Natasha's Law
 - Any items sold that are not individually sealed in original packaging that has individual full ingredient and allergen list MUST have all allergen information available.
 - They must not be covered/wrapped/or sealed unless they have a full ingredient and allergen list attached to each one.
 - Exceptions detailed in the law are (i) pre-ordered packed lunches and (ii) pre-ordered hospitality. In these cases a full list of allergens is provided.
- Packed lunches are encouraged to be tasty and nutritious through work done in Food Tech

10 Water provision: Children are allowed to bring bottled water to school and may drink their water at any time, except in some practical lessons. The School will provide a number of water points around the site so that students may access free water.

Working with parents and carers

11 Parents are regularly updated on our water and packed lunch policies through the school newsletters. We ask parents not to send in fizzy drinks.

12 During out of school events, e.g. Educational Visits, the school will encourage parents and carers to take into consideration the Food policy when offering a range of refreshments to the children;

13 Parents will be educated on lunch pack ideas and the school meal service during parent meetings e.g. year 7 induction.

Signed by P. Dance, Chair of Governors:

Date:
