



## Healthy Eating Policy

**Review Date:** June 2027

**Review by:** SLT

**Final approval:** SLT

### Academy Context

The Core Values of the Academy which relate specifically to this policy state that we are working together to form relationships based on:

- **Truth** - everyone is required to be honest and to communicate in a positive manner
- **Responsibility** - everyone is expected to understand the consequences of their actions
- **Justice** - everyone is entitled to be treated fairly and to promote the self-esteem of others
- **Faith** - everyone is invited to develop their understanding of Christian belief, worship and lifestyle
- **Compassion** - everyone is encouraged to be generous in their concern for others

Such values contribute to the school's common purpose of "striving for high quality education with a strong Christian ethos".

### Data Protection

Any personal data processed in the delivery of this policy will be processed in accordance with the school Data Protection policy.

### Introduction

The Academy acknowledges the shared responsibility with parents and the catering service to promote healthy eating principles as part of the school's health education programme.

### Policy

We will, with the outsourced catering provider:

- promote healthy lifestyles to all through our food offer;
- ensure students are well nourished at school and that every student has access to safe, tasty and nutritious food and a safe, easily available water supply during the day;
- ensure that food provision caters wherever possible for the ethical and medical requirements of staff and students e.g. religious, vegetarian, medical and allergenic needs.
- reflect our multicultural society in the food offer;
- reduce food and other waste, including plastics in our offer;
- involve customers in evaluating the offer;
- ensure high standards of provision to support special events and staff events, commensurate with the professional nature of the school;
- ensure the highest standards of hygiene;
- meet the DfE Healthy Eating standards;
- provide Olio reports to the academy with detail on food donated and the environmental impact. Ensure those students who are entitled to free school meals are able to eat well and healthily in school, and are not identifiable by this criteria

The Olive Grove has been outsourced since September 2010. The main meal provision and cold drinks meet the nutritional standards laid down by the Department for Education through the School catering guidance and any other national guidance e.g. H&S law.

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## **Food Choices**

Students are offered a three week menu on rotation. The menu is reviewed termly by the catering provider and the Business Manager.

- Breakfast will be available so that students have an opportunity to purchase a healthy balanced breakfast. Free porridge is supplied to all students.
- A variety of snacks and drinks are on offer at break time and after school.
- The lunch menu will be a main meal driven service providing students with a nutritional balanced hot meal. There is the opportunity to choose from other food available, including pasta with homemade sauce, jacket potatoes, soup, paninis, salad and homemade sandwiches, baguettes and wraps.
- All dietary requirements are catered for e.g. vegetarian, gluten free, vegan. Where a student has a particular diet requirement the canteen will liaise with the student (and parents, where appropriate) to ensure they are catered for.
- The caterers comply with the requirements of Natasha's Law in the labelling of food products.
- Fruit snacks, yoghurts, salads and other healthy options are available.
- Chips will only be available once a week.
- A range of biscuits and cakes will be available for purchase at break time and lunch time. These are in line with the DfE healthy eating standards.
- The coffee shop (for staff and sixth form students only) has a small selection of crisps and chocolate available as well as a selection of coffee and other hot drinks. Fresh bagels and paninis are offered along with a selection of other items similar to those available on the main 'Grab and Go' counter.
- Water will be available free of charge at water fountains located in the Olive Grove and, library and the foyer. Other drinks will be available to purchase from the canteen at break and at lunch.
- All students will select and pay for food using the cashless catering system. Those students eligible for free school meals will have their account credited daily in order to purchase their meal. Therefore students are not identified as receiving the benefit of a free meal.
- There is a Halal meat option on the menu each day, further information can be sought from the Olive Grove staff.

## **Food Education**

- Healthy eating will be taught as part of the food technology programme of study and aims to enable students to become aware of the issues and to help them make wise food choices.
- The specific dietary needs of teenagers will be addressed in food technology and supported by topics in PSHE, such as body image.
- Information on food suitable for packed lunches and use of cool bags will be covered through work in food technology.

## **Healthy eating and pastoral education**

Healthy eating is crucial for the overall health, academic performance, and well-being of students. The Academy issues a healthy eating guidance document which provides parents and students with information and strategies to promote healthy eating habits at school and home. The Academy also supports the annual Healthy Eating Week.

## **Monitoring and Evaluation**

- The operational implementation of this policy will be monitored by the Business Manager.
- Students and staff are able to make suggestions about the service directly to the Business Manager or catering staff. The Business Manager reviews these periodically with the Catering Manager.
- A whole school survey of all staff and students will be carried out part way through each contract period, to ensure the offer is meeting the needs of the school and its customers.

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