



KESGRAVE HIGH SCHOOL

FOOD AND DRINK POLICY

Aims and Objectives

- The School aims to ensure that pupils and staff are well nourished at school and that every pupil has access of safe, tasty and nutritious food.
- Every effort is made to ensure that students make the right choice.
- The School aims to ensure that all pupils and staff have access to an easily available water supply during the school day.
- The school aims to demonstrate the importance of hydration, explain which drinks are recommended and promote drinks that are most likely to support good health and education outcomes. Caffeine should be limited. Energy drinks should not be consumed during school hours.
- All school staff are to be encouraged to create and promote an environment which supports a healthy lifestyle through curriculum topics and acting as role models.
- The School is committed to providing a welcoming eating environment which encourages positive social and cultural interaction of pupils and teachers.
- The School aims to ensure that it involves pupils and parents in guiding food policy and practice within the school and will take action on feedback provided.
- The School aims to actively encourage parents to provide healthy items to be included in lunchboxes.
- Chewing gum is not allowed on site for health and litter reasons.
- The School is committed to providing training for staff which includes food safety and first aid.

Considerations

Breakfast: School caterer to report on number of pupils using service. Ask pupils, parents and teachers their thoughts about the club and the range of food provided.

School Lunches: Increased take up / less waste.

Lunchboxes: Healthier choices in a survey of lunchboxes after implementation of policy

After school tuck: School caterer to report on number of pupils using service. Ask pupils, parents and teachers their thoughts about the club and the range of food provided.

Vending: School to review vending content to ensure supplier is meeting school wishes.

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Water: Pupils have access to water throughout day, increased pupil / parental understanding the benefits of. Students are encouraged to fill their water bottle up during break and lunchtime to reduce movement during the lesson.

COMMUNICATING INTENT

Published policy statement

- 1.1 The school has ensured that parents / carers and pupils are fully informed of the food policy by communicating it through the website, school prospectus, newsletters and other normally used channels.
- 1.2 The school will ensure that all staff are made aware of the policy and its implementation and how to access it on the school website.

Curriculum flexibility

- 1.3 The school's curriculum is appropriate to the needs of the pupils.
- 1.4 The school's curriculum provides an opportunity for pupils to talk about food, drink, health and wellbeing.
- 1.5 Caterlink are keen to work alongside departments, to promote food from difference cultures, link themed week alongside school events e.g Austrian food as the School Ski trip departs.
- 1.6 A gardening club to encourage the growth of own produce.

Pupil involvement

- 1.7 The school encourages pupils to take responsibility for their own healthy eating.
- 1.8 The school encourages pupils to take responsibility for developing a positive approach to food and drink within the school.

Parental / carer involvement

- 1.9 The school ensures that parents / carers are informed promptly of any concerns regarding their child and food and drink and are given the opportunity to be involved in responding to their needs.
- 2.0 The school encourages parental involvement and support for the food policy.

Monitoring & Evaluation

- 2.1 This policy will be reviewed as part of the policy cycle.
- 2.2 Governors appointed to the Student Wellbeing Group are responsible for this policy.

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