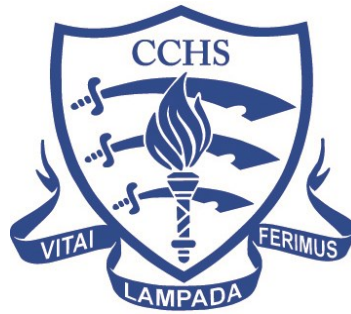


*Chelmsford County High School
for Girls*



**Whole School Food
Policy**

Approved by the Governing Body: 11th July 2022

Chelmsford County High School for Girls

Whole School Food Policy

Rationale

We believe that an active lifestyle and a well-balanced diet can enhance the health of children. There are several government policies and initiatives to help improve the diet of children, , The Food in Schools programme, School Fruit and Vegetable Scheme, 5 A DAY, the Healthy Schools Programme. However, we recognise that the nutritional and hydration needs of our students vary and may not always fit the government standards. Where this is the case our main priority is to meet the specific needs of the individual student. The Whole School Food Policy enables Chelmsford County High School for Girls to support the government initiatives and the individual needs of all students by developing and maintaining a shared philosophy on all aspects of food and drink. It provides a public statement demonstrating how we care for and make a positive contribution to the health and welfare of students, staff and other stakeholders.

Aim

To ensure that all aspects of food and nutrition in school promote the health and wellbeing of every member of our school community.

Equal Opportunities

At Chelmsford County High School for Girls we believe that every child is entitled to safe and appropriate provision of food and drink in order to stay as well-nourished as possible and maintain and develop their existing skills in eating and drinking. We promote a positive and healthy attitude towards nutrition which takes account of medical complexity and individual diversity. We foster an ethos of teamwork and will strive to ensure that all members of staff feel supported, informed and comfortable in working with children who have eating and drinking difficulties.

Objectives

To ensure that the objectives are fully integrated into all aspects of school life and are accepted and embraced by all members of the school community, we will aim to ensure that:

- **School Curriculum**
 - The curriculum relates to food and nutrition in different subject areas and that it is consistent and up to date.
 - Where appropriate, students will understand the requirements of a healthy balanced meal.

- **School Meals**
 - As far as is possible, all school meals served will meet the Government's new food-based standards to ensure that students are getting a nutritious balanced meal.
 - As far as is possible, all medical and dietary needs are met within the Government's new food-based standards.
 - Water will be available with all meals and students will be encouraged to drink water throughout the day.
 - A suitable, attractive environment is provided in which to eat lunch.

- **Water Provision**
 - Students and staff have access to free, clean and palatable drinking water throughout the school day.

- **Students**
 - Up-to-date records of students' medical and dietary needs are maintained and staff are aware of these.

- **Staff**
 - All staff who may handle food have basic food hygiene training.
 - Staff understand what a balanced and healthy meal means.

Guidelines

In order to achieve the objectives:

- A member of the Senior Leadership Team (Business Manager) has been identified to work with the appointed school catering provider (Chartwells) who oversees all aspects of food provision throughout the school day.

- An effective structure will be established to oversee the development, implementation and monitoring of this policy.

- A participatory approach will be encouraged for the whole school community to meet the objectives.

Roles & Responsibilities

- **Senior Leadership Team Member** (Business Manager)
 - to oversee all aspects of food provision throughout the school, including working with the appointed school catering provider (Chartwells), monitoring and evaluating the implementation of the policy.
- **Curriculum Leaders** (PSHE, , Science)
 - to ensure the curriculum supports healthy eating, to monitor planning and observe lessons in support of this. This is also promoted through the assembly rota.
- **Teachers and Subject Staff**
 - to introduce aspects of healthy eating into the curriculum and enrichment day activities eg Internationalism work and presentations that involve food.
- **School Catering Provider** (Chartwells)
 - to provide support for students with specific dietary requirements to ensure that they are included within the healthy eating agenda.

Monitoring & Evaluation

In order to effectively evaluate this policy, we will ask ourselves the following questions on a regular basis or in light of any developments and changes in school:

- Are our objectives being met?
- Have there been any difficulties? Why have they arisen?
- What have been the successes? What made these possible?
- What do parents and students think about our policy?

We will then make sure that we action any developments that need to happen, celebrate our successes and continue to engage relevant stakeholders.

Review

This policy will be reviewed formally by the Governing Body on a four-yearly basis or sooner if circumstances require earlier review.