



Huxlow Academy

Ambition • Respect • Pride

Policy Owner	Department	Effective Date	Approval Date	Review Cycle	Revision Due Date
L.Gauvrit	SLT	7 th July 2023	7 th July 2023	Bi-annually	July 2025

Whole School Healthy Food Policy

Policy Approver: Academy Improvement Board

Version Control

Version Number	Date of Change	Changes Made
Version 1	September 2017	Policy transfer to new template
Version 2	September 2017	Updates to terminology e.g. Canteen Committee
Version 3	September 2017	Inclusion of Business Manager as Canteen Manager link
Version 4	January 2020	Inclusion of The Eatwell Plate in appendices
Version 5	January 2020	Update of house captain involvement
Version 6	July 2023	Updated template for Huxlow Academy. Updated Eatwell Guide at Appendix 2.



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1. Policy Name

Whole School Healthy Food Policy

Huxlow Academy actively supports healthy eating and drinking throughout the school day.

2. Policy Aims

We aim to ensure that all aspects of food and nutrition in school promote the health and well-being of students, staff, and visitors to our academy. We aim to create an environment which supports a healthy lifestyle and celebrates cultural diversity.

3. Applicability

In support of our aim, we will:

- Promote health awareness.
- Contribute to the healthy mental and physical development of all members of our academy community.
- Give consistent messages about food and health.
- Give our students the information they need to make healthy choices.
- Ensure that all aspects of food and nutrition in the academy promote and improve the health and well-being of the whole academy community 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.
- Ensure that every student has access to safe, tasty, and nutritious food by using fresh fruit and vegetables.
- Ensure that students remain on the school site during lunchtimes (this excludes sixth form students).
- Ensure that school caterers meet the National Nutritional Standards for School Lunches.
- Ensure appropriate food safety precautions are taken when food is prepared and stored. These vary depending on the food on offer and include ensuring that adequate storage and washing facilities are available; that food handlers undergo appropriate food training, and that suitable equipment and protective clothing are available.
- Ensure any food hazards are identified and controlled.
- Consult our local Environmental Health Department about legal requirements.
- Use a biometric payment system in the canteen.
- Update free school meal lists on a weekly basis.
- Provide a safe, easily accessible water supply during the school day.
- Provide a breakfast club from 8:20am in the canteen for all students.
- Identify students in need and ensure they have access to food from the canteen in the event of financial hardship or other concern.
- Support students with food allergies, documenting symptoms and adverse reactions, actions to be taken in an emergency.
- Ensure that the Catering Manager is made aware of any food allergies or food intolerances and requests for special diets to be submitted.
- Ensure that the provision and consumption of food is an enjoyable, healthy, and safe experience which encourages positive social and cultural interaction whilst reflecting the ethnic, religious, vegetarian, and medical needs of students and staff.
- Deliver the curriculum to support healthy lifestyles.

4. Executive Summary of Policy

Our objectives are to:

- Review the formal curriculum to ensure information relating to food and nutrition in different lesson areas is consistent and up to date.
- Work with the Canteen staff to ensure healthy food options, serving a range of items.
- Promote healthy eating and drinking messages through celebrating food diversity from different countries.
- Endeavour wherever possible to accommodate students' specialist dietary requirements including allergies, intolerances, religious or cultural practices.
- Ensure that teachers who are taking responsibility for food in the classroom have relevant food hygiene training.
- Ensure that staff in the Canteen have the relevant food hygiene training.

5. Body of Policy

In line with the National Criteria seen at Appendix 1 to this policy, we will meet our objectives by:

- Discussing at School Council and House Captains meetings.
- Formal curriculum: conducting an audit of food-based topics across general learning areas.
- Healthy food promotion: working with the Canteen staff on a menu of healthy food options at a reasonable cost. Publicising all menus on the weekly student information PowerPoint, plus through poster advertising in the corridors.
- Following The Eatwell Guide seen at Appendix 2 to this policy.
- Continuing having food related competitions.
- Linking with health promoting national events, such as Smile Week for Oral Health, World Cancer Awareness etc.
- Continuing professional development: sending staff in charge of food on relevant basic food hygiene courses.

The Assistant Headteacher for character and personal development is responsible for leading the house captains and the school council. They will gather feedback from the students on all aspects of food and nutrition, seeking their views and input. The Assistant Headteacher will feedback to the Business Manager who will discuss matters arising with the Catering Manager. The Business Manager and Senior Assistant Headteacher are responsible for monitoring that we meet our objectives as detailed in this policy. The Headteacher is responsible for supporting staff in the delivery of this policy. The Academy Improvement Board will monitor that the policy is upheld.



Signed

5th July 2023

Date

Chair of the Academy Improvement Board

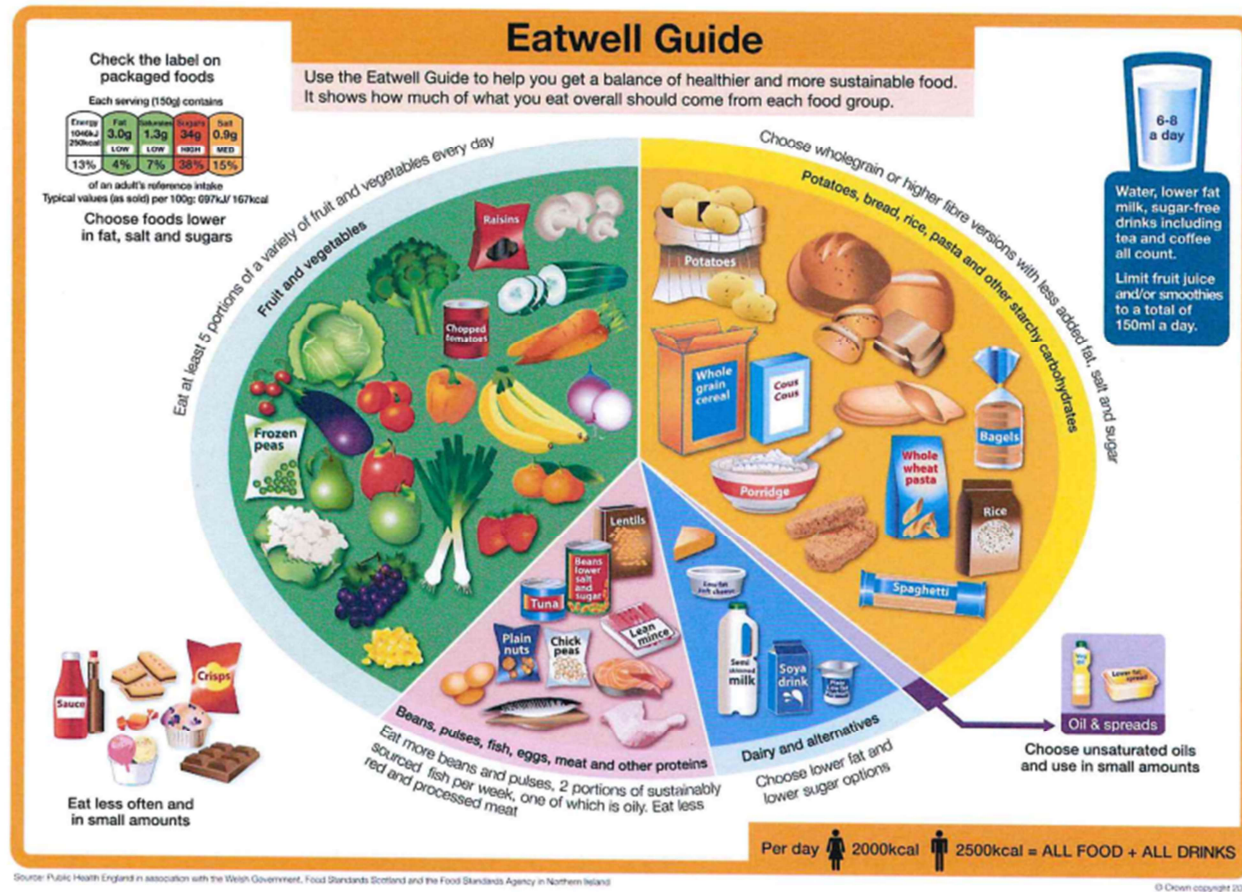
Appendix 1: National Criteria

Students have the confidence, skills and understanding to make healthy food choices. Healthy and nutritious food and drink is available throughout the school day.

A Healthy School:

- Has identified a member of the SLT to oversee all aspects of food in schools.
- Ensures provision of training in practical food education, including diet, nutrition, food safety and hygiene for staff.
- Has a whole school food policy.
- Involves students.
- Has a welcoming eating environment that encourages the positive social interaction of students (see Food in Schools guidance).
- Ensures healthier food and drink options are available and promoted at breaks, lunchtimes and in breakfast clubs as outlined by Food in Schools guidance.
- Has meals that are nutritious and healthy (see Food in Schools guidance) and meet or exceed National Standards and is working towards the latest DfES guidance on improving school meals service monitors students' menus and food choices to inform policy development and provision.
- Ensures that students have opportunities to learn about different types of food in the context of a balanced diet and how to plan, budget, prepare and cook meals. Understanding the need to avoid the consumption of foods high in salt, sugar and fat and increase the consumption of fruit and vegetables.
- Has easy access to free, clean, and palatable drinking water, using the Food in Schools guidance.
- Consults students about food choices throughout the day using school councils, healthy school task group or other representative bodies.

Appendix 2: The Eatwell Guide



Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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