



# HEALTHY EATING POLICY

## SENIOR SCHOOL

<b>Governors' Committee normally reviewing:</b>	Academic Committee
<b>Date formally approved by the Governors :</b>	Spring Term 2017
<b>Date policy became effective :</b>	November 2007

<b>Period of Review:</b>	Three Years
<b>Review Date :</b>	Spring Term 2020

<b>Person responsible for implementation and monitoring :</b>	Deputy Head (Welfare) Bursar General Services Manager
<b>Other relevant policies :</b>	Healthy School Policy Catering and Food Hygiene Policy Promoting Positive Behaviour for Learning and Code of Conduct Policy Equal Opportunities Policy Complaints Policy

## The following policy covers the aims and ethos of the Senior School

[Aims of the School](#) Click here

[Ethos of the School](#) Click here

Mr Chris Townsend  
Head, Senior School

### **SAFEGUARDING STATEMENT**

*Felsted is committed to maintaining a safe and secure environment for all pupils and a 'culture of vigilance' to safeguard and protect all in its care, and to all aspects of its 'Safeguarding (Child Protection and Staff Behaviour) Policy'.*

### **EQUAL OPPORTUNITIES STATEMENT**

*The aims of the School and the principles of excellent pastoral care will be applied to all children irrespective of differences in ethnic background, culture, language, religion, sexual orientation, gender and disabilities, so long as in the last matter the student is able to involve himself or herself in the activity concerned; equally these differences will be recognised and respected, and the School will aim to provide a positive culture of tolerance, equality and mutual respect*

# HEALTHY EATING POLICY

## 1. INTRODUCTION

The Board of Governors recognises the important connection between a healthy diet and a student's ability to learn effectively and achieve high standards in the School. The School believes in providing pupils and staff with high quality healthy foods, and also recognises that individuals must have a varied choice of healthy meals available to them.

## 2. AIMS

***The aim of this policy is to encourage and to develop the health of the entire School community.*** This will be accomplished through the food served within the Dining Rooms and through curriculum based education.

***As a School community our aims are to:***

- Improve the health of the pupils and staff by helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes a healthy and well balanced diet.
- To ensure pupils are well nourished at school, and that every pupil has access to safe, tasty, and nutritious food, and a safe, easily available water supply throughout the school day.
- To ensure the food provision in the school reflects the ethical and medical requirements of staff and pupils, e.g. religious, ethnic, vegetarian, medical and allergenic needs.
- To make the provision and consumption of food an enjoyable and safe experience within a pleasant dining environment.
- To introduce and promote practices within the school to reinforce these aims and to remove or discourage practices that negate them.

It is important that these aims are accepted and embraced by all personnel involved within the school including, Governors, school management, teachers, pupils, parents and the Catering Department. These can be integrated into all aspects of school life by ensuring that the food provision, the curriculum and any pastoral and social activities reinforce these views.

## 3. METHODS FOR ESTABLISHING THESE AIMS

***The methods by which the above aims may be achieved are:***

- Establish an effective structure to oversee the development, implementation and monitoring of this policy, and to encourage a participatory approach to meeting the objectives
- To develop an understanding and ethos within the school of safe, tasty, nutritious, environmentally sustainable food through education and example.
- To encourage regular feedback and consultation at all levels to develop tasty, nutritious menu choices.

- Create an environment, both physical and social, conducive to the enjoyment of safe, tasty, nutritious food.

#### **4. REVIEW**

This Policy will be reviewed and updated periodically by the General Services Manager and staff, the SLT, and the Healthy Schools Committee as well as the relevant Governors' Committees. Pupil views through the School Forum, the Food Committee or the Healthy Schools Committee will be specifically sought and all students periodically surveyed for their views.

##### ***SAFEGUARDING STATEMENT***

*Felsted is committed to maintaining a safe and secure environment for all pupils and a 'culture of vigilance' to safeguard and protect all in its care, and to all aspects of its 'Safeguarding and Promoting the Welfare of Pupils Policy'.*

##### ***EQUAL OPPORTUNITIES STATEMENT***

*The aims of the School and the principles of excellent pastoral care will be applied to all children irrespective of differences in ethnic background, culture, language, religion, sexual orientation, gender and disabilities, so long as in the last matter the student is able to involve himself or herself in the activity concerned; equally these differences will be recognised and respected, and the School will aim to provide a positive culture of tolerance, equality and mutual respect.*