



Nutritional Standards Policy

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Responsible Committee:	Finance & Resources Committee

NUTRITIONAL STANDARDS POLICY

The Governing Body of Haileybury Turnford School are committed to promoting health and wellbeing through curricular and extra-curricular opportunities. It is important for students to recognise and understand the need for a balanced diet and the importance of making informed choices to have healthy bodies and minds. They should recognise the social importance of food and eating together and experience a positive social environment that is conducive to learning. There are increasing concerns about obesity in children and a growing awareness about the effects of fizzy drinks on hyperactivity.

Information is provided to students as part of their PSHE and citizenship programmes and through the teaching of science. The school will be providing an opportunity to explore further aspects of nutrition during food technology lessons.

The governing body at Haileybury Turnford School will ensure that any lunches provided meet with the school food standards put in place in January 2015. These [Standards](#) are designed to make it easier for caterers to create an imaginative, flexible and nutritious menu. Further information and guidance is available from www.schoolfoodplan.com

Purpose

The aims of the school include guiding students to lead active and healthy lives. We believe that healthy children are best able to take full advantage of the educational opportunities that the school provides. The governing body will ensure that food provided in the school and advice given to students promote a healthy lifestyle.

Who was consulted?

All staff, students and parents were consulted about this policy and its relevance to the contents of the schemes of work for PSHE, citizenship, food and nutrition, and science.

Relationship to other policies

Improving and sustaining good nutritional standards is included where appropriate in all curriculum policies, health and safety, healthy eating award document and the home-school agreement. Implementation of this policy is the responsibility of Hertfordshire Catering Ltd. The members of the Governing body attending on the Resources Committee are responsible for overseeing the implementation of this policy.

Roles and Responsibilities of the Principal, other staff, governors

The Principal will ensure that:

- Guidance is made available for staff based on the Nutritional Standards for School Lunches 2006.
- Providers of lunches conform to the Regulations.
- The agreed standards for free school meals are implemented.
- Content, cost, and provision at breakfast, break and lunch are monitored.
- Special dietary needs of children and staff are catered for (vegetarian, medical, cultural) within reason.
- Provide clean areas for the consumption of food
- Promote and encourage healthy packed lunch choice
- Provide appropriate training for staff
- Staff involved in the running of off-site residential and day trips endeavour to reinforce the messages of the school policy.

All staff are expected to promote healthy eating in accordance with school guidance.

The governing body will:

- Ensure that lunches meet with the new [School Food Standards](#) January 2015.
- Establish standards for free school meals and monitor their content, cost, and provision.

Arrangements for monitoring and evaluation

The governing body will receive regular reports from the Principal on the extent to which catering staff conform to the Regulations in terms of content, cost, and provision, and the number of students receiving free school meals.

Surveys of students will be undertaken at regular intervals and reported to the governing body, to establish whether students are satisfied with the quality of meals offered.