

BROCKINGTON COLLEGE



Healthy School Policy

Brockington College (Church of England School with Academy Trust Status) has at its heart a distinctive Christian Ethos. Based on our Christian foundation we seek to promote a culture of developing every person and therefore every school policy from this perspective, with a commitment of learning and maturing in the context of communal and individual development. We lay particular emphasis on the Christian values of love, truth, forgiveness and reconciliation for the individual and the school community.

Principles and Values

At Brockington College, we believe that an active lifestyle and a well balanced diet can enhance the health of children.

- In forming this policy Brockington College has taken into account government policies and initiatives aimed at improving the diet of children, e.g. Every Child Matters, The Food in Schools programme, 5 A DAY, and the Healthy Schools Programme.
- The whole school Food Policy enables Brockington College to support the government initiatives and the individual needs of some pupils by developing and maintaining a shared philosophy on all aspects of food and drink.
- The policy provides a public statement which demonstrates how Brockington College cares for and makes a positive contribution to the health and welfare of pupils, staff and other stakeholders.
- We recognise that the nutritional and hydration needs of our pupils 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 child.

Aims

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

Equal Opportunities

- At Brockington College 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.

Brockington College 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.
- Opportunities are provided for pupils to prepare and explore fresh ingredients
- Where appropriate, pupils 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 pupils are offered 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 served with all meals and pupils will be encouraged to drink water throughout the day.
- For pupils, where water is not an appropriate drink, other drinks will be available at meal times and throughout the day
- A suitable, attractive nut free environment is provided in which to eat lunch

Break

- All food and drinks provided at Brockington College conforms with healthy eating guidelines, or with specific eating and drinking guidelines for an individual, where appropriate

Packed Lunches

- Parents / carers are provided with information on what constitutes a healthy packed lunch
- Parents / carers are encouraged not to include nuts in pupil packed lunches

Water Provision

- Pupils and staff have access to free, clean and palatable drinking water, or other drinks, where water is not appropriate, throughout the school day.
- Staff are aware of individual pupils hydration needs and ensure that these are met.
- Pupils are encouraged to have bottles of water with them in lessons.

Pupils

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

Staff

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

Roles & Responsibilities

- A member of the SMT has been identified to oversee 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.
- The School Improvement Plan will reflect our commitment to meeting these objectives.

Senior Leadership Team Member (Business Manager) – will oversee all aspects of food provision throughout the school, including working with the school caterers, monitoring and evaluating the implementation of the policy

Curriculum Leaders (PSHCE, D&T, Science) –will ensure the curriculum supports healthy eating, to monitor planning and observe lessons in support of this.

Staff– will follow healthy eating guidelines in delivering the curriculum and in the provision of break and snacks.

Medical Team – will provide support for all medical aspects of healthy eating ensuring that all pupils with specific dietary requirements are included within the healthy eating agenda.

Monitoring & Evaluation

- This policy, will be monitored on an annual basis or in light of any developments and changes in school.
- We will then make sure that action is taken as appropriate and that we celebrate our successes and continue to engage relevant stakeholders.
- We will continually review and research the school food standards and guidelines in relation to the individual needs of the children at Brockington College.