



Hazelwood Schools

Food & Nutrition Policy

October 2009

Review: 2012

Hazelwood Schools Nutrition Policy

Introduction

At Hazelwood Schools we recognise the important connection between a healthy diet and the ability to learn effectively and achieve high standards in school. We recognise the role the schools can play in promoting family health, as well as establishing and maintaining life-long healthy and environmentally friendly eating habits. This will be achieved through food education and skills (such as cooking and growing food), the food served in schools, and teaching in the classroom.

Aims and objectives

- To **improve the health** of pupils, staff and their families by helping to influence their eating habits through increasing understanding of food issues, including what is a healthy and environmentally friendly diet, and hygienic food preparation and storage methods.
- To **increase pupils' knowledge** of food production, manufacturing, distribution and marketing practices, and their impact on both health and the environment.
- 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 during the school day.
- To ensure that food provision in the schools 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.
- To **introduce and promote practices** within the schools to reinforce these aims and to remove or discourage practices that negate them.

Context

We teach food and nutrition in line with our schools' aims and values. We integrate the aims of our policy into all aspects of school life in particular:

- Food provision within the schools
- The curriculum
- Pastoral and social activities

The National Healthy School Standard

Hazelwood Schools participate in the National Healthy School Standard scheme, which promotes food and nutrition. As participants in this scheme we:

- **consult with parents** on the food and nutrition policy;
- **train all our teachers** to teach about aspects of food and nutrition education;

- **listen** to the views of the **children** in our schools regarding food and nutrition;

Organisation

We teach food and nutrition education through different aspects of the curriculum as follows:

- **Art** e.g. observation drawings of food, healthy eating poster design
- **PSHCE** e.g. menu planning, nutrition
- **Design and Technology** e.g. cooking
- **English** e.g. food diaries, following instructions
- **Geography** e.g. what food grows where, food miles, transporting food, waste
- **History** e.g. past diets, discoveries
- **Information Technology** e.g. recording results of a food survey, website review
- **Maths** e.g. weights and measures
- **Physical Education** e.g. links between healthy eating and exercise
- **Science** e.g. effects of heat on food, plant growth, nutrition

In addition other activities support curriculum work e.g. tasting sessions, healthy eating projects, Happy to be Healthy days, guest speakers, schools' gardens.

Hygiene

Hazelwood Schools recognises the importance of meeting health and safety requirements, and ensuring good hygiene practice is followed whenever food is provided on the premises. We will:

- **monitor daily** the general cleanliness of the dining hall and the kitchen facilities, working in partnership with the catering service
- ensure during curriculum work that adults **follow good hygiene practice** in their handling of food and that children wash their hands before handling food.

The role of parents

Hazelwood Schools are well aware that the primary role in children's food and nutrition education lies with parents and carers. We wish to build a positive and supporting relationship with the parents of children at our schools through mutual understanding, trust and co-operation. In promoting this objective we:

- answer any questions that parents may have about the food and
- inform parents about best practice with regard to food and nutrition education at home
- inform parents about the schools' food and nutrition policy and practice
- encourage parents to be involved in reviewing the school policy and making modifications to it as necessary
- take seriously any issue that parents raise with teachers or governors about this policy or the arrangements for food and nutrition in the schools.

Parents and carers are strongly encouraged to keep the Schools informed of any food allergies and special requirements. Where required care plans will be created for individual children.

The role of other members of the community

We encourage other valued members of the community to work with us to provide advice and support to the children with regard to food and nutrition education. In particular, members of the Local Health Authority, such as the school nurse and other health professionals, give us valuable support with our food and nutrition programme.

The role of the headteacher

It is the responsibility of the headteacher to ensure that both staff and parents are informed about our food and nutrition policy, and that the policy is implemented effectively.

The headteacher liaises with external agencies regarding the schools' food and nutrition education programme, and ensures that all adults who work with children on these issues are aware of the schools' policy, and that they work within this framework.

The headteacher monitors this policy on a regular basis and reports to governors on the effectiveness of the policy.

Monitoring and review

The governing body monitors our food and nutrition policy on a regular basis, and will appoint an individual Governor with responsibility for monitoring the implementation of this policy. Governors require the headteacher to keep a written record, giving details of the content and delivery of the food and nutrition programme that we teach in our schools and to make an annual report to Governors on the implementation of the food and nutrition policy.