

Whitley Bay High School Whole School Food Policy

Mission statement

Our school recognises the importance of nutrition on students' emotional and physical health and well-being and the effects this has on an individual pupils ability to maximise their educational achievement.

Aim

- To ensure that all aspects of food and drink in school promote the health and well being of pupils, staff and visitors to our school
- To make sure that nutrition education has a prominent place in school life
- To offer healthy food and drink choices at all appropriate opportunities
- To ensure the food environment promotes a happy, pleasurable experience

Objectives

1. Ensure that all food and drink served reflects the needs of all pupils and staff and makes healthy choices easy to take
2. Consider long- and short-term impacts on health prioritising physical activity promotion.
3. Regularly review occasions during the school day to ensure that food and/or drinks are available when needed
 - Before/after school
 - Break times
 - Lunchtime
 - Special activities e.g. Sports days, parents evenings
4. Provide food and drink that allows individuals to
 - a. Drink water frequently throughout the day
 - b. Eat healthily
 - c. Provide support for meeting individual needs for special diets
5. Create a pleasant eating environment that is appropriate to the age of the pupils
6. Deliver a curriculum that develops nutrition messages throughout a pupils school life
7. As far as possible proactively provide consistent and up to date information relating to food and nutrition for parents e.g. newsletters, displays, plasma screens, magazines, planners etc
8. Work towards enabling all staff to accept appropriate nutrition training

How we will do it

1. Include providers, adults and pupils in all processes that review, change or evaluate service delivery
2. Identify and remove all conflicting information and practices e.g. classroom reward schemes, fundraising using promotions on confectionery products, special offers
3. Provide access to training to ensure staff are supported to carry out necessary change. This process will start with the school council and continue via the Healthy School Task Group

Who will be involved?

Representatives from the following groups will be invited to be involved in all development, decisions and actions

	Name	Date – from/to
Governing body	Carolyn Taylor	Link to all CMs ECM work
School Council	All students on council	Meets with CM every Wednesday
Catering providers	Ross & Sandy Fenwick Plus all canteen workers	CM meets every Monday and Tuesday
Teaching and support staff	All staff through bulletins and staff meetings	When needed
Parents	Through newsletters and website	When needed
Other advisors e.g. Public Health Nurse, Dietitian, Oral health promotion staff, Community leaders	Veronica Hetherington Health day links	In school every Monday