



# Healthy Schools

## Southwark

### **Draft Food Policy March 2006**

#### **Responsibilities**

The Board of Governors recognise the important connection between a healthy diet and child's ability to learn effectively and achieve high standards in school. The Governors also recognise the role a school can play, as part of the larger community, in promoting family health, and sustainable food practices. The Governors recognise that sharing food is a fundamental experience for all people; a primary way to nurture and celebrate our cultural diversity; and an excellent bridge for building friendships, and inter-generational bonds.

#### **Statement of intent/vision**

The educational mission is to improve the health of the entire community by teaching children and family's ways of establishing and maintaining life-long healthy and environmentally sustainable eating habits. The mission will be accomplished through food education and skills (such as cooking and growing food), the food served in schools, and core academic content in the classroom.

#### **Aims**

- To follow the Caroline Walker Trust Guidelines for a nutritional school meal
- To educate the community in the right choices of food for a healthy diet and to grow up free from illnesses which the wrong diets can cause
- To eradicate E numbers and additives from their diet at school
- To introduce children to new tastes and encourage them to be adventurous in their choices of fresh fruit and vegetables
- To improve the health of pupils, staff and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable 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 pupils has access to safe, tasty and nutritious food and an available water supply during the school day
- To ensure that 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

- To introduce and promote practices within the school to reinforce these aims and to remove or discourage practices that negate them
- To teach the children to cook

**Objectives**

To work towards ensuring that this policy is both accepted and embraced by

- Governors
- School Management
- Teachers and support staff
- Pupils
- Parents
- Food providers
- The school's wider community

**To integrate these aims into all aspects of school life, in particular**

- The curriculum
- Pastoral and social activities

**Methods**

- To follow the Caroline Walker Trust Guidelines
- To work with the Soil Association to become an accredited school and support farmers' locally grown produce
- To work with the Healthy Schools Advisor to gain accreditation and maintain the standard of healthy eating within the school
- To use mainly organic meat, fruit and vegetables
- To develop an understanding and ethos within the school of safe, tasty, nutritious, environmentally sustainable food, through both education and example
- To help promote and raise awareness of environmentally sustainable food

Signed ..... Headteacher

Signed ..... Chair of Governors