



## Longdean School



## Nutritional Standards Policy

## **Nutritional Standards Policy**

### **Policy Statement:**

The Governing Body of Longdean School will provide catering options that provide healthy and nutritious food using freshly prepared, locally sourced, seasonal and sustainable ingredients.

### **Rationale**

The educational mission is to improve the health of the entire community by teaching students and families, ways to establish and maintain life-long healthy and environmentally sustainable eating habits. The Governing Body will ensure that food in the school and advice given to students promotes a healthy lifestyle.

### **Aims**

- To ensure that students receive a nutritious diet at school and that all pupils have access to safe food and a supply of drinking water during the school day
- To improve the health of students, staff and families by increasing awareness of food issues including what constitutes a healthy diet
- To ensure that food provision reflects any cultural (excluding halal) and medical requirements of students and staff
- To promote and raise awareness of environmentally sustainable food production methods
- To create a whole school approach to food and health

### **Objectives**

The Headteacher or School Business Manager will ensure that –

- Providers of food conform to nutritional standards
- The agreed standards for free school meals are implemented
- Content, cost and provision are monitored
- Special dietary needs of children and staff are catered for
- Staff are expected to promote healthy eating in accordance with school guidance.

The Governing Body will –

- Ensure that catering provision meets the requirements of this policy, including the requirement for the contractor to provide information to enable it to be monitored effectively through the Finance and Premises Committee.
- Establish standards for school meals (including free school meals) and monitor their content, cost and provision through the Finance and Premises Committee

### **Methods**

- Establish the organizational structure and arrangements to oversee the policy through a whole school approach
- Integrate the aims of the policy into the curriculum in order to increase understanding
- Encourage a healthy lifestyle throughout the day taking into account all meal and break times
- Encourage caterers to use environmentally sustainable food and where possible support the local economy
- Through the catering specification eliminate unnecessary and potentially harmful food additives including genetically modified foods
- Ensure that the providers of food services have trained personnel, quality systems and that there are internal/external inspection programmes
- Provide appropriate levels of drinking water either through taps, or water fountains

### **Arrangements for Monitoring and Evaluation**

- The Finance and Premises Committee will receive reports from the School Business Manager on the content, cost and provision of meals and the number of pupils receiving free school meals
- Surveys of students will be undertaken, at regular intervals through the Student Forum and reported to the Finance and Premises Committee, to establish whether pupils are satisfied with the quality of meals offered
- Ensure the providers of the service monitor and evaluate the service provision and provide the school with documentary evidence to this effect, highlighting any actions taken.