

Spring Hill High School Healthy Eating Policy

Policy:	Healthy Eating Policy
Protocol Reference:	SHHS/TOO
Version Number:	1.0
Date :	September 2017
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Authorised by:	Directors
Updated by:	Zoe Kaur Johal
To be read in conjunction with: Health and Safety Policy	

1.0 Context : Spring Hill High School takes responsibility for, and has a commitment to, pupils being healthy and living a healthy lifestyle. Embedded within this is: encouragement to make good food choices; providing a variety of menus; accommodating specific dietary requirements, including catering for specific dietary requirements linked to culture, religion or ethnicity.

Pupils are consulted as to their preferences and regular discussion is undertaken about menus that provide a healthy, balanced diet incorporating fresh fruit, vegetables and healthy snacks

Within the school day, the timetable supports students and staff eating lunch together as a group, for the encouragement of social discourse and the development of social skills.

2.0 Aims : Spring Hill High School understands the need for, and benefits of, students living healthy lifestyles incorporating exercise and a varied diet. The school recognises that:

- Students should be encouraged to develop an awareness of positive food choices.
- The school curriculum incorporates opportunities for young people to shop for and prepare food for themselves and others.

3.0 The school undertakes therefore that:

- Pupils are provided with adequate quantities of suitably prepared food and drink, having regard to their needs and wishes, and have the opportunity to shop for and prepare their own meals.
- Meals are set up to be well-managed, orderly, social occasions

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enhancing the social skills of pupils involved.

- Pupils are provided with food in adequate quantities, properly prepared, wholesome and nutritious, with regard to their cultural, ethnic and religious backgrounds and dietary needs and choices (including the choice of vegetarian meals for young people who wish it).
- The record of menus (as served) demonstrates provision of a suitable and varied diet (See appendix).
- Medical advice is sought if a pupil consistently refuses to eat and for those who over-eat or have other eating disorders.
- Pupils are not routinely excluded from communal meals.
- Dining rooms and their furnishings are suitable for the numbers and needs of pupils and staff dining in them.
- Pupils are able, with assistance where necessary, to prepare snacks and drinks for themselves at reasonable times, such as during break times and after school.
- Staff and pupils involved in preparing food for others have received appropriate training and/or are appropriately supervised in safe food handling and hygiene.
- Meals with drinks are provided at reasonably set mealtimes, and food is either provided, or readily available, to pupils when they miss a set mealtime.
- Specialised training is sought in the case of pupils with food allergies.
- All staff members are trained in food hygiene and handling, and this knowledge is conveyed to young people in the preparation of food, when supervised.

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Appendix1

Food recording form:

Monday (Date)	Tuesday (Date)	Wednesday (Date)	Thursday (Date)	Friday (Date)
Breaktime:	Breaktime:	Breaktime:	Breaktime:	Breaktime:
Lunchtime:	Lunchtime:	Lunchtime:	Lunchtime:	Lunchtime:

