



## Ripon Grammar School

### FOOD POLICY

#### **Mission Statement**

Ripon Grammar is an inclusive school where the needs and aspirations of all of its members will have the highest value in securing a successful future. This will be achieved through an ethos in which pupils, staff and parents have mutual trust and respect for each other and learning for all is the priority.

#### **Rationale**

Our school believes that we need to ensure that all food and drink brought into and sold on the school premises should support the wellbeing of our bodies and our minds.

#### **Our Aims**

- To ensure that consistent messages are promoted regularly throughout the school to ensure that all policies, procedures and daily working practices follow this policy.
- To ensure that all food brought into and sold on the school premises is nutritionally beneficial to the whole school community. This includes packed lunches and any outside catering for special occasions.
- To offer different healthy food and drink choices at all appropriate opportunities,
- To ensure that as many pupils as possible take up the opportunity of using the food and beverage provision by our catering providers. To include the 1% of pupils entitled to free school meals.
- To ensure that the dining room provides a safe and orderly environment for all who use it. Mealtimes should promote a happy and pleasurable experience.
- To ensure that all recyclable waste is disposed of in appropriate bins and that due consideration is given to showing respect for the environment.

#### **This will be achieved by**

1. Ensuring that all hot and cold food and drink served takes into account the needs of the whole school community and promotes healthy choices to include a reduction in salt, sugar and saturated fats. Where ever possible fruits and vegetables should be offered at appropriate meal breaks and food choices should work towards increasing the NSP content of diets. (Fibre)

2. All food served during school meal times as stated below is provided by our catering provider **NYCC**. The food served meets the requirements of the **DFE**. Food and drink will be available during the day

- a) Before school to include breakfast for pupils who are boarders
- b) Break time
- c) Lunchtime
- d) After school to include booster classes and enrichment activities
- d) Special activities to include celebrations

**3.** Ensuring that cool water is available to individuals at frequent intervals as specified above. Allowing individuals at the discretion of staff to drink water in lessons providing it is in a suitable water bottle. Exceptions to lessons where it would not be possible to drink water due to health and safety include ICT and Science.

**4.** Ensuring that individuals are allowed to make healthy food and drink choices without financial disadvantage. The school operates a cashless catering system which makes it easier for students to take a school meal without feeling any stigma.

**5.** Ensuring that all food sold on school premises, takes into account the special diets, cultural and religious beliefs of the whole school community. This should also be reflected in curriculum planning and delivery of food lessons. Students with known food allergies will be supported providing the catering staff are informed in advance. This should be done through regular communication between the parents, Year Leader and Catering Manager.

This school has taken the decision to prevent nuts whether they are whole, ground, flaked or nut products from entering the premises. This is to ensure that the health, safety and wellbeing of pupils and staff are supported and in particular those who suffer from nut allergies which could prove fatal if contact is made.

**6.** Ensuring that students are not allowed to go off site during the school day in order to purchase food or snacks, unless they are in the 6<sup>th</sup> form

**7.** Healthy Eating is taught in the curriculum to all students in KS3 as part of Technology and reinforced several times of the year in PSHE time and enrichment activities. It also features as part of the Science, English and PE curriculum. Visiting speakers are regularly encouraged to attend school assemblies.

**8.** Parents are kept up to date on food issues within school by means of the school newsletter which is produced termly as well as general reminders about healthy eating issues. In addition to this, NYCC (our catering provider) produces taster sessions and cookery demonstrations at parent events such as Transfer evenings and parent information evenings. Copies of policies are held in the school office.

**9.** The School Council will be responsible for promoting healthy food to the whole school community by regularly contributing to a newsletter, displays as well as entering competitions on behalf of the whole school community. They are supported by the Food Technology staff.

**10.** Ensuring that the impact of this policy is monitored and reviewed on an annual basis taking into account the views of pupils and the whole school community. This will be achieved by a questionnaire offered to a sample of the whole school community as well as feedback from the School Council and governors as appropriate.

**11.** The Governors in partnership with the School Council Group led by a member of SLT, will be responsible for monitoring and reviewing this policy and reporting back to the whole Governing body on an annual basis or as required.

This food policy was written in October 2014.