



*At The Henry Beaufort School, there are no limitations to success.*

## Food Policy

Policy Amended by:	Holly Briggs	January 2024
Consultation by:	Michelle Hemming	November 2022
Reviewed and Recommended by:	Welfare Committee	January 2024
Approved by:	Governing Body	January 2024
To be Reviewed	Annually	January 2025

## 1. Rationale

The Henry Beaufort School believes that educating pupils to make informed choices about the food they eat and providing an environment that promotes healthy eating will improve the health and wellbeing of its pupils. This can be achieved by a whole school approach to food and nutrition as documented in this whole school food policy.

## 2. Aims

To ensure that all aspects of food and nutrition at The Henry Beaufort School promote the health and wellbeing of pupils, staff, and visitors to the school.

To enable pupils to make healthy food choices through the provision of information and the development of appropriate knowledge, skills, and attitudes.

## 3. Implementation

### 3.1 Food and Nutrition in the Curriculum

Effective teaching requires pupils to develop their understanding of healthy eating and appropriate skills and attitudes to assist them in making informed decisions.

Food, nutrition and healthy eating is taught through the following:

- Food Technology lessons at KS3. (details found on the technology curriculum area of the website)
- Personal Development Days (details found on our website)
- Pastoral curriculum (details found on our website)
- Science curriculum (details found on the science curriculum area of the website)
- Cultural Capital Days (details found on our website)
- Extra-curricular opportunities afterschool such as Food Clinics and enrichment week Bake Off
- Linking with health promoting national events, for example the school has 'meat free Mondays' from the bistro every week.

The school will continue to include work associated with healthy eating in its curriculum.

### 3.2 Food and Drink Provision in School

The Henry Beaufort School serves breakfast and lunch as well as snacks at allocated times during the school day through its approved supplier HC3S.

Food prepared by HC3S meets [The standards for School food in England](#) (updated 26 August 2021). The school and caterer will offer the particular food groups as part of the school meal in order to achieve a balanced and varied menu which is refreshed on a regular basis.

The School provides a clean, sociable environment, indoors and out, for pupils to eat their lunch and snacks and dispose of litter.

### 3.3 Drinking Water

The [Nutritional Standards for School Lunches](#) recommend that fresh drinking water should be available to all pupils everyday free of charge.

The school agrees with this recommendation and provides a free supply of drinking water which can be found at the indoor water fountains in the bistro and g-block, and outdoor water fountains near the Astro turf and sports hall (weather dependant- due to freezing pipes). In extreme circumstances students can access water from Student Support in the Winchester block.

The school communicates regularly with parents about the importance of staying hydrated and having access to a bottle to refill during the day. There are budgets available in school to support students who may have financial difficulties- please contact Miss Colebourn or your child's Head of Year.

### **3.4 Special Dietary Requirements**

The school provides food in accordance with pupils' religious beliefs and cultural practices.

School caterers offer a vegetarian/vegan option at breakfast/lunch every day.

### **3.5 Food Allergies and Intolerance**

Individual plans are created for pupils with food allergies upon entry to the school with our Student Support Officer. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details are stored in Arbor. School caterers are made aware of any food allergies/food intolerance and requests for special diets are submitted according to an agreed process.

### **3.6 Staff training**

Teaching and support staff have a key role in influencing pupils' knowledge, skills and attitudes about food, so it is important that they are familiar with healthy eating guidelines. To facilitate this staff are supported with ongoing guidance and information.

### **3.7 Food Safety**

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include ensuring that adequate storage and washing facilities are available; that food handlers undergo appropriate food hygiene training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. We consult our Health and Safety Team in Children's Services about legal requirements.

## **4. Communication**

The Food and Healthy Eating Policy will be displayed on the school website. Other useful links can be found below:

[The Eatwell Guide and Resources | Food Standards Agency](#)

[Eatwell guide 2016 FINAL MAR29 \(publishing.service.gov.uk\)](#)

[Government Dietary Recommendations](#)

[How does it differ to the eatwell plate and](#)

[From Plate to Guide: What, why and how for the eatwell model](#)

[The eatwell guide- helping you eat a healthy balanced diet](#)

[The Eatwell Guide - NHS \(www.nhs.uk\)](#)

[www.sustainweb.org](#)

[www.healthedtrust.com](#)

[www.publichealth.hscni.net](#)

## **5. Monitoring and Evaluation**

The Bursar and The Headteacher meets regularly with HC3S to monitor the provision and suggest menu changes as required.

Our cashless system enables HC3S to monitor pupil's choices and incorporate this into menu planning. This also enables parents to support their child in making healthy choices.

The School Council will continue to provide regular feedback to SLT about the in-school food provision.

The Welfare Committee will also conduct student voice to monitor the students' views on the food provision.