



Forest Gate Community School

Healthy Eating Policy

1.0 Forest Gate Community School Mission Statement

Forest Gate Community School is a learning community where our students have high aspirations for themselves and each other. We are creating a place of learning for each and every student in our care and nothing will stand in the way of this entitlement. All of our students have the right to grow into well informed, confident individuals who are able to demonstrate independent learning and responsibility in their attitudes towards one another.

2.0 Policy links to School mission, aims and values

This policy aims to ensure that we recognise the importance of a healthy lifestyle and good diet, and understand that establishing a balanced diet when young helps establish healthy eating habits for life. This policy states the ways in which our school community supports students to develop their knowledge and understanding of the importance of a healthy diet in their everyday lives. This policy also describes how the school community helps students to develop the skills and attitudes that will help them make informed healthy choices both in and out of school. In order to reflect the importance of healthy eating, this policy specifies the types of food and drink that we will provide in school at different times and the foods that students are encouraged to bring in, as agreed with the school community.

3.0 Statutory Framework

Definition of Healthy Eating/Nutrition

A healthy diet is one which allows for a balance of different foods that sustain the wellbeing of the individual. Different lifestyles result in different dietary needs and each individual needs to be aware of these and the effects of different foods on their bodies. A healthy, balanced diet may vary between individuals from different cultural, ethnic and social backgrounds. This policy has been developed in consultation with students, parents, staff and the school's Food Champion.

4.0 Purposes

As a community school with a Business and Enterprise ethos we work closely with the local and wider community. We want students, staff and parents to help each other take responsibility for their own health, as well as adopt health enhancing attitudes and behaviour. In order for us all to meet our full potential we need to be healthy and fit, physically, mentally and socially. Healthy students have better attendance and therefore this has a direct correlation with increased achievement and attainment.

5.0 Implementation

At Forest Gate Community School we recognise that most of us need to eat more:

- Fruit and vegetables
- Cereals

- Fish and lean meat.

We also need to eat and drink less:

- Fat
- Sugar
- Salt
- Fizzy drinks- especially energy drinks

This knowledge is reflected in the food provision in school. All school meals meet the government nutritional standard for school meals. Currently food in the school is provided by Olive Dining. The school and the catering facilities are dedicated to providing a balanced menu of school dinners, with a minimal amount of additives as is possible within the budget. Our school canteen managers ensure that there is a consistently wide range of nutritious and attractive meals available to students and staff. The needs of the students with individual dietary needs, due to medical, cultural or religious reasons - who have school dinners, are catered for appropriately.

Hot and cold school meals are served in the dining hall at morning break and lunchtime. All students and staff have the offer of a free breakfast with fruit, cereals, yogurt and toast on the menu as part of our Breakfast Club provision. Students who bring a packed lunch to school are given priority entry into the school dining hall to consume their lunch. Students with packed lunches are also entitled to use the picnic area benches and the outside covered eating area. The contents of students' lunches are discreetly monitored by canteen and duty staff to ensure that the food the students consume represents a balanced meal. There are no vending machines in the school and no plans to reintroduce them.

As part of Business and Enterprise we have invested in a juice bike. This is used to promote healthy lifestyles through activities organised in collaboration with the COOP and our Healthy Schools Coordinator. We have recently introduced an initiative called 'Snack Attack', where staff monitor our students' snacks on entry to the school. Students who have healthy snacks are rewarded with merits. Students who have poor nutritional snacks receive on the spot nutritional advice from our resident Food Champion. Energy drinks are confiscated. Students who receive nutritional advice are given free fruit.

Water Provision

Everyone has the right to access clean drinking water. We encourage students to drink water at school. At Forest Gate Community School students are encouraged to bring clearly labelled, plastic water bottles into school each day which can be kept with them so that they can have free access to water without leaving the classroom. In addition students are allowed to sip water in most lessons. For health and safety reasons, students are not permitted to sip water near chemicals or electrical equipment (e.g. Science Labs and ICT suites). Students are encouraged to take water bottles home each day to be washed and refilled. Jugs of chilled water and beakers are provided in the dining hall. As part of our BSF refurbishment there has been an increase in the number of water fountains in the school.

6.0 Links with other policy areas

- Business and Enterprise
- SMSC

7.0 Communication

Our recently externally accredited Food Champion is closely monitoring our healthy food provision throughout the school community. He has produced an action plan and will report regularly to the Leadership Group and Governing Body. Other stakeholders will be kept informed and up to date through regular reporting of events and activities published through:

- The School Newsletter
- Good news reports
- Whole school celebrations and prize giving events
- Relevant sections of the school's website

8.0 Links with external partners/agencies where relevant

We believe that effective partnership working is key to the implementation of our aims, values and policy aspirations. In particular this policy relates to our working closely with the COOP and the Fair-trade Foundation.

9.0 Policy documentation control

Responsible for review:	Steve Gillatt
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