Clitheroe Royal Grammar School

Whole-School Food Policy

Staff member responsible: Deputy Headteacher Main School

Governors' Committee: Students and Staffing

Rationale

- To provide an environment that promotes healthy eating and provides healthy, tasty and nutritious food and drink, enabling students to make informed choices about the food they eat.
- This policy exists to provide a framework for supporting our stated aim to "Develop lively and healthy bodies and minds" and "Develop the capacities to make informed, rational and responsible decisions and to work in ways which enhance their self-respect and sensitivity to the needs of others, particularly those less advantaged than themselves."
- The nutritional principles of this policy are based on the findings of the National Diet and Nutrition Survey of 4 to 18 year olds; the 1991 Dietary Reference Values for Food Energy and Nutrients for the UK; and the Eat Well Guide (Appendix 1).

Commitment to Equality and Diversity

Clitheroe Royal Grammar School is a welcoming school where everyone is valued highly and where acceptance, honesty, co-operation and mutual respect for others are fostered. We are committed to the development of the whole person within a supportive, secure and creative environment. A broad, balanced and appropriate curriculum provides equal opportunity for all of students to maximise their potential regardless of age, gender, race, colour, sexuality, religion or disability. We endeavour to promote positive relationships with parents, governors and members of the wider community.

At Clitheroe Royal Grammar School we aim to promote equality and tackle any form of discrimination and actively promote harmonious relations in all areas of school life. We seek to remove any barriers our students may face to participation, progression, attainment and achievement. We understand the significant role we can play in aiding community cohesion and are committed to working hard to achieve this, within school and beyond.

Clitheroe Royal Grammar School recognise that access to healthy food regardless of background is essential for all students.

Purpose

- To enable students to make healthy food choices through the provision of information and development of appropriate skills and attitudes.
- To provide healthy food choices throughout the school day.
- To review the formal curriculum to ensure information relating to food and nutrition in different lesson areas is consistent and up-to-date.
- To ensure the provision of drinks provided by the school catering contractor meet the relevant standards.
- To encourage students to eat more fresh fruit and vegetables by improving the quality of food provision supplied to the school by Lancashire Catering.
- To ensure that all teachers with responsibility for the formal food curriculum have basic food hygiene training.
- To ensure that all catering staff are equipped with appropriate skills and knowledge to successfully implement the Government's National Criteria.
- To ensure that all staff who work with food in school have the appropriate level of food hygiene training.

Guidelines

- The school is committed to ensuring that the provision of lunches and other food and drink provided meets the school food standards (Standards for school food in England - GOV.UK (www.gov.uk).

- It is understood that there is no requirement that lunches must be hot meals, however hot lunches will be provided wherever possible to ensure that all students are able, if they wish, to eat at least one hot meal every day.

- Water is available, freely accessible and free of charge at all times on the school premises. There are a number of water fountains all around the school.

- The catering provider will have regular monthly update meetings with the school to ensure the quality of the provision of fruit, vegetables and the general quality of all food items supplied is maintained.

- A school lunch is provided for students where a meal is requested and either the student is eligible for free school meals, or it would not be unreasonable for lunches to be provided.

- Facilities are provided free of charge for all students to eat the food they bring to school and who are not taking school meals. These facilities include accommodation, furniture and supervision so that students can eat food they have brought from home in a safe and social environment.

- Food and nutrition is taught at an appropriate level throughout each key stage in Design and Technology, Science and PSHE. The Eatwell Guide is used throughout the school (see appendix 1) as a model of understanding a balanced diet.

  Year 7 - Focus on making their own healthy lunches and portion sizes
  Year 8 - Fakeaways, making healthy alternatives to takeaways
  Year 9 - Multicultural food and food science
  KS4 - as specified topics from AQA five themes are:

  1. Food, nutrition and health
  2. Food science
  3. Food safety
  4. Food choice
  5. Food provenance

- Rewards - The school does not encourage the idea of food to be used as a reward for good behaviour or achievement. Other methods of positive reinforcement are used in school including: credits, postcards, letters home, badges, water bottles, key rings, stationery etc.

- Special dietary requirements - the school will endeavour wherever possible to accommodate students' specialist dietary requirements including allergies, intolerances, religious or cultural practices.

- The school expects staff to contribute to and support this food policy across the school day. Staff and visitors will be expected to model good practice behaviour around food and drink and in line with the policy, when in the company of students.

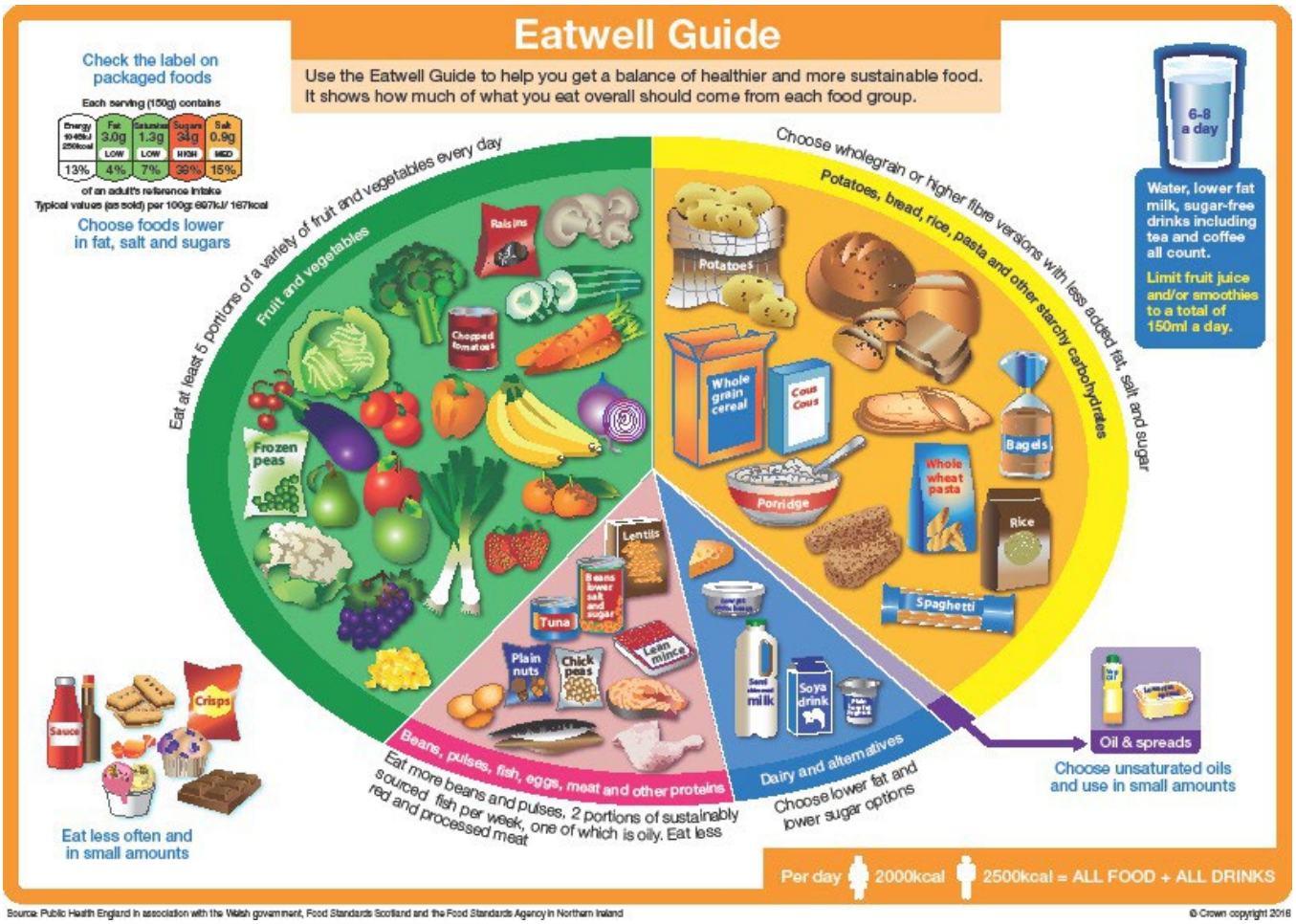
- Continual professional development (CPD) – all food technology teachers have CPD to ensure that they attain a recognised level 2 award in Food Safety. Please note that for some social or fundraising activities organised by the school exceptions may be made to the general guidance noted above.

Exemptions to the School Food Regulations

The School Food Regulations do not apply to food provided:

- at parties or celebrations to mark religious or cultural occasions
- at fundraising events
- as rewards for achievement, good behaviour or effort
- for use in teaching food preparation and cookery skills, including where the food prepared is served to pupils as part of a school lunch
- on an occasional basis by parents or pupils

Appendix 1



Source: Public Health England in association with the Welsh government, Food Standards Scotland and the Food Standards Agency in Northern Ireland
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Appendix 2

National Guidance

Students have the confidence, skills and understanding to make healthy food choices. Healthy and nutritious food and drink is available across the school day.

A Healthy School:

- Has identified a member of the SLT to oversee all aspects of food in school.
- Ensures provision of training in practical food education, including diet, nutrition, food safety and hygiene for staff.
- Has a whole school food policy – developed through wide consultation, implemented, monitored and evaluated for impact.
- Involves students and parents in guiding food policy and practice within the school and enables them to contribute to healthy eating and acts on their feedback.
- Has a welcoming eating environment that encourages the positive social interaction of students.
- Ensures healthier food and drink options are available and promoted at break, lunchtimes and in breakfast clubs as outlined by Food in Schools guidance (Standards for school food in England- GOV.UK (www.gov.uk).
- Has meals, and facilities that are nutritious and healthy (Standards for school food in England -GOV.UK (www.gov.uk) and meet or exceed National Standards and is working towards the latest DfES guidance on improving school meals service, monitors students' menus and food choices to inform policy development and provision.
- Ensures that students have opportunities to learn about different types of food in the context of a balanced diet and how to plan, budget, prepare and cook meals. Understanding the need to avoid the consumption of foods high in salt, sugar and fat and increase the consumption of fruit and vegetables.
- Has easy access to free, clean and palatable drinking water.
- Consults students about food choices throughout the school day using the School Leadership Council.

The School Food Standards Poster
https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/945863/School_Food_Standards-poster.pdf

The School Food Standards

Fruit and vegetables

Milk and dairy

Starchy food

Meat, fish, eggs, beans

and other non dairy sources of protein

Foods high in fat, sugar and salt

Healthier drinks*

Food provided outside lunch

Date of approval by Governors	April 2026
Date to be reviewed	April 2028