



Healthy Eating and Nutritional Standards Policy

Philosophy

At Ashcroft we believe a healthy diet is essential for maintaining and protecting children's health, for ensuring they perform to their full potential during the school day (both academically and physically) and for their growth and development. Our aim is to help them establish a healthy lifestyle that we hope will continue into adulthood.

The provision of school meals at Ashcroft will encompass the Governments' guidelines for a healthy diet which are:

- Enjoy your food.
- Eat a variety of different foods.
- Eat the right amount to be a healthy weight.
- Eat plenty of food rich in starch and fibre.
- Eat plenty of fruit and vegetables.
- Don't eat too many foods that contain a lot of fat.
- Don't have sugary foods and drinks too often.

Aims

We aim to:

- Provide school meals that comply with the new Government Nutritional Standards (see appendix 1).
- Work towards analysing the nutritional value of school menus and provide documented evidence of compliance by September 2015.
- Complying with School Food Trust recommendations applying to all school food other than lunches (see appendix 3).
- Ensure food used for school catering does not contain additives, does not contain artificial sweeteners or hydrogenated fats. (See appendix 4).
- Use any food ingredients that are genetically modified (to the best of our knowledge).
- Cater for special diets at no additional cost, when requested on medical, cultural or religious grounds.
- Promote and market healthy eating, help students make healthy choices and seek student views and opinions through the Student Council meetings.
- Work with the local authority and other agencies (i.e. Healthy Schools standards) in producing healthy meals.

To achieve our aims we will:

- Meet regularly with the caterers to discuss how the policy will be implemented.
- Plan a programme of healthy eating and nutrition which will be delivered through the curriculum.
- Provide a broad and balanced menu that students understand and that meets the nutritional

standards required.

- Publish the weekly menu in the dining room and on the website from September 2016.
- Provide tuck that meets the nutritional standard.
- Ban sweets, crisps and fizzy drinks from being brought on to the premises and consumed. Working with parents, infringements of this will result in confiscation. Reducing litter caused by such items and reducing health hazard discouraged by reducing litter and vermin on the school grounds.
- Decrease the amount of litter dropped by increasing the number of bins.
- Encourage recycling by providing recycling bins in the dining area and refectory.
- Increase the provision of drinking water for both students and staff. Drinking fountains installed and identified throughout the school. The kitchen provides drinking water at lunchtime; in addition bottled water can be purchased.
- Encourage parents to provide students with a healthy packed lunch in line with the foods standards.

Success Criteria

- Students taking school lunches increases, whilst packed lunches decrease.
- Meals meet the nutritional standard.
- Students and staff understand what a healthy diet is.
- All students learn about healthy eating as part of the curriculum
- Ashcroft retains its own catering manager and staff.

Appendices will be attached.

Approved by Governing Body of Ashcroft High School:	June 2017
Policy Review date:	September 2018
Governors' Committee:	Full Governing Body
SLT staff responsible:	Mrs J Ellins
Statutory Policy: Yes / No	Yes