



# **SIR THOMAS RICH'S**

## **Healthy Eating Policy**

This policy was drawn up in accordance with the Department for Education publications:  
School food standards: resources for schools - GOV.UK ([www.gov.uk](http://www.gov.uk)) and The School Food Plan website:  
[schoolfoodplan.com](http://schoolfoodplan.com)

**Review Date:** February 2025

**Status:** Non Statutory (Good Practice)

**Responsibility:** The School's Senior Leadership Team (SLT) draws up and implements the policy. This policy will be reviewed by the Trustees regularly, as part of their system of reviewing School Policies.

### **Contents:**

1. Introduction
2. Aims
3. Facilities
4. Healthy Eating in the Curriculum
5. Healthy Eating Outside the Curriculum
6. Provision of Food in School
7. Food Safety
8. Provision of Drinks in School
9. Food & Drink Brought into School
10. Policy Review and Development

## **1. Introduction**

Sir Thomas Rich's School is committed to helping its pupils to gain a knowledge and understanding of how to keep themselves healthy. The School is aware that a nutritious diet has a significant role in the development of a young person and it is aware of its impact on behaviour and learning. This policy contributes to the School's wider commitment to promote staff and pupils' physical and emotional well-being within the curriculum and beyond it. The Healthy Eating policy should be read in conjunction with the Behaviour and Discipline policy and the Anti-Drugs policy.

## **2. Aims**

The School aims to provide an environment in which pupils are able to make informed choices about their diet so that they are well-nourished and develop healthy eating habits.

This is achieved by:

- developing pupils' understanding of nutrition and how a balanced diet affects health and well-being through the curriculum in subjects such as PSHE, Cooking and Nutrition, Science and Physical Education.
- offering pupils the opportunity of developing their understanding of health and nutrition through extracurricular activities;
- ensuring that every pupil has access to a variety of nutritious food during the school day, including breakfast;
- ensuring that the food served in school reflects the ethical and medical requirements of pupils. For example, religious, vegetarian, medical and allergenic needs;
- ensuring that pupils have regular access to drinking water throughout the School day;
- providing a pleasant environment where pupils can eat with their friends alongside members of staff.

### 3. Facilities

The Cooking and Nutrition building comprises a teaching area, modern, energy-saving cooking equipment and food preparation areas where pupils can apply their culinary skills and their knowledge of diet and nutrition for real purposes.

The dining area provides a welcoming environment, including an outside eating area with picnic benches, in which pupils can eat with their friends and staff. There is also a serving hatch next to the Sports Hall that is used at break and lunchtime to minimise queues in the main dining room.

The Sixth Form Centre has its own dining area and kitchen. The Catering Manager is responsible for the quality and safety of the food served in all areas.

### 4. Healthy Eating in the Curriculum

Pupils learn about and are given the opportunity to apply their knowledge of diet and nutrition through the curriculum in all Key Stages. For example:

**PSHE:** Pupils in Key Stage 3 develop their understanding of a balanced diet and how their choice of food affects their health. Pupils are also taught about food labelling and ingredients and are given the opportunity to consider the ethics surrounding their food choices.

**Cooking and Nutrition:** Pupils in Key Stage 3 develop their understanding of the health and safety aspects of food storage and preparation. They are taught basic culinary and presentation skills and an awareness of alternative diets, for example: vegetarianism, veganism, healthy for sport persons and gluten and sugar free. They also study the Eatwell plate and the impact of an excess of ingredients such as sugar, and salt in food. Throughout, they learn to prepare a range of sweet/savoury bakes and meals that include seasonal and balanced ingredients.

**Science:** Pupils in Key Stage 3 and Key Stage 4 consolidate their understanding of a healthy, balanced diet by considering the sources and functions of the major food groups. They also learn about deficiency diseases and heart disease. Pupils examine energy requirements and they keep a food diary, so they can analyse how to improve their own diet.

**Enrichment:** Pupils in Key Stage 5 consider what constitutes a balanced diet in terms of nutrients. ; students are asked to recall the five food groups and to discuss why it is necessary to get a balanced diet from each group and to consider their drink consumption. As advised by the British Heart Foundation, pupils are introduced to the 'rainbow of fruits and vegetables' alongside 'Five a day' focusing on how eating a variety of colours increases intake of a range of nutrients in order to benefit pupils' health. Pupils are then given an awareness of the growing cost of living and are asked to produce a weekly meal plan on a budget with a particular focus on post A-Level meal plans that incorporate both 'five a day' and the 'rainbow of fruit and vegetables'. Pupils also explore the impact of diet for maintaining healthy levels of fitness, the variables which can impact on an individual's diet and the ethics of companies that sell alcohol and foods which are high in fat, salt and sugar. Mrs. Phillips, our Cooking and Nutrition teacher, offers a voluntary 'Cooking on a Budget' module which provides pupils with the opportunity to prepare a variety of healthy meals on a budget. (Wednesday afternoons as a Games option)**Physical Education:** Pupils studying both GCSE and A Level examine food types in terms of the nutrients and the proportions required to ensure a balanced diet alongside the health problems that can arise through an incorrect diet. Pupils explore how diet is linked to levels of activity and how the timing of food consumption can affect performance. Pupils also develop their awareness and understanding of specific diets that athletes might follow to enhance performance in a particular sport.

## 5. Healthy Eating Outside the Curriculum

Sports teams are offered advice by coaches and teachers on nutrition and diet to optimise performance and promote recovery. Pupils are also encouraged to consider the negative impact of drinks and supplements, which are high in ingredients such as sugar and caffeine, to their general health and well-being.

## 6. Provision of Food in School

Sir Thomas Rich's gained academy status in 2010. Therefore, the funding agreement does not require it to comply with the national standards for school food. However, as part of its commitment to encourage pupils to lead a healthy lifestyle, the School is compliant with the School Food Standards alongside the Government Buying Standards for Food and Catering Services. After a wide consultation with pupils, staff, and Trustees, the School made the decision to tender the catering service. Aspens Services Ltd were appointed as the School's catering provider following a rigorous tender process ensuring compliance with the Official Journal of the European Union (OJEU) legislation.

*Aspens mission:*

*Aspens Services are a market leading contract catering company specialising in school food. They only work in the education sector, so know what customers want. Mixing this knowledge with an understanding of what's hot in the food works, sparks creativity and excitement in their fantastic chefs. Their team has been brought together because we they share values, have the experience needed and are dedicated to making sure that they deliver the very best service to their customers and making great school memories.*

*They don't just provide food, they play a part to educate children and raise awareness about nutrition, and where food comes from, so that children can make informed and mindful choices.*

*This contract is due for renewal in 2025.*

### Free School Meals

Aspens operate a biometric cashless catering system within the School meaning a fund for FSM students is preloaded each day and is available to spend all day. Therefore, FSM pupils are anonymous.

### Special Dietary Requirements

The School aims to provide food in accordance with pupils' religious beliefs and cultural practices wherever possible. Options are always available on the menu for vegetarians and vegans.

Individual Healthcare Plans: The School's catering team are made aware of individual pupils' needs regarding food allergies and/or intolerances and strives to cater for their requirements. The Catering Manager endeavours to meet personally with parents of pupils with special dietary requirements to ensure that the school is doing its utmost to support their needs.

Aspens adhere to guidelines set out in The UK Food Information Amendment, also known as 'Natasha's Law', which came into effect in 2021 and requires full ingredients lists and allergen labelling on pre-packaged foods. Ingredient content of unpackaged foods is held in the catering office and is available upon request, in accordance with allergenic guidelines.

## 7. Food Safety

Aspens food safety management is managed internally by their own compliance team following all legal requirements in food safety & health & safety.

The kitchen currently is rated with a food hygiene rating of 5 which is the highest achievable score from the local authority's environmental health department.

All catering staff receive training in food safety upon induction, and regularly throughout their employment. The School catering department uses a program called 'Mpro5' for recording. This ensures strict routines are adhered to, with regard to storing of food and maintaining high levels of hygiene.

Strict cleaning schedules are followed, concise records are kept, and routines such as opening and closing checks are maintained to high standards.

Aspens strives to maintain the 'very good' Food Hygiene Ratings that have been awarded from the Environmental Health Officer in recent years.

Health and Safety checks and Risk Assessments are reviewed on a regular basis.

## **8. Provision of Drinks in School**

The School recognises the importance of adequate hydration to health and well-being as well as cognitive function. Pupils are encouraged to maintain hydration levels through access to fresh drinking water throughout the School day.

Pupils are permitted to drink water during lessons.

Pupils are permitted to drink water during internal and external examinations provided that the bottle or container is plain, and all labels are removed.

A range of fruit juices and bottled water is available before school, and at break and lunchtime in the canteen and the Sixth Form Centre.

## **9. Food & Drink brought into School**

Pupils are permitted to bring food to school to consume before and after school, and at break and lunchtime. However, pupils are strongly discouraged from bringing to school food and drink that is high in fat, sugar and salt. For example, confectionary, deep-fried products, pastries and fizzy drinks.

### **Restrictions**

Pupils must not bring into school the following:

- Cans
- Tins
- Glass bottles or containers
- Chewing gum
- Nuts (to protect pupils with an allergy) or any products containing nuts
- Food or drink that is not for their own consumption (pupils are not permitted to sell food or drink to others).

## **10. Policy Review and Development**

As well as the formal arrangement where the Trustees' Curriculum and Evaluation Committee approve the policy and monitor its implementation and execution, this policy will be reviewed on an annual basis by the Senior Leadership Team (SLT). The views of all stakeholders including the views of pupils, through the School Council, and the views of staff, will be sought in order to monitor its implementation.