EST. 1914

THE CARDINAL VAUGHAN MEMORIAL SCHOOL

Amare et Servire

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HEALTHY EATING POLICY

All policies are updated regularly in accordance with statutory guidance.

THE CARDINAL VAUGHAN MEMORIAL SCHOOL

HEALTHY EATING POLICY

RESPONSIBILITIES

The local governors recognise the important connection between a healthy diet and the ability of pupils to learn effectively and achieve high standards in school. They also recognise the role a school can play, as part of the larger community, in promoting broader health issues, and that sharing food is a fundamental experience for all people – a key way to nurture and celebrate our cultural diversity, as well as an excellent bridge for building friendships and inter-generational bonds.

MISSION

The educational mission is to improve the health of the entire community by teaching pupils ways to establish and maintain life-long healthy and environmentally sustainable eating habits. The mission shall be accomplished through the core academic content in the classroom and the food served at the School.

AIMS

- To improve the health of pupils by helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet, and hygienic food preparation and storage methods.
- To increase pupils' knowledge of food production, manufacturing, distribution and marketing practices, and their impact on both health and the environment.
- To ensure pupils are well nourished at school, and that every pupil has access to safe, tasty, and nutritious food and a safe, easily available water supply during the school day.
- To ensure that food provision in the School reflects the ethical and medical requirements of staff and pupils e.g. vegetarian, medical, and allergenic needs.
- To make the provision and consumption of food an enjoyable and safe experience.
- To introduce and promote practices within the School to reinforce these aims, and to remove or discourage practices that negate them.

OBJECTIVES

To work towards ensuring that this policy is both accepted and embraced by; local governors; the Senior Leadership Team; teaching and non-teaching staff; pupils; parents; food-providers; and the School's wider community.

To integrate these aims into all aspects of school life, in particular: food provision within the School; the curriculum; and pastoral and social activities.

METHODS

Establish an effective structure to oversee the development, implementation, and monitoring of this policy, and to encourage a participatory approach to meeting the objectives.

Develop an understanding and ethos within the school of safe, tasty and nutritious food, through both education and example.

Create an environment, both physical and social, conducive to the enjoyment of safe, tasty and nutritious food.

Help to promote and raise awareness of environmentally sustainable food production methods and socially responsible food-marketing practices.