



Dorset Education Partnership  
**FERNDOWN UPPER SCHOOL**

# **NUTRITIONAL STANDARDS POLICY**

Policy first adopted .....	July 2005.....
To be reviewed 3-yearly	
Reviewed .....	January 2008.....
Reviewed .....	June 2011.....
Reviewed .....	June 2014.....
Reviewed .....	
Reviewed .....	
Reviewed .....	
Reviewed .....	

## **NUTRITION POLICY**

### **Aim:**

1. To ensure that all aspects of food and nutrition promote the health and well being of all students, staff and visitors to our school, but at the same time to explore issues around health and well-being in its broader senses, as part of our mission to create independent learners and responsible citizens.

### **Objectives:**

2. To ensure that we are giving consistent messages about food and health through the curriculum, relevant extra-curricular activities and through bodies such as, but not exclusively, the School Council.
3. To give students the information they need to make healthy choices, but also the opportunities to give their views about what 'healthy choices' means for them.
4. To contribute to the healthy physical and emotional development of all members of our school community.

### **Guidelines for meeting objectives:**

5. Formal curriculum: Food Technology and other relevant departments to provide and deliver an outline audit of food-based topics at KS3 and 4 as requested by the Healthy Schools Coordinator.
6. Briefings from regional and local managers with the school caterers about the food being offered to monitor the approximate number of students choosing these products.
7. Survey students about their favourite healthy options and their concerns around health and nutrition both annually and on-going.
8. Maintain Healthy Schools Award by:
  - 8.1. Healthy Schools Coordinator liaises with Headteacher and Link Governor to consider survey outcomes, Healthy Schools Plus Programme and to complete specific action plans.
  - 8.2. Use completed curriculum audits (above) to gain accreditation for projects undertaken in Food Tech and elsewhere.
  - 8.3. Maintain and increase 'Student Voice' projects around health and nutrition in collaboration with the school's caterers.

### **Monitoring and Evaluation of each of the above:**

9. The Healthy Schools Coordinator to receive copies of annual audits of curriculum delivery and reports on observed lessons and projects to gain a flavour of the likely sources of the accreditation.
10. The school's caterers' local manager to use outcomes of student choices re healthy options in planning and selecting items for sale and further promotional events. To report to Healthy Schools Coordinator.
11. School Newsletters to include regular items pertaining to Food Technology extra curricular work and Healthy Schools projects.
12. Regular reports to SMT and the Student Welfare Committee of the Governing Body re maintaining Healthy Schools Award and progress towards Healthy School Plus.