



HAYDON SCHOOL

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WHOLE SCHOOL FOOD POLICY

2015

1. Aim

To ensure that all food choices offered to students are nutritious, meet national nutritional standards and that our students are given the knowledge to make healthy food choices.

2. Consultation

Students, staff, governors and parents have been consulted during the creation of this policy which is based on the national nutritional standards for schools in conjunction with advice from the London Borough of Hillingdon.

3. Monitoring and review

This policy will be monitored by the Deputy Headteacher in charge of healthy eating as well as by students, staff, governors and parents who will provide feedback.

4. Food served at Haydon School

Minimal fried, processed or reconstituted food will be served. Meals will not have added salt. All main meals, sandwiches and snacks will be produced in the Haydon canteen freshly. A selection of fresh fruit will be available all day. Salads, potatoes and vegetables will be available at lunch.

5. Positive water policy

Haydon School provides free drinking water in the canteen at mealtimes and will improve access to drinking water in the other areas of the school through provision of drinking fountains and water dispensers. Students will be encouraged to bring bottles of water and will be allowed to drink water during lessons, unless health and safety guidelines prevent this in certain lessons. Students will be consulted as to the best location of water dispensers.

6. Packed lunch policy

Parents who provide their children with lunch will be asked by letter to follow the nutritional guidelines. Haydon School wishes to promote a healthy lifestyle and will encourage parents to buy healthy products for packed lunches and will ask for them to avoid unhealthy items which are not sold or provided by the school.

Items to avoid include the following: carbonated drinks, crisps, chocolate bars, sweets, chocolate biscuits, cordial drinks, boxed snack lunches, cheese dippers and instant noodles.

The following items are discouraged and should only be included occasionally as part of a balanced diet: corned meats, pies, sausage rolls, cakes and biscuits, processed meats, meat pastries and processed cheese.

We recommend these foods: 1 portion of fruit, fresh salad or portion of vegetables, meat, fish or non dairy protein, bread, pasta, rice, noodles, potato or starchy food, cheese, yoghurt, fromage frais or other dairy food, mineral water, fruit juice, milk, yoghurt drinks, smoothies and oily fish such as sardines or salmon.

7. Consistency

Haydon School will promote healthy food choices in all food related school activities.

8. Positive dining environment

Haydon School will work to provide the best dining environment possible commensurate with funding availability.

9. Training

Where appropriate staff will be trained in the promotion of healthy food choices. Haydon School that all catering staff are trained to meet government legislation. Students will be taught about making healthy choices in choosing food and drink.

Document History

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