



REDDEN COURT SCHOOL

Committed to Success for All



School Food Policy

Responsibility

Ms Graves and the FIIT (Food Investigate Improve Inform Team) actively work with the Canteen Supervisor, Mandy Pengelly and Havering Catering services to ensure we provide healthy, tasty, affordable food. Collectively, they take responsibility for the food policy.

Any changes made are discussed with the Senior Leadership Team and then passed onto the Governors and Student Leadership Team.

Our Mission

We take a whole school approach to healthy eating by ensuring the correct messages are given about food by all staff. Nutritional information is taught in the curriculum and in our canteen we have a nutritional folder to hand which students can check any food that is served from the canteen. Our FIIT team, which is run by students from different year groups and Ms Graves, meet every other week and regularly with the Canteen Supervisor to discuss issues with regards to the food sold in the canteen. The Eatwell guide is also on display in the canteen to help encourage students to make the right choices. All of the food provided by the canteen fully adheres to the Government's guidelines, The School Food Plan.

The school promotes healthy eating in assemblies and encourages all students to be actively involved in the Healthy School Project either through healthy eating or actively participating in sport. Redden Court has achieved the Healthy School Gold award.

Our mission is to improve the health of the entire school community by teaching students and families' ways to establish and maintain lifelong healthy and environmentally sustainable eating habits. The mission shall be accomplished through food education and skills (such as cooking), the food served in schools and core academic content in the classroom. We will also promote healthy eating through messages delivered around the school by the FIIT team as well as their display boards.

Aims

We aim to educate our students on ways to improve their health, as well as staff and their families 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. This is done by assemblies and during Science, PE, Citizenship, Food Technology and Hospitality and Catering lessons.



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We encourage students to be healthy at school and have access to safe, tasty, and nutritious food as well as have access to water during the school day. There is a water machine in the canteen and atrium which students have access to at break and lunch. We also encourage students to bring in a water bottle. Students remain on the school premises at lunch and only bring in healthy snack options from outside. Since September 2015 chocolate, crisps or fizzy drinks have not been permitted into school. If the students do have these types of food in their possession they are confiscated and if this is the only food available to the student they will be offered the opportunity of having food from the canteen.

Redden Court ensures the food provision in the school reflects the ethical and medical requirements of staff and students and ensure we cater for all dietary requirements. Staff and students are prohibited to bring in tree and ground nuts and nut bi-products, as we are a nut free school. There is always a vegetarian option served in the canteen and any medical need is always taken into account once notified to Student Services / staff who will then liaise with the canteen staff.

Redden Court provides an eating area in the school canteen, quad area and at the front of the school. The canteen has been designed by the students to make it an enjoyable and pleasant place. There is also a queuing system in place to ensure the queuing is minimized. There is always staff on duty to ensure students are safe and only eat in the allocated places.

Redden Court works towards ensuring that this food policy is both accepted and embraced by

- **Governors**
- **school management**
- **teachers and support staff**
- **students**
- **parents/carers**
- **food providers**
- **the school's wider community**

All changes are discussed with all of the above before permanent changes are made, through meetings, surveys and assemblies.

We have trialled the healthy salad day on a Thursday in July which was in response to surveys completed by the students as it was their wish to have healthier, tastier options at lunch. In addition recent changes have been made to the breakfast offer and the menu is regularly reviewed. This is something we are looking to continue within the next academic year.



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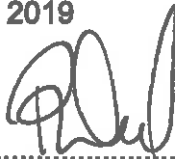


Review:

Date of this policy: September 2015

Last review date: March 2017

Next review date: March 2019

Signed by Head Teacher:  Date: 24/4/17

Signed by Chair of Governors  Date: 24/4/17

