

St Bede's Catholic College



Food Policy

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Rationale

To educate pupils to make healthy food choices as part of their lifelong learning.

Aims

We aim to

- Ensure that range of healthy food and drink options are provided on the premises recognising ethical, cultural and medical needs
- Study the effects of Healthy Eating in all relevant areas of our curriculum
- Engage the entire college community in discussion on the implication of Healthy Eating
- Motivate pupils to be confident to make healthy choices
- Provide a pleasant environment in which pupils can eat
- Ensure menus meet the National Nutritional Standards for schools. Details can be provided by Chartwells who supply the lunch service.
- Provide appropriate training and development for staff

Guidance

- Our schemes of work incorporate healthy food education especially those of Personal Social & Health and Citizenship Education (PSHCE)
- We will provide extra-curricular activities to support our aims
- We will engage the college community in consultation and ensure regular communication
- Pupils are encouraged to bring a healthy packed lunch.
- Outside agencies, visitors and speakers are used to support the curriculum.

Monitoring and Evaluation

- We will regularly review our progress towards healthy eating using audits, questionnaires and pupil and parent feedback.
- Menus are provided for information and scrutiny on the college website.

St Bede's is a nut free school

Updated May 2024
To be reviewed May 2029