



PARKSIDE MIDDLE SCHOOL NUTRITIONAL STANDARDS POLICY

Dated: February 2022

Review date: February 2024

Headteacher.....

Chair of Governors.....



Parkside Middle School

Nutritional Standards Policy

Parkside Middle School actively supports healthy eating and drinking throughout the school day.

Aim

To ensure that all aspects of food and nutrition in school promotes the health and wellbeing of pupils, staff and visitors to our school.

Objectives

- Review the formal curriculum to ensure information relating to food and nutrition in different lesson areas is consistent and up-to-date.
- Work with the school caterer, BAM FM to provide healthy options for the lunchtime menu.
- We will ensure every child receives a school meal if they have insufficient funds on their meal account/do not have a packed lunch by using the school Welfare Account.
- Encourage pupils to bring a healthy snack/lunchbox. Promote healthy food choices embedded in DT and PSHE.
- Ensure that teachers who are taking responsibility for food in the classroom have basic food hygiene training.

Action

- To monitor the curriculum to ensure that the planning of food based topics in DT are up-to-date and relevant.
- Liaise with BAM FM on menu options at a reasonable cost and to ensure menus are available in the foyer and are displayed on the school website.
- Pupils bringing a packed lunch will not be allowed to purchase additional items at lunchtime.
- Continuing professional development for staff responsible for delivering food through the curriculum.
- Linking with health promoting national events, such as Smile Week for Oral Health, World Cancer Awareness etc.

Monitoring and Evaluation

We will monitor and evaluate progress through:

- Teachers to identify food based topics through schemes of work and to ensure they are up-to-date and relevant.
- Lesson planning for DT and PSHE to show monitoring of food choices.
- PSHE lessons to include a focus of healthy eating and nutritional awareness (becoming increasingly more substantial throughout the year groups).
- A wider awareness of healthy eating to be evident around school.
- All relevant staff have up-to-date certificates with regard to food hygiene training.

<http://www.schoolfoodplan.com/actions/school-food-standards/>

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This policy will be reviewed every 2 years.

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