

Testwood School

Nutrition Policy

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| Key Responsibility area: | JB/v.4 |
| Last Review: | April 2023 |
| Next Review: | April 2024 |



Revision History

| Version | Date | Amendments | Initials |
|---------|----------|---|----------|
| 1 | 25.04.19 | Adding Allergen Information under C) Outcomes (No.6) Adding new bullet point No. 9 | JBr |
| 2 | 22.04.21 | COVID19 Restrictions – Availability of providing breakfast facilities and cooked hot meals at lunch time. To be reviewed when restrictions are lifted. Point 4 & Point 6. | JBr |
| 3 | 26.04.22 | Removed Covid service restrictions (point 4 under Outcomes | JBr |
| 4 | 25.04.23 | C Outcomes Point 5. Change School Nurse to School First Aid Officer | JBr |

A) Principles

At Testwood School we believe that the nutrition and wellbeing of all our students are of paramount importance. Our students have the right to good nutrition, regardless of age, gender, race, disability or religion. They have a right to a healthy lifestyle.

B) Purpose

The purposes of the policy are:

1. To encourage students to be aware of the importance of good nutrition.
2. To encourage students to recognise the need for a well- balanced diet and exercise to maintain health.
3. To ensure that food offered in school is acceptable to, and appropriate for, the needs of our students.
4. To encourage students to be aware of drinking water and to stay hydrated.

C) Outcomes

To achieve these purposes Testwood School will ensure that:

1. In Food Technology students study 'Healthy Food' as a topic, to give them practical experience preparation of healthy food.
2. In Science the theory of nutrition is taught.
3. Exercise to maintain a healthy lifestyle is embedded throughout the PE programme.
4. The canteen has hot and cold food to take away, available at break and lunch times.
5. The First Aid Officer is aware of any allergies or medical conditions that students may have and notify the catering manager if appropriate. Allergen symbols are displayed at each serving point.
6. Students have in dry weather outdoor space set out specifically to eat their packed lunches or food. In wet weather students have indoor allocated areas of the school to eat their food.
7. The catering manager follows nutritional guidelines and current government healthy eating standards.
8. Encourage students to adopt healthy eating by a reward point system.
9. Water is available to students.
10. Students are encouraged to bring water bottles into school

D) Monitoring & Review

The Board of Trustees may, from time to time, amend the policy and review this Policy annually or earlier if necessary.

This policy was approved by the Board of Trustees.

Date policy agreed: April 2023

Date of review: April 2024

Signature of Chair of Trustees: May 2023