



The Roundhill Academy – Food Policy

1. Introduction

The Roundhill Academy recognises the importance of maintaining a healthy lifestyle and a balanced diet. Students need to understand that decisions they make around food and nutrition now, can form long term eating habits throughout their lives, which may lead to negative health outcomes. By ensuring that students are well-informed about healthy eating, and are eating healthily whilst at school we hope to embed good principles and practices into their lives.

2. Aim

To ensure that all aspects of food and nutrition in school promote the health and wellbeing of students, staff and visitors to our school. We would like to achieve both Leicestershire County Council Healthy Schools status and a DfE Healthy Schools rating

To achieve this we will aim to:

- Embed the importance of a healthy balanced diet and physical exercise through the curriculum.
- Ensure that food and drink served by the school meets current government standards for food in school.
- Ensure that every pupil access to safe, tasty and nutritious food and a safe, easily available water supply during the day.
- Influence the eating habits of students by providing a wide range of nutritional options available through our canteen, and by giving students and parents the information they need to make healthy choices so that packed lunches and snacks brought into school form part of a balanced diet.
- Increase the number of students purchasing food in school and build confidence in both students and parents that the food served in school is nutritional and tasty.
- Ensure that food served in school meets the ethical and medical needs of students and staff, e.g. religious, vegetarian, allergenic needs

In order to achieve these goals we have set the following targets:

- Provide extra-curricular cooking clubs.
- Engage students in the growing of food on site.
- Increase the amount of time students spend undertaking Physical Education, both in class and in extra-curricular provision.
- Encourage students to be more active in the method of transport they use to commute to school.
- Discourage the use of food high in sugars, salt or fats as a reward in the classroom, i.e. no sweets, crisps or chocolates.

3. Roles and Responsibilities

- Staff will be expected to model the food policy.
- Food and nutrition elements within the curriculum will be formally assessed by class teachers, heads of department and heads of faculty.
- Head Students and Student ambassadors to check the impact of the food policy by questioning the wider student population about issues regarding food service.
- Student Voice sessions run by staff to garner feedback from students.
- The Principal and SLT to be responsible for food provision in school
- A nominated School Governor with the responsibility for Healthy Schools.

4. Policy Document and Review

This policy document was produced in consultation with the entire school community, including pupils, parents, school staff including the catering staff, Governors, and Local Authority representatives.

This document is freely available to the entire school community. It has also been made available on the school website.

The policy will be reviewed on a bi-annual basis. Next review February 2022

February 2020