



Oathall Community College  
Whole School Food Policy 2025-2026

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Prepared by	Karen Crockford
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## **Introduction.**

A whole school food policy is crucial for creating a healthy and supportive learning environment. It ensures consistent messaging about nutrition, promotes healthy eating habits, enhances the students' understanding of sustainability and contributes to the overall well-being of students and staff.

By integrating healthy eating into the school's culture, a whole school food policy can positively impact academic performance, behaviour, and long-term health outcomes.

## **Overall Aim of the policy.**

This policy will ensure that all aspects of food and drink in school, promotes the health and wellbeing of students, staff and visitors that satisfies the government standards for food and nutrition.

## **Rationale.**

As a college we aim to provide the best education for the students, within available resources. We now wish to further this ethos by continuing to promote healthy eating patterns to the students at school and by taking a more pro-active approach to improving the health and wellbeing of students. It is important that we consider all elements of our work, and the examples we give students, to ensure that we promote health awareness in all members of the college community. The college staff can provide a valuable role model to pupils and we hope that families can support us in regard to food and health-eating patterns.

Through effective leadership, staff training, the college ethos and the curriculum, we can bring together all elements of the college day to create an environment which supports a healthy lifestyle

- To ensure that we are giving consistent messages about food and health and sustainability
- To give our students the information they need to make health choices
- To promote food awareness
- To contribute to the healthy physical development of all members of our college.

## **Where and to Whom the Policy Applies.**

- School food standards apply to all food served in the college during the entire college day and to all activities that the college arranges for the students, including breakfast clubs, after school clubs, school trips and events
- Food served in our canteen is labelled with allergen information and information about allergies is available to our staff through Bromcom and our cashless catering tills.
- First aiders are trained in the administration of Epi Pens.
- Special dietary requirements – The college will endeavour wherever possible to accommodate students' specialist dietary requirements including allergies, intolerances, religious or cultural practices. Students and their parents are invited to contact the catering manager, Sue Denyer, [sdenyer@oathall.org](mailto:sdenyer@oathall.org) to discuss this.
- The college expects staff to contribute to and support this food policy across the college day. Staff and visitors will be expected to model good practice behaviour around food and drink and in line with the policy, when in the company of students.

## **Breakfast Clubs.**

A free healthier breakfast, in line with government guidelines and the School Food Plan, for students who are entitled to free school meals, is provided for all pupils who request it in room AD9 from 8.20am every day.

## School lunches

The college provides free school meals to all those pupils who are entitled to them. All our school meals are prepared on site by catering staff in the college following the health food policy. This includes the use of fresh fruit and vegetables each day as a choice for the students. We provide choices within the menus each day that meet or exceed the nutritional balance and healthy options as laid down by the government. All catering staff have up to date qualifications in food safety and hygiene.

School lunches must now offer the following food groups as part of each meal.

- Fruits and vegetables, at least two portions daily
- Meat, fish and non-dairy protein, daily
- Starchy foods including bread, pasta, noodles, rice, potatoes etc.
- Milk and dairy produce, daily
- Manufactured meat products may only be offered once a fortnight
- Deep fried products may only be offered a maximum of twice a week
- Table salt is not to be available.

## Packed lunches

The College provides appropriate facilities for students eating packed lunches, and we ensure that free, fresh drinking water is available at all times. The college enables students eating packed lunches and students eating school lunches to sit together in the canteen and outside areas. To avoid spills and litter which are a trip hazard, students should not eat or drink in corridors or carry unpackaged food and drinks through the college.

The college aims to work with parents to encourage packed lunches to meet the standards. Should parents decide to send in a packed lunch from home, please note the following recommended guidelines set out by the British National Foundation (<https://www.nutrition.org.uk/nutrition-for/children/>)

A student's lunch should include only the following:

- A 'good' portion of starchy food, e.g. wholegrain bread, sesame seed pitta bread, plain crackers, pasta or rice salad, tortilla wrap, bread sticks, chapattis, pitta pockets, fruit scone, malt loaf, fruited teacakes and rice cakes.
- Fresh fruit and vegetables, e.g. apple/orange/banana, melon slices, cherry tomatoes, carrot sticks, cucumber chunks, mini fruit chunks, dried fruits such as raisins, apricots or small tins of fruit in juice not syrup.
- A portion of milk or dairy food, e.g. cheese, plain /fruit yogurt, etc.
- A small portion of lean meat, fish or alternative e.g. two slices of ham, chicken, beef, Quorn, cheese, tuna, egg or hummus etc.
- A drink – fruit juice (not fizzy or diluted squash), water (not flavoured), milk (not flavours), yogurt drinks, fruit or veg smoothies.

In addition, the college requests that parents do **not** include the following items in packed lunches:

- Sweets, chocolate confectionary, although one chocolate covered biscuit is acceptable
- Fizzy drinks/sugary drinks. High energy drinks should **never** be consumed in college.
- Foods containing any **nuts**
- Crips should be limited to 1 or 2 packets a week

## **Water**

The college encourages students to drink at frequent intervals throughout the day. Students will be allowed sports bottles on desks unless health and safety rules forbid it. Pupils will have easy access to fresh drinking water throughout the college day from our water fountains located on site.

## **The Dining Environment**

The college believes that lunch and break times are an integral part of the college day where the social aspect of sitting and eating together plays an important role in student's development. We believe that lunchtimes should foster the caring, friendly ethos that governs everything that we do. The college will provide a clean, sociable environment, indoors and out, for students to eat their lunch. In doing the so the college request/expects students to adhere to the following

- All litter should be placed in the correct bin (green – food, blue - recyclable, black - general waste) or taken home.
- Food and drink will only be consumed in the canteen, certain classrooms during wet break and lunchtimes or outside of the building.
- Spills should be reported immediately

## **Gifts and Prizes**

The use of sweets, snacks and food as gifts and prizes should be kept to a minimum and used only for exceptional circumstances (e.g the highest level of achievement etc.). Staff should not routinely give out sweets, biscuits and cakes in lessons as this does not promote a healthy lifestyle. Staff should always consider whether there are options for students who have medical conditions and allergies. Staff will be encouraged to consider using a range of healthier incentives as rewards (stationary, credits etc.)

In certain circumstances, the college may choose to allow foods to be eaten in support of the teaching of food from different cultures/times or for students to sell cakes in order to raise funds for charity.

## **Curriculum**

Compulsory lessons in cooking will be provided to students throughout KS3 as required by the Department of Education. All staff teaching cooking will have undertaken basic food safety and hygiene training. The college will include work associated with healthy balanced diets in its curriculum including in the sciences, cooking and nutrition, life learning, PE and PHSE.

## **After-school clubs**

The food and drink provision at the after-school clubs will be in line with school policy.