



THE BISHOP'S STORTFORD HIGH SCHOOL

NUTRITIONAL STANDARDS POLICY

Date of last review:	October 2025	Review period:	2 years
Date of next review:	Autumn 2027	Owner:	Student Welfare
		Approval:	



TBSHS: A truly all-round education.

"Pupils achieve highly at this stunning school." - Ofsted

Telephone: 01279 868686
Email: office@tbshs.org
Website: www.tbshs.org

The Governing body of TBSHS are committed to promoting health and well-being through curricular and extra-curricular opportunities. It is important for students to recognise and understand the need for a balanced diet and the importance of making informed choices to have healthy bodies and minds. They should recognise the social importance of food and eating together and experience a positive social environment that is conducive to learning. There are increasing concerns about obesity in children and a growing awareness about, for example, the effects of fizzy drinks on children's health. Information is provided to students as part of their PSHE and citizenship programmes and through the teaching of science. The school provides an opportunity to explore further aspects of nutrition in food technology.

The governing body at TBSHS will ensure that any lunches provided meet with the standards prescribed in the *Nutritional Standards for School Lunches (England) Regulations 2014*. Guidance is available from the Children's Food Trust

Status Recommended

Purpose

The aims of the school include students being guided to lead active and healthy lives. We believe that healthy children are best able to take full advantage of the educational opportunities that the school provides. The governing body will ensure that food provided in the school and advice given to pupils both promote a healthy lifestyle.

Who was consulted?

All staff, students and parents were consulted about this policy and its relevance to the contents of the schemes of work for PSHE, citizenship, food and nutrition, and science.

Relationship to other policies

Improving and sustaining good nutritional standards is included where appropriate in all curriculum policies, health and safety, healthy eating award document and the home-school agreement.

Implementation of this policy is the responsibility of the Director of Finance and Resources and the school's Catering manager, Neil Cooper. The members of the Governing body attending on the Student Welfare committee are responsible for overseeing the implementation of this policy.

Roles and responsibilities of Headteacher, other staff, governors

The Headteacher will ensure that:

Guidance is made available for staff based on the *Nutritional Standards for School Lunches Regulations 2014*.

- Providers of lunches conform to the Regulations.
- The agreed standards for free school meals are implemented.
- Content, cost, and provision at breakfast, break and lunch are monitored.
- Special dietary needs of children and staff are catered for (vegetarian, medical, cultural) within reason. For example there are available:
 - Daily hot vegetarian option
 - Daily vegetarian salad bar option
 - Daily non-gluten hot choice option
- Provide clean areas for the consumption of food
- Provide free, fresh drinking water
- Keep Queuing times to a minimum
- Provide appropriate training for staff
- Staff involved in the running of off-site residential and day trips endeavour to reinforce the messages of the school policy.

All **staff** are expected to promote healthy eating in accordance with school guidance.

The **governing body** will:

- Ensure that lunches meet with the standards prescribed In the *Nutritional Standards for School Lunches Regulations 2014*.
- Establish standards for free school meals and monitor their content, cost, and provision.

Arrangements for monitoring and evaluation

The governing body (Student Welfare Committee) will receive regular reports from the Headteacher on the extent to which catering staff conform to the Regulations in terms of content, cost, and provision, and the number of pupils receiving free school meals.

Surveys of pupils will be undertaken at regular intervals and reported to the governing body, to establish whether pupils are satisfied with the quality of meals offered