

Testwood Sports College Nutrition Policy

Key Responsibility area:	JB
Last Review:	September 2015
Next Review:	September 2017



A) Principles

At Testwood Sports College we believe that the nutrition and wellbeing of all our pupils are of paramount importance. Our pupils 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 pupils to be aware of the importance of good nutrition.
- 2) To encourage pupils 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 pupils.
- 4) To encourage pupils to be aware of drinking water and to stay hydrated.

C) Outcomes

To achieve these purposes Testwood Sports College will ensure that:

- 1) In Food Technology pupils 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) Breakfast is available every morning served by the catering staff.
- 5) The canteen has hot and cold snacks available as well as a fully nutritional meals.
- 6) The school nurse is aware of any allergies or medical conditions that pupils may have and notify the catering manager if appropriate.
- 7) Pupils have a space set out specifically to eat their packed lunches or cooked meals.
- 8) The catering manager follows nutritional guidelines and current government healthy eating standards (February 2015).
- 9) Water is available to pupils.
- 10) Students are encouraged to bring water bottles into college.

This policy was approved by the Governing Body and will be reviewed bi-annually.

Date policy agreed: November 2015
Date of review: September 2017
Signature of Chair of Governors: