

## Spalding High School Food Statement

At Spalding High School, we aim to create a culture and ethos of healthy eating and aiming to ensure that all aspects of food and drink in school promote the health and wellbeing of students, staff and visitors. The School recognises the role that healthy food plays in our students achieving their learning potential.

The School dining area offers a safe and social environment for students to enjoy their food. They have the opportunity to purchase a hot main meal, as well as a variety of hot and cold hand-held snacks, salads, desserts and fruit pots. The School canteen provides healthy, tasty and nutritious food and drink. All drinks provided meet the National School Food Standards in England and all main meals and hot desserts also follow the School Food Plan criteria. The dining area is fully supervised, and staff are encouraged to eat in the School canteen with students at lunchtime.

Our dedicated catering team is experienced in making reasonable adjustments for students with any special requirements to meet medical, dietary and cultural needs. Information is always available about allergenic ingredients used in any food and drink served. Themed events happen on a regular basis and students are encouraged to try food from a range of different cultures.

The catering at Spalding High School is provided by Edwards and Blake who work closely with the leadership team to ensure that the needs of the School are met. They are passionate about quality food, local sourcing, excellent service, driving innovation and delivering great value. Edwards and Blake believe that good food is vital to life.

Drinking water is available and provided free of charge at all times through numerous water fountains located around the school. Students are also encouraged to drink water throughout the day as water bottles are allowed in lessons.

A cashless payment system is used to help reduce queues and any stigmatisation of Free School Meals (FSM) students. Students who attend lunchtime clubs and activities are given a priority pass so that they have time for their lunch before their session begins.

Students' views about the School canteen are regularly sought and responded to through the School Council.

In Science, PE and PHSCE lessons, students are taught the importance of a healthy lifestyle and this includes healthy eating, positive body image and exercise.

Food & Nutrition is a compulsory subject in Year 7 and 8 and an option subject in Year 9 and at KS4 & 5. Students are taught practical skills and nutritional knowledge that can equip them with the skills needed to be able to live healthy and enjoy cooking for themselves and others.

The emphasis on making healthy choices and the awareness of good nutritional awareness is taught hand in hand with the importance of enabling students to achieve a balanced diet alongside their own personal preferences. Emphasis is also placed on seasonality, healthy options and enjoyment.

All students complete the CIEH Food hygiene certificate and our local Environmental Health Officers give lectures on Food safety as part of both courses.

In Year 10 GCSE Food students have the opportunity to enter the Rotary Young Cooks competition where a 2 course meal is designed and produced using seasonal ingredients. Students are expected to make their products using fresh products developing their experience of ingredients and processes.

The department enjoys links with the Food Science departments of Reading and Nottingham universities including summer schools and teacher days as well as having proactive relationship with Bakkavor Foods in Spalding.