School Food Policy

The Sittingbourne School

Approved by:	Lynn Lawrence (Chair of Governors	**Date:** July 2026
Last reviewed on:	June 2024	
Next review due by:	July 2028	

Rationale

- To provide an ethos and environment where pupils are fully informed about the food they eat and are able to make informed personal choices.
- To directly reflect the Government issued guidance for School Food Standards[1]

Food Policy Coordinator

This school food policy and healthy eating strategy is coordinated by Mr Southall (Deputy Headteacher).

Purpose

- To enable students to understand the impacts of their food choices.
- To enable students to be able to make informed choices regarding food choices.
- To provide food choices inline with the School Food Standards[1]
- To ensure drinking water is available throughout the day.
- To follow the ethos of our feeder Primary schools and insist on pupils carrying personal water bottles.
- To ensure the current curriculum delivery for Healthy Eating is regularly reviewed and inline with current issued guidance.
- To hold to account the contract catering supplier to adhere to the School Food Standards[1].

Guidelines

- Water is available, for free, from filtered water sources in the canteen.
- Free breakfast is available to all students and is inclusive of fruit.
- Parents/carers are expected to communicate with the school regarding their child's special dietary requirements. The school will then endeavour wherever possible to accommodate students' specialist dietary requirements including allergies, intolerances, religious or cultural practices.
- The school expects staff to contribute to and support this food policy across the school 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.
- **All energy and fizzy drinks are banned and confiscated for disposal by staff.**
- All staff challenge pupils who are seen with large bags of sweets, crisps, biscuits as their only form of food and explain the reasons for not consuming these.
- Bi-annual review of food offering provided by the current catering supplier is to be carried out by the Trust, in consultation with the school.
- Continual professional development (CPD) – all food technology teachers have CPD to ensure that they attain a recognised Level 2 award in Food Safety. Please note that for some social or fundraising activities organised by the school exceptions may be made to the general guidance noted above.

- The school is committed to reducing environmental impact. Students are expected to dispose of food waste and recyclable packaging responsibly using the designated recycling bins in the canteen and food hubs.

Food Education, Information and Guidance

- Food and Nutrition is taught to all KS3 pupils directly in Food Technology lessons following the National Curriculum recommendations
- Healthy Eating is taught as part of the Food Technology, Character Education, PE and Science curriculums

Current provision

The school catering is provided by Cucina and is managed by the Swale Academies Trust. The school has some control over the offer but it is subject to negotiation of contract. They currently offer a varied menu that changes on a weekly basis but follows a 3 week rotation, the only recurring food is battered fish and chips on Fridays. They provide a vegetarian alternative everyday. Desserts are varied but "traditional". There are fruit and yoghurt alternatives.

Breaktime offerings include sandwiches, rolls and paninis, on both white and wholemeal base. The main meal is served at lunchtime in the canteen, a food hub provides a cold offering alternative.

Drinks consist of sugar free fruit bottles and milkshakes.

Exemptions to the School Food Regulations

The School Food Regulations do not apply to food provided:

1. at parties or celebrations to mark religious or cultural occasions
2. at fund-raising events
3. as rewards for achievement, good behaviour or effort
4. for use in teaching food preparation and cookery skills, including where the food prepared is served to pupils as part of a school lunch
5. on an occasional basis by parents or pupils

Links to other policies

Behaviour policy

Appendix 1



Appendix 2 - Cucina Pricing Plans as of June 2024



Appendix 3 - National Guidance

Students have the confidence, skills and understanding to make healthy food choices. Healthy and nutritious food and drink is available across the school day.

A Healthy School:

- Has identified a member of the SLT to oversee all aspects of food in school.
- Ensures provision of training in practical food education, including diet, nutrition, food safety and hygiene for staff.
- Has a whole school food policy – developed through wide consultation, implemented, monitored and evaluated for impact.
- Involves students and parents in guiding food policy and practice within the school, and enables them to contribute to healthy eating and acts on their feedback.
- Has a welcoming eating environment that encourages the positive social interaction of students.
- Ensures healthier food and drink options are available and promoted at break, lunchtimes and in breakfast clubs as outlined by Food in Schools guidance (Standards for school food in England - GOV.UK (www.gov.uk).
- Has meals, vending machines and tuck shop facilities that are nutritious and healthy (Standards for school food in England - GOV.UK (www.gov.uk) and meet or exceed National Standards and is working towards the latest DfES guidance on improving school meals service, monitors students' menus and food choices to inform policy development and provision.
- Ensures that students have opportunities to learn about different types of food in the context of a balanced diet and how to plan, budget, prepare and cook meals. Understanding the need to avoid the consumption of foods high in salt, sugar and fat and increase the consumption of fruit and vegetables.
- Has easy access to free, clean and palatable drinking water.
- Consults students about food choices throughout the school day using the school council.