



'Working together to safeguard children'
"RESPECT, BELIEVE, ACHIEVE."

Cardinal Heenan Catholic High School

Whole school food Policy

Approved by:	Name: Full Governing Body	Date: 09/10/2025
Last reviewed on:	Date: October 2025	
Next review due by:	Date: October 2026	



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INTRODUCTION

The school is dedicated to providing an environment that promotes healthy eating and enabling pupils to make informed choices about the food they eat. This will be achieved by the whole school approach to food and nutrition documented in this whole school food policy.

The policy was formulated through consultation between members of staff, governors, parents, pupils, and our school nurse (this will be reviewed again in November) as recommended by the Healthy Eating Team for Liverpool).

The nutritional principles of this policy are based on the findings of the National Diet and Nutrition Survey of 4- to 18-year-olds; the 1991 Dietary Reference Values for Food Energy and Nutrients for the UK; and the Balance of Good Health (BOGH) (Appendix 1).

FOOD POLICY CO-ORDINATOR

This school food policy and healthy eating strategy is co-ordinated by Mr David Sye Catering Manager

FOOD POLICY AIMS

The main aims of our school food policy are:

1. To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes.
2. To provide healthy food choices throughout the school day.
3. To ensure our school meet and exceed the minimum requirements of the National Healthy School Standard Healthy eating theme, by adopting a whole school approach, in consultation with pupils, parents and staff.
4. To ensure that our food offer meets and adheres to all allergen regulations but more so that it is based on scratch cooked dishes using wholesome grade a product
5. To provide food that is nutritious, meets the children’s long-term health and achieves the government food standards for schools, implemented in January 2015, in an environment that is conducive to ensuring that healthy eating in schools is a positive experience for all children and staff.
6. To equip children with the knowledge, skills and attitudes to make informed choices about food as part of a healthy lifestyle.



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These aims will be addressed through the following areas:

1. EQUAL OPPORTUNITIES

In healthy eating, as in all other areas of the curriculum, we recognise the value of the individual and strive to provide equal access of opportunity for all.

2. CURRICULUM

Food and nutrition are taught at an appropriate level throughout each key stage.

This is addressed through:

Teaching methods

Effective teaching requires pupils to develop their understanding of healthy eating issues and appropriate skills and attitudes to assist them in making informed decisions. Teaching methods adopted in the classroom offer a rich variety of opportunities for participatory learning and include debating issues, group discussions and role-play. These decisions are made at teachers planning meetings and SLT link works closely with the Head of PSHE to ensure topics related to healthy eating are taught to all groups.

Leading by example and staff training

Teachers, caterers and school nurses have a key role in influencing pupils’ knowledge, skills and attitudes about food. It is important therefore that they are familiar with healthy eating guidelines. To facilitate this, students have a key voice in what lessons take place in PSHE; they work with the Chef and outside agencies to decide what food is placed onto the menus. Staff are included in these activities and receive minutes from all student council meetings.

Visitors in the classroom

Cardinal Heenan Catholic High school values the contribution made by the school nurse in supporting class teachers and appreciates the valuable contribution of outside agencies. We believe it is the responsibility of the school to ensure that the contributions made by visitors to the classroom reflect our own philosophy and approach to the subject. The status of visitors to the school is always checked in order to ensure that the content of the visitor’s talk is suitable for the ages of the pupils. The school’s code of practice for visiting speakers is adopted.

Resources

Resources for the teaching of healthy eating in PSHE have been selected to complement the delivery of the curriculum in other subject areas. These are stored in the Healthy Schools files in the deputy headteacher’s office.

Samples from some of these resources are displayed in the PSHE teacher’s folder and are clearly linked to the term’s programme of work. The range of materials used is available for review on request to the headteacher.



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Evaluation of pupils learning

- Secondary

Teachers are encouraged to use a range of strategies to evaluate the teaching and learning in healthy eating.

These include:

- Discussion of the suitability of resources and methodology at team meetings;
- Simple tick sheets for completion by the teacher at the end of a session – on the ‘How did that feel for you?’ model;
- Consultation with pupils through the School Council about existing programmes of study and special events;
- Questionnaires for pupils at the end of a unit of work or at the end of a special event about the suitability of the programme and resources;
- The formation of task groups or focus groups of pupils to look at existing provision and to make recommendations for the future.

3. FOOD AND DRINK PROVISION THROUGHOUT THE SCHOOL DAY

Breakfast

Breakfast is an important meal that should provide 25% of a child’s energy requirement and contribute significantly to their vitamin and mineral requirements.

National Food Standards for School Lunches

Food served must meet the food standards so pupils have healthy, balanced diets. These standards make sure the school lunches always include:

- one or more portions of fruit and vegetables every day
- one or more portions of starchy food, such as bread or pasta every day
- a portion of food containing milk or dairy every day
- a portion of meat or poultry on 3 or more days each week
- fish once a week

Allergen regulations came into force in December 2014 requiring schools to show allergen ingredients information for the food served.

Our Chef, supported by an independent consultancy company, compiles the menus with the knowledge and understanding of the student requirements, whilst adhering to government standards and legal requirements.



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The 2015 food standards cover all food sold or served in schools: breakfast, lunch and after-school meals; and tuck, vending, mid-morning break and after-school clubs.

Food prepared by the school catering team meets the National Food Standards for School Lunches

Snacking

The school understands that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet.

The school discourages the consumption of snacks high in fat and sugar at break-time. To this end we will ensure assemblies look at Healthy Eating and highlight to pupils what food is acceptable at break times. Special consideration is obviously taken for pupils with medical conditions. At break time the following food is available to our pupils: sausage rolls, omelettes and fruit.

Use of food as a reward

The school does not encourage the regular eating of sweets or other foods high in sugar or fat, especially as a reward for good behaviour or academic or other achievements. Other methods of positive reinforcement are used in school.

Instead of using food as a reward we have the following:

- Achievement assemblies
- Achievement vouchers
- Trips
- Certificates

Drinking water

The National Food Standards for Healthy School Lunches recommend that drinking water should be available to all pupils, every day, and free of charge.

The school agrees with this recommendation and provides a free supply of drinking water. We have ensured that at least one water supply is available on each floor within the school.

Packed lunches

Packed lunches prepared by the school caterers adhere to the National Food Standards.

The school encourages parents and carers to provide children with packed lunches that complement these standards. This is achieved by promoting healthy packed lunch. These can be found at <http://www.schoolfoodplan.com/wp-content/uploads/2015/01/School-Food-Standards-Guidance-FINAL-V3.pdf>

All lunches consumed in school should be healthy ones. For that reason we ask parents to support school in our aims covering a healthy diet by omitting the following items:



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- Crisps;
- Sweets;
- Chocolate;
- Fizzy drinks;

Free School Meals

The school has a cashless system in place so children that are in receipt of school meals cannot be identified by their peers. We would recommend all families that may be entitled to free school meals take up the opportunity. By registering for free school meals, school will secure additional funding. Liverpool has a simple online checker for parents/carers to use

<http://liverpool.gov.uk/schools-and-learning/grants-and-funding/free-school-meals/>

6. SPECIAL DIETARY REQUIREMENTS

Special diets for religious and ethnic groups

The school provides food in accordance with pupils’ religious beliefs and cultural practices

Vegetarians and Vegans

We offer a vegetarian option at lunch every day. When necessary, the school also provides a vegan option.

Food allergy and intolerance

Individual care plans are created for pupils with food allergies. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details. School caterers are made aware of any food allergies/food intolerance and requests for special diets can be submitted through the school Chef who can be contacted for any queries relating to the Food Information Regulations 2014 – Allergen labelling.

7. FOOD SAFETY

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include: ensuring that adequate storage and washing facilities are available; that food handlers undergo appropriate food hygiene training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. We consult our local Environmental Health Department about legal requirements and follow Natasha’s Law, which came into effect on 1 October 2021.

8. THE FOOD AND EATING ENVIRONMENT

The school council and the catering staff have worked extremely hard to create a pleasant environment for our pupils and staff to eat in. The “Gallery Restaurant” is full of pupil art highlighting our pupils’ gifts and talents.



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Menus are displayed within the area canvassing healthy eating messages they are strategically placed within the area.

ACTION PLAN:

1. We would like to extend the dining space, but this is not physically possible. A proposal has been submitted to the headteacher and governors to use the hall for break and lunch to provide an improved dining experience; **this was approved and additional SICO tables were purchased to provide an additional dining area.**

MONITORING AND EVALUATION

We have food available for parents during the following events so that parents can comment and review the food we supply to their children:

- Parents evening;
- Events such as, prize nights, graduation mass, welcome mass etc.;
- Options Evening;