

## **Maple Medical PRU**

### **FOOD POLICY**

#### **Responsibilities**

Maple Medical PRU recognises the important connection between a healthy diet and a pupil's ability to learn effectively and achieve high standards in school. Sharing food is a fundamental experience for all people: a way to nurture and celebrate our cultural diversity and an excellent bridge for building friendships and inter-generational bonds.

Maple Medical PRU recognises the role food can play in the lives of our pupils and their families: in helping pregnant teenagers and young mums to learn about the importance of a healthy diet for themselves and their babies; in helping pupils overcome eating disorders, and in helping medically unwell pupils recover more quickly. This awareness and understanding is also passed on to their families and wider community. This commitment has been recognized by Maple Medical PRU receiving the Healthy Schools Award and the Bronze Food for Life Award.

#### **Mission Statement**

Maple Medical PRU is committed to helping its pupils understand the importance of healthy eating throughout their lives as well as the origin of their food. It recognises the importance of helping to improve the health of all its pupils, their families, the babies of our young mothers, and the wider community by teaching pupils ways to establish and maintain life-long healthy and environmentally sustainable eating habits. This is achieved by food education, providing healthy food and through the curriculum content.

#### **Aims and Objectives**

- To ensure that food and drink available throughout Maple Medical PRU promotes the health and well being of the pupils, staff and visitors.
- To improve the health of pupils, staff and their families by helping to influence their eating habits by increasing their knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet and hygienic food preparation and storage methods.
- To raise awareness of food production, manufacturing, distribution and marketing practices and their impact on both health and the environment
- To ensure that pupils are well nourished at the Maple Medical PRU and that every pupil has access to safe, tasty and nutritious food and an easily available water supply during the school day
- To ensure that all pupils are aware of the breakfast club and the food that is available
- To ensure that food provision in the school reflects the ethical and medical requirements of staff and pupils, for example, ethnic, vegetarian, medical and allergenic needs
- To make the provision and consumption of food an enjoyable and safe experience with staff and pupils sitting together at lunchtimes
- To support pupils with disordered eating
- To introduce and promote practices within the Maple Medical PRU to reinforce these aims and to remove or discourage practices that negate them

- To offer all pupils a healthy lunch each day with a choice of a hot or cold meal provided by a local primary school.
- To encourage pupils to make healthy choices which form part of a balanced diet when bringing packed lunches into the Centre or when buying lunches off-site
- To educate pupils about the health risks of fizzy and energy drinks which are not allowed in Maple.
- To work towards ensuring that this policy is both accepted and embraced by the school management, teachers and support staff, pupils, parents/ carers, food providers and the Maple Medical PRU wider community
- to work in collaboration with CAMHS to follow medical advice for pupils with eating disorders

**Curriculum Links**

- Raising awareness of a healthy diet for pupils and their babies is a fundamental part of teaching and learning at Maple Medical PRU
- Food education is taught formally and informally throughout the curriculum
- The importance of healthy eating forms a part of the GCSE Health and Social Care, Science, PSHE, and the ASDAN award as well as being part of the parenting package delivered to the mums to be and new mums by the nursery staff.
- Pupils also take part in practical cook and eat sessions run by the food educator when available and are offered the opportunity to attend a Food Safety and Hygiene course.
- Pupils are able to take part in growing their own fruit, vegetables and plants as well as using their produce in cook and eat sessions
- The Nursery Nurses run weaning sessions for Young Parents Centre pupils in which they are taught how to wean their babies using home cooked healthy meals.

**Consultation**

This policy has been written and amended after consultation with staff, pupils, their parents/carers and management committee.

**Date of Policy:** October 2017

**Date of Review:** October 2019

**Signed**

**Head teacher** .....

**Chair of Management Committee** .....