

Healthy Eating Policy

The Green Room Foundation is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment.

This policy is in place to support the promotion of the government policy of healthy eating and exercise in a drive to beat childhood obesity and to raise awareness of overweight and obesity related diseases. In addition to the health factor, the noticeable side effects of consuming sugar can include hyperactivity which affects their concentration, studies and moods.

Date Created	Date 1st Review Due	Date Reviewed	Version	Next Review Due
November 2017	November 2018	January 2019	2	January 2020
		October 2020	3	October 2021

Overall Expectations

We expect that all our pupils have the opportunity to eat healthily to promote and maintain their wellbeing to ensure they can learn effectively and behave well in the short term, and to engage in an overall healthy lifestyle to ensure lifelong healthy living habits.

In practical terms this means pupils and staff consume balanced meals and snacks, and do not consume sweet treats and sugary drinks at school. This includes chocolate, biscuits, cakes, squash, fizzy drinks, energy drinks, sugar free drinks (which contain a sugar substitute), sweets etc.

On specific occasions, we may offer pupils a small sweet treat to celebrate at the end of the school day.

Food Provided at The Green Room School

All pupils and staff are offered breakfast, lunch, snacks and drinks throughout the school day at no charge to them, in order to support this policy.

Expectation of Pupils

- Support the culture of healthy eating at the Green Room.
- Unless there is a specific reason, consume food and drinks provided by The Green Room rather than bringing food in from home.
- Other pupils will not bring in unhealthy food and drink and consume it in front of them.

Expectations of Staff

- Reinforce the healthy eating and exercise message throughout the school day.
- Explain policy to pupils individually.
- Consume food and drinks provided by The Green Room to lead by example.

Role of Parents

Healthy eating is a policy which cannot work without the support and engagement of our parents/carers, thus we have expectations here too.

Expectations of Parents/Carer

- Ensure pupils come into school having consumed a healthy breakfast, (specifically that is low in sugar).
- Encourage pupils to consume Green Room food and drinks rather than food brought in from home.
- If a pupil can't/won't consume Green Room food and drinks, they will only send healthy food and drinks into school with pupils for their lunch.
- Will support our healthy eating policy to avoid conflict or mixed messages.

Serving Food During a Pandemic

Due to COVID-19 restrictions, new measures have been put in to place regarding how food is served in school. All standard food hygiene measures are being continuously met, in addition to the following:

- All pupils and staff are required to sanitise their hands before being given their lunch.
- ALL food is now served by the staff member who has prepared the food. Pupils and other staff members are no longer allowed to help themselves to extras/toppings to avoid cross contamination.
- Pupils and staff are handed their cutlery, as opposed to picking out their own.
- At GRW pupils and staff members are putting their used crockery and cutlery straight in to the dishwasher themselves to avoid cross contamination
- At GRK pupils and staff members put dirty plates straight into a tub of hot soapy water
- At GR6 pupils and staff use paper plates which they dispose of themselves.

This policy is approved by the Co-CEO of The Green Room Foundation

Date _____

Co-CEO _____