



HARROGATE LADIES' COLLEGE & HIGHFIELD

Independent School for Girls Aged 2 to 18
and Boys Aged 2 to 11

WELLNESS CENTRE: HEALTHY EATING POLICY

Harrogate Ladies' College family of Schools:

Highfield Pre School, Highfield and College

SLT Responsibility: Joanna Fox

Governor Committee Review: Pupil Welfare

Next Review Date: February 2022

PRINCIPAL: Sylvia F. Brett BA (Dunelm), MA (London). **COLLEGE VISITOR:** Baroness Harris of Richmond.
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Since 1893



Introduction

Nutrition experts agree that a healthy diet is one of the best ways of maintaining and protecting children's health, both now and later in life.

However, the diets of school children and young people in the UK continue to give cause for concern, containing too much sugar, salt and saturated fat and too little fibre. Significant numbers of young people do not consume enough iron, calcium and certain vitamins, all of which are essential for health, growth and development. Therefore, over the last decade, successive governments have introduced regulations and standards for school food in the maintained education sector, the most recent of which were introduced in January 2015 as part of the School Food Plan.

The School is strongly committed to encouraging healthy eating among its pupils, recognising that there is considerable scope for school meals to have a positive influence on children's food choices away from school, in turn helping to establish healthy eating patterns for life.

Goals:

- Through its partnership with Harrison's Catering Ltd, Harrogate Ladies' College will demonstrate its commitment to encouraging pupils to make healthy food choices by ensuring that its caterers:
- Meet the Government food standards where applicable.
- Adopt healthier catering practices in the preparation and service of food so that pupils are offered meals that are nutritionally balanced but tasty.
- Plan menus with both health and enjoyment in mind.
- Make wide use of fibre-rich foods, including vegetables, fruit and wholegrains, whilst limiting fatty, salty and sugary foods and avoiding highly processed foods.
- Promote and market food choices in a way that supports nutrition recommendations and makes healthy choices the easy and popular choices.

Elsewhere in School:

- The School will educate its pupils about the importance of maintaining a healthy, balanced diet through lessons such as Food Technology and PSHE.
- Crisps, chocolate, sugary drinks and other 'junk' food will not be available in vending machines around the School.
- The School's Sixth Form Café, The Hub, will stock a wide range of healthy snacks alongside traditional cookies, cakes etc.
- In addition, the School will actively publicise, through means such as assemblies and the Bulletin, initiatives organised by Harrison's Catering Ltd to encourage Healthy Eating