



# BRECHIN HIGH SCHOOL FOOD POLICY

Healthy choices • Safe provision • Positive wellbeing



## 1. Rationale & Aims

At Brechin High School, we recognize that good nutrition is vital for young people's physical growth, cognitive development, mental wellbeing, and academic attainment.

### Children's Rights Framework (UNCRC Integration)

This policy is underpinned by the United Nations Convention on the Rights of the Child (UNCRC):

- **UNCRC Article 1 (Definition of the Child):** Every human being below the age of eighteen years is recognized as a child and holds fundamental rights. This policy applies universally to all pupils across our secondary school (S1–S6).
- **UNCRC Article 24 (Health & Health Services):** Every young person under 18 has the right to the best possible health, nutritious food, clean drinking water, and a safe environment.

- **UNCRC Article 12 (Respect for the Views of the Child):** Pupils have the right to give their opinion on matters affecting them, including school food provision and the dining environment.

### Policy Aims:

|                          |                                                                                                                                                                                 |
|--------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> | Ensure all food and drink provided in school meets statutory Scottish nutritional standards.                                                                                    |
| <input type="checkbox"/> | Actively promote the school canteen as the preferred, healthy, and cost-effective dining choice over off-campus commercial alternatives (such as local shops and public cafés). |
| <input type="checkbox"/> | Maintain a safe, inclusive dining environment that rigorously tracks and manages food allergies and special dietary needs.                                                      |
| <input type="checkbox"/> | Foster a positive, health-promoting school food culture integrated across the curriculum.                                                                                       |
| <input type="checkbox"/> | Ensure that every young person under 18 has equitable, dignified access to healthy food without stigma, both on campus and on school trips.                                     |

## 2. Food & Drink Provision (Compliance & Safety Standards)

In line with the *Nutritional Requirements for Food and Drink in Schools (Scotland) Regulations* and relevant food safety legislation, our catering and food settings maintain the following standards:

### A. Meals & Main Dishes

- **Fruit & Vegetables:** At least two portions of vegetables and one portion of fruit (80g portion sizes for secondary pupils) are offered with school lunches daily.
- **Red & Processed Meat:** Strictly limited across the school week to align with Scottish Dietary Goals.
- **Fibre:** All bread, rolls, wraps, and breakfast cereals contain a minimum of 3g fibre per 100g.
- **Pastry & Fried Foods:** Pastry products are limited to a maximum of twice per week; deep-fat frying is strictly controlled.

### B. Snacks & Canteen Items

- **No Confectionery:** Chocolate bars, sweets, and high-sugar items are prohibited from sale anywhere on school premises.
- **Lower Sugar & Fat:** Bakery items, yoghurts, and pre-packaged snacks meet strict maximum caps on free sugar, saturated fat, and salt.

### C. Drinks & Hydration

- Free, fresh drinking water is available throughout the school day.

- Drinks offered are restricted to plain water, low-fat milk/calcium-enriched milk alternatives, and compliant lower-sugar drinks.

#### D. Allergen Management & Special Dietary Needs

- **Allergy & Medical Tracking:** Pupil food allergies, intolerances, and medically required diets are centrally recorded.
- **Cross-Contamination Controls:** Protocols are maintained during food storage, preparation, and service.
- **Individual Plans:** Pupils with severe or life-threatening allergies (e.g., anaphylaxis requiring an AAI/EpiPen) have individual plans coordinated between parents, school health staff, and the catering team.

### 3. Curriculum, Ethos & Whole-School Approach

#### A. Learning, Environment and Equity

- **Curricular Links:** Food education, practical cooking skills, and dietary health are integrated into Curriculum for Excellence (Broad General Education and Senior Phase).
- **Dining Environment:** The dining space is clean, safe, and welcoming, supporting positive social interactions.
- **Equity & Stigma Reduction:** Cashless catering systems ensure free school meal entitlement and dietary restriction tags are handled confidentially and without stigma.
- **Targeted Nurture & Food Security:** Our **Engagement Officer** and **Nurture Hub** staff proactively track and support pupils experiencing food insecurity, anxiety around the main dining hall, or social barriers.
- **Canteen & Nurture Collaboration:** The Nurture Hub works directly with the canteen management team to secure daily food, breakfast support, and warm options for identified pupils. This ensures food is accessed in a safe, quiet, low-stigma environment when needed.

#### B. Promoting School Dining & Off-Campus Alternatives

- **Canteen vs. Town Options:** We actively encourage pupils to remain on-site, positioning the school canteen as a healthier, safer, and more affordable alternative to off-campus shops, Madison Campus café, and fast-food outlets during break and lunchtimes.
- **Menu Visibility:** Canteen menus and healthy options are regularly featured in the school bulletin, newsletter, and digital signage for pupils and families.
- **Pre-Ordering System:** To reduce lunchtime queues and guarantee menu choice, pupils can pre-order hot and cold options via parent pay.
- **School Trips & Excursions:** Pupils participating in off-site educational trips can pre-order packed lunches from the school kitchen, ensuring continuous access to healthy food and seamless delivery of Free School Meal entitlements while off-site.

## 4. Roles & Responsibilities

|                          |                                                                                                                                                                                                                                                     |
|--------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> | <b>Senior Leadership Team (SLT) &amp; Health Lead:</b> Oversees policy implementation, maintains up-to-date medical and allergy records, and ensures compliance with statutory guidelines and children's rights standards.                          |
| <input type="checkbox"/> | <b>Catering Staff &amp; Local Authority:</b> Plan and serve nutritionally compliant menus daily, maintain up-to-date allergen matrices, fulfill pre-orders, prepare trip packed lunches, and cross-check pupil dietary alerts at the point of sale. |
| <input type="checkbox"/> | <b>Teaching &amp; Support Staff:</b> Deliver food health education, assist with lunch supervision, support off-site trip lunch arrangements, and remain aware of pupils with severe allergy plans in their care.                                    |
| <input type="checkbox"/> | <b>Pupil Voice:</b> Provides feedback on dining experiences and pre-ordering efficiency, upholding UNCRC Article 12.                                                                                                                                |
| <input type="checkbox"/> | <b>Parents &amp; Carers:</b> Provide accurate, timely information regarding any diagnosed food allergies or dietary needs, encourage pupils to utilize in-school dining options, and support healthy choices.                                       |

**Policy Review Date:**

**June 2027**

**Lead Person Responsible:**

**Dave Vernon (Health & Wellbeing Lead]**