

# St. Joseph's Roman Catholic High School



## Healthy Eating Policy

## AIM

The aim of this whole school policy is to assist young people to make informed choices about what they eat and drink and to help them improve their health and fitness by adopting a healthy diet.

The policy is adopted in the context of:

- ✚ Every Child Matters
- ✚ National Statistics drawing attention to concerns about the poor health of many young people
- ✚ The “Five a Day” campaign
- ✚ The relationship between healthy diet and effective learning.
- ✚ The principles of recycling, re-use and sustainability outlined in the Eco-Schools initiative.
- ✚ The excellent Health Education, St. Joseph’s pupils receive in our feeder primary schools.

## OBJECTIVES

- ✚ To increase students’ knowledge of healthy eating and nutrition
- ✚ To ensure that healthy eating options are available for all who work at the school
- ✚ To ensure that the menus provide for the medical requirements of students and staff
- ✚ To involve students, staff and parents in decisions which affect the quality and variety of food provided at school.
- ✚ To make the consumption of food an enjoyable, safe and socialising experience
- ✚ To improve the health of all who regularly use the school’s dining facilities by encouraging them to make informed decisions influencing their eating habits.
- ✚ To promote an awareness that the rewards for a healthy diet are a healthier, longer and more active life
- ✚ To encourage the consumption of food and drink that are viewed by nutritionists as healthy.
- ✚ There will not be a prescriptive ban on certain foods e.g. chocolate/sweets but rather student and staff will be educated to realise that excess consumption is harmful
- ✚ To promote the eco-schools initiative.

## GUIDELINES

### Formal Curriculum

- ✚ Food technology and science include many topics on Nutrition, Diet and Health
- ✚ In Science pupils are given the opportunity to record and evaluate their own diet.
- ✚ In Physical Education the importance of a balanced diet and exercise is emphasised.
- ✚ History and Geography introduce students to the global issues of food production, supply and transport.
- ✚ Religious Education has a number of events throughout the year supporting Fair Trade and CAFOD

- ✚ In Mathematics pupils complete a project on nutrition. They analyse pupils diet and display the results in mathematical form.
- ✚ In ICT Year 7 carry out internet research on healthy eating.
- ✚ Modern Languages looks at issues relating to healthy lifestyle i.e. diet and exercise.
- ✚ Performing Arts raise awareness of healthy eating issues.
- ✚ Assemblies and Tutorials
- ✚ The problems of lack of food and clean water in certain parts of the world are discussed.
- ✚ Pupils are encouraged to help solve these problems by supporting a variety of charities (mainly CAFOD) and applying political pressure.
- ✚ Attention is drawn to the benefits of a varied, fresh and nutritious diet.
- ✚ The school diary contains detailed information on what constitutes a balanced diet. This is discussed in form time.

### **Facilities**

- ✚ Healthy eating opportunities are provided at breakfast, breaktime and lunchtime.
- ✚ Menus are posted and promoted at the entrance to the dining hall
- ✚ Menus are monitored by the kitchen staff to ensure good nutritional standards and variety. Individual students' menus can be monitored at parent's request.
- ✚ The dining hall aims to provide a welcome eating environment that encourages the positive social interaction of pupils.
- ✚ Water dispensers should be provided throughout the school.
- ✚ Students are permitted to drink water during lessons.
- ✚ Vending machines and tuck shops are only permitted if they supply food and drink which are nutritious and healthy (see Food in Schools Guidance).
- ✚ For those pupils who bring sandwiches for lunch, parents are encouraged to ensure they provide a balanced and healthy meal.
- ✚ Students are not allowed "offsite" during lunch apart from those who have parents permission.
- ✚ Kitchen staff are encouraged to use locally grown food wherever possible and to link menu planning to seasonal produce.
- ✚ Ingredients from developing countries and Fair Trade products will be used whenever possible.
- ✚ Students are entitled to have adequate facilities for washing hands before eating and they are strongly encourage to use them.

### **MANAGEMENT AND LEADERSHIP**

- ✚ Mr D Heyes is the member of the Senior Management Team who oversees all aspects of food in school.
- ✚ Miss S Rushton, as Healthy School Co-ordinator, is responsible for co-ordinating the work of the Managers of Learning and Heads of Department in implementing this policy.
- ✚ The Healthy Eating team of students, staff, parents and governors is responsible for developing, monitoring and evaluating this policy.