



Whole School Food Policy



Mission Statement

*"In partnership with parents, guardians, staff, governors and students
St Louise's promotes excellence in learning and teaching
within a Catholic, Vincentian, Comprehensive ethos"*

INTRODUCTION AND RATIONALE

St Louise's Comprehensive College is dedicated to providing an environment that promotes healthy eating. We endeavour to enable our students to make positive and informed choices about the food they eat in school. We do this through a whole school approach to food and nutrition as outlined in our Whole School Food Policy.

It is widely known that a healthy balanced diet is vital for children's growth and development and for their long-term health and well-being. We also know that there is a well documented relationship between poor health, nutrition and low school achievement. This is particularly important in teenage years therefore; as a school community we have a responsibility to promote healthy eating.

POLICY FORMATION

The policy has been formulated in consultation with members of staff and students through the School Nutrition Action Group. The nutritional principles of this policy are based on the standards that have been developed by the Department of Education and the Department of Health, Social Services and Public Safety.

SECTION 1: ROLES AND RESPONSIBILITIES

This School Food Policy and Healthy Eating Strategy is co-ordinated in partnership with staff, pupils and parents.

1.1 The Role of the Healthy Eating Co-ordinator

Healthy Eating Strategy Co-ordinator is responsible for co-ordinating all issues related to the Food in School Policy.

They:

- Ensure that the Healthy Eating Strategy is taught effectively
- Liaise with the Principal, Board of Governors, all staff, parents, health and educational visitors on Food in School matters
- Attend in-service training and disseminate appropriate information to other staff members
- Organise training for staff when appropriate and in consultation with the Principal and the Senior Leadership Team
- Liaise with outside agencies for curriculum purposes

1.2 The Role of Parents

St Louise's College believes that the responsibility for a Healthy Eating Strategy is shared between teachers and parents and that its effectiveness depends on a collaborative process involving teachers, parents and other educational and health professionals. We recognise that each of these partners has a distinctive contribution to make.

Whilst teachers have a significant role to play in the implementation of the Food in School Policy, this role will not be considered in isolation to the role of parents as the teacher's role will ideally be additional and complementary to the parents since healthy eating habits must be encouraged in school and at home.

SECTION 2: FOOD POLICY AIMS AND OBJECTIVES

The main aims of our school food policy are:

1. To encourage, promote and support pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes
2. To provide healthy food choices throughout the school day
3. To encourage a healthy lifestyle outside school
4. To tackle childhood obesity by educating our pupils about the importance of a balanced diet and healthy lifestyle
5. To encourage the uptake of free school meals for those who are entitled
6. To provide healthy and nutritious food choices and give consistent health messages
7. To develop a 'whole school approach' to healthy eating and healthy lifestyles

These aims will be addressed through the following areas:

2.1 Curriculum

Food and nutrition is taught at an appropriate level throughout each key stage.

Key Stage 3	Key Stage 4	Post 16
<ul style="list-style-type: none"> ✓ Home Economics ✓ Science ✓ Learning for Life and Work ✓ Physical Education 	<ul style="list-style-type: none"> ✓ GCSE Food and Nutrition ✓ GCSE Science ✓ GCSE Learning for Life and Work ✓ GCSE Physical Education ✓ OCR Level 2- Sports Nutrition 	<ul style="list-style-type: none"> ✓ A' Level Food and Nutrition ✓ A' Level Biology ✓ OCR Level 3- Nutrition and Sport

We strive to make effective links between teaching on nutrition and health and teaching in relation to physical education and physical activity.

This is addressed through:

Learning and Teaching Experiences

Effective teaching and learning in this area requires students to increase their understanding of healthy eating issues and to develop skills and attitudes that assist them in making informed decisions about healthy eating. Teaching methods adopted in the classroom offer a rich variety of opportunities for participatory learning and include debating issues, group discussions and role-play.

2.2 Resources

Resources for the teaching of healthy eating in Personal Development have been selected to complement the delivery of the curriculum in other subject areas. The resources are outlined in the schemes of work with the curriculum and pastoral areas.

2.3 Staff Training

Teachers have a key role in developing pupils' knowledge, skills and attitudes about food, so it is important that they are familiar with healthy eating guidelines. To facilitate this staff will be given opportunities to familiarise themselves with the Food Policy. Staff will be trained to recognise the mandatory elements of the policy and be aware of the nutritional guidelines for the consumption of food in school. This training will be organised by the Food in School Co-ordinator in partnership with the Senior Leadership Team.

SECTION 3: ENGAGEMENT OF PUPILS

EVALUATION OF PUPIL LEARNING

Teachers are encouraged to use a range of strategies to evaluate the teaching and learning experience in terms of healthy eating and to ascertain the views of our pupils in this area.

These strategies include:

- ✓ Discussion of the suitability of resources and methodology at team meetings
- ✓ Consultation with pupils
- ✓ Questionnaires for pupils at the end of a unit of work or at the end of a special event about the suitability of the programme and resources

SECTION 4: FOOD AND DRINK PROVISION THROUGHOUT THE SCHOOL DAY

4.1 Breakfast Club

Breakfast is the most important meal of the day. It is needed to kick-start the body after a long night's rest.

Eating a breakfast high in fibre can help prevent hunger pangs mid-morning, which means there is less likelihood of pupils snacking on foods containing fat and sugar. By skipping breakfast, pupils may be missing out on essential vitamins and minerals. Research conducted by the Health Promotion Agency shows that almost one third of 12–17 year old girls do not eat breakfast on school days.

St Louise's College operates a breakfast club that provides a nutritious meal for pupils before the school day.

In line with the Food in School Policy the following items will not be sold in school at breakfast time:

- ✓ Cereal coated with chocolate
- ✓ Dried fruit that has been sugared or coated in yogurt or chocolate
- ✓ Cereal bars
- ✓ Fruit bars
- ✓ Cakes and buns
- ✓ All biscuits
- ✓ Pastries such as croissants, Danish and tarts
- ✓ Chocolate spread
- ✓ Any type of confectionery, eg chocolate products and sweets (for more information see standards 1, 2 and 3)
- ✓ Savoury snacks, eg crisps

4.2 School Lunches

Food prepared and served by the school catering team meets the National Nutritional Standards for School Lunches.

4.3 Vending Machines

Vending machines will provide a range of snack foods that contribute positively to the pupils' health. All items sold in them must comply with Nutritional Standards.

The following food items should not be sold in school:

- ✓ Any type of confectionery, eg chocolate products and sweets
- ✓ Cereal bars
- ✓ Fruit bars
- ✓ Dried fruit that has been sugared or coated in yogurt or chocolate
- ✓ Crisps and crisp-like products such as tortilla chips, potato sticks, corn chips, prawn crackers, puff crackers
- ✓ Pretzels
- ✓ Bombay mix
- ✓ Nuts
- ✓ Cakes or buns of any kind
- ✓ All biscuits
- ✓ Pastries: croissants, Danish, tarts etc
- ✓ Chocolate spread
- ✓ Jams, marmalades and honey

4.4 Snacking

The school understands that snacks can be an important part of the diet of young people and can contribute positively towards a healthy, balanced diet.

The school discourages the consumption of snacks high in fat and sugar at break-time and lunch time.

The school recommends the consumption of the following foods and drinks at break time and lunch time:

- ✓ Water
- ✓ Milk
- ✓ Fruit and Vegetables
- ✓ Bread based snacks- wholemeal breads spread thinly with low fat spread, bread sticks or toast

This is in compliance with **Standards 1 and 2** of the National Nutritional Standards.

ST LOUISE'S IS A NUT FREE ENVIRONMENT

4.5 Use Of Food As A Reward

St Louise's College does not encourage the regular eating of sweets or other foods high in sugar or fat, especially as a reward for good behaviour or academic or other achievements. Other methods of positive reinforcement should be used in school.

4.6 Drinking Water

Free fresh drinking water will be readily available to pupils throughout the school day.

St Louise's College will provide free water to pupils.

Pupils will be inducted into the use of water fountains at the beginning of the academic year.

Drinks that are high in sugar and do not meet National Nutritional Standards are not to be consumed in school. Energy drinks will not be allowed in school.

The only drinks available in school will be:

- ✓ Plain water (still or sparkling)
- ✓ Milk (semi-skimmed is the preferred choice in schools)
- ✓ Unsweetened fruit or vegetable juices
- ✓ Yogurt or milk drinks (with less than 5% added sugar)
- ✓ Drinks made from combinations of the above (eg smoothies)
- ✓ Tea, coffee and low calorie hot chocolate

SECTION 5: FOOD AND DRINK BROUGHT INTO SCHOOL

PACKED LUNCHES

Packed lunches prepared by the school caterers will adhere to the National Nutritional Standards for Healthy School Lunches.

We will actively encourage parents and carers to provide their children with packed lunches that complement these standards. This will be achieved by promoting healthy packed lunch options using the principles of the Eat Well Plate.

SECTION 6: SPECIAL DIETARY REQUIREMENTS

6.1 Vegetarians and Vegans

School caterers offer a vegetarian option at lunch everyday. When necessary the school will also provide a vegan option.

6.2 Food Allergy and Intolerance

Parents are expected to inform school about any food allergies or special dietary requirements that their child may have. Individual care plans will be organised by Mrs Carson (SENCO). These plans will document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details. School caterers will be made aware of any students with food allergies/food intolerance and requests for special diets will be submitted according to an agreed process.

SECTION 7: FOOD SAFETY

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include: ensuring that adequate storage and washing facilities are available; that food handlers undergo appropriate food hygiene training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. We consult our local Environmental Health Department about legal requirements.

SECTION 8: MONITORING AND EVALUATION

The Food in School Policy will be reviewed and updated every three years. Next Review January 2019.