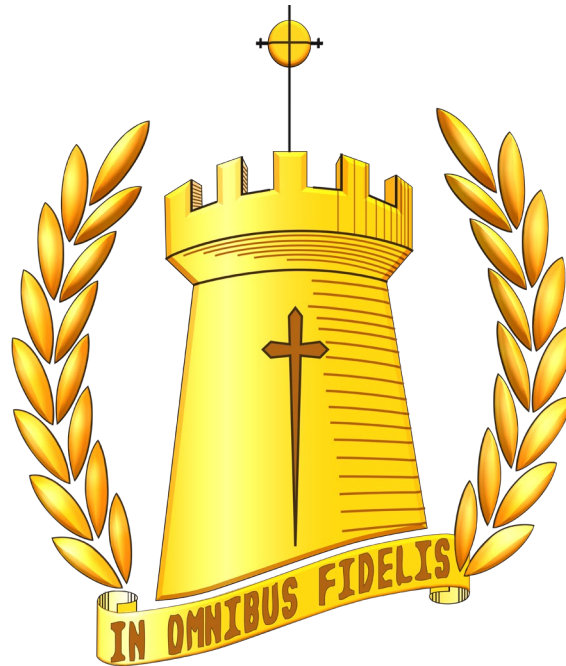


ST. DAMIAN'S RC SCIENCE COLLEGE



Whole School Health Eating Policy

Approved by Governors:	January 2023
Date to be reviewed:	Every two years

St Damian's RC Science College

WHOLE SCHOOL HEALTHY EATING POLICY

Aim

To ensure that all aspects of food and nutrition in school promote the health and well-being of pupils, staff and visitors on the premises.

1. Formal Curriculum

St Damian's RC Science College provides educational opportunities to address healthy eating issues within the formal curriculum. This requires an audit of what is being taught at all key stages through various subject areas such as: PSHE, science. Curriculum work will reinforce the importance of a balanced diet and healthy lifestyle to pupils and give them the skills and knowledge to select a healthy balanced diet.

2. After School Provision

St Damian's RC Science College is keen to ensure that out of school provision also encourages pupils to eat a healthy balanced diet and endorses the aims of the policy. Any snacks or drinks provided meet or exceed current national standards / guidelines.

3. Extra-curricular Activities

By offering extra-curricular activities such as: cookery clubs, gardening clubs, etc. St Damian's RC Science College is showing its commitment to healthy eating through the development of practical skills and knowledge. These activities demonstrate links to the wider curriculum and enhance the teaching of healthy eating messages.

4. Breakfast / Breakfast Arrangements

Pupils are encouraged to have a healthy nutritious breakfast every day. By opening the school canteen from 8am we hope to ensure pupils obtain a healthy breakfast, encourage a high rate of punctuality and attendance, promote consistent messages around healthy eating and to provide opportunities for pupils to develop social skills.

5. Break time Snacks

Pupils are encouraged to bring/buy healthier foods that are sugar free and lower in fat and salt. Curriculum work will support pupils to understand the need for a balanced diet.

6. Vending Machines

St Damian's have no vending machines in school

7. Dining Room

St Damian's RC Science College is aware of the importance that the physical environment of our dining room can have on the eating of a healthy diet. Pupils and staff are encouraged to eat at school and interact with one another. In order to do this, we endeavour to ensure

that *only high quality food and drink are available and that the dining room is inviting and fun to be in.*

8. School Meals

School meals offer a nutritionally balanced healthy lunch to pupils, served by professional trained staff. All school food meets national nutritional standards (both food and nutrient based). St Damian's RC Science College actively promotes the take up of school meals.

9. Packed Lunches

St Damian's RC Science College knows it is very important that pupils eat a healthy packed lunch with a good balance of foods. We encourage pupils to bring a healthy lunchbox from home. At St Damian's we provide facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is readily available at all times. We provide attractive and appropriate dining room arrangements and wherever possible packed lunch pupils and school dinner pupils will be able to sit and eat together.

St Damian's work with pupils and parents to assist them in preparing packed lunches are healthy and form part of a balanced diet. We encourage pupils to have at least one portion of fruit and one portion of vegetables every day; meat, fish or other source of non-dairy protein, dairy and starchy food every day. Also we suggest that they have oily fish, at least once every three weeks. We also advise pupils to drink plenty of water, and the occasional fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks. We do advise parents and pupils to limit snacks such as crisps, sugary confectionery and drinks, and too much processed meat products.

10. Water Provision

St Damian's RC Science College realises that a constant supply of water can have a positive effect upon health and well-being. It reduces tiredness, irritability and distraction and can help concentration. Pupils are encouraged to drink water throughout the day and fresh drinking water is provided for water fountains accessible to all across the school building.

11. Events and Lettings

Events and lettings are an important aspect of school life and must fit in line with St Damian's RC Science College's Healthy Eating Policy. This is to encourage clear and consistent healthy eating messages on the school premises.

12. Sweets, Rewards, Treats and Celebrations

St Damian's RC Science College does not encourage sweets to be used as rewards or treats. Pupils and parents are also encouraged not to send sweets into school for snacks, with the exception of special celebrations such as Easter, Christmas etc.