



STRATHEARN SCHOOL

Food and Lifestyle Policy

Signed _____
Chairman Principal

Dated _____

FOOD AND LIFESTYLE POLICY

Rationale:

In Strathearn School the health and well-being of all our pupils is at the centre of what we do as a school. We believe that healthy pupils learn well and can take full advantage of every opportunity to learn. We are also aware that a pupil's ability to attend school is affected by health. Therefore, making our school a healthy place has become a whole school priority. In Strathearn all students are encouraged to eat a healthy balanced diet and therefore the food we provide is nutritious, varied and appealing to pupils. The current guidelines for healthy eating and the Nutritional Standards for Food in Schools strongly influence the menu offered. Through effective leadership, the school ethos and the curriculum, all of Strathearn's school staff can bring together all elements of the school day to create an environment which supports a healthy lifestyle.

Aims:

Our aims are:

- To establish a clear whole school food and lifestyle policy with a unified approach, to ensure co-ordination and consistency;
- To enable pupils and staff to make informed responsible decisions with regard to their diet and health and to help them to establish a healthy lifestyle that we hope will continue throughout life.

Objectives:

Our objectives are:

- ❖ To introduce and promote practices within the school to reinforce these aims, and to remove or discourage practices that do not support them.
- ❖ To work in partnership with the school Catering Manager on the provision of healthy food items at breakfast, break and lunch services.
- ❖ To reinforce appropriate messages relating to food, nutrition and healthy lifestyle e.g. ensuring consistency between the formal curriculum and food provision
- ❖ To raise the profile of health and wellbeing for all members of the school community

Roles and Responsibilities:

The Staff Health Promotion Team and Sixth Form Health Promotion Committee will take a holistic approach to health and well-being.

The role of the Chair of the Staff Health Promotion Team is to:

- Demonstrate a whole-school commitment to the health promoting school and ensure that Health Education has a high profile in the school.
- Audit the school's provision and development needs in health promotion including consultation with the Board of Governors, teaching and support staff, parents and pupils to inform the development of the Food and Lifestyle Policy.
- Encourage the promotion of positive health messages in all aspects of school life including the formal curriculum.
- Promote any new health messages and initiatives and encourage pupils and staff to be active in positive health messages.
- Work with the Health Promotion Team to develop health promotion policies, realistic and achievable action plans, schemes and other initiatives.
- Monitor and evaluate policy and practice throughout the school to ensure that the policy is being implemented.

Definition of Healthy Food and Lifestyle: *'When it comes to a healthy diet, balance is the key to getting it right. This means eating a wide variety of foods in the right proportions. A diet based on starchy foods such as rice and pasta, with plenty of fruit and vegetables, some protein-rich foods such as meat, fish and lentils, and some milk and dairy foods (and not too much fat, salt or sugar) will give you all the nutrients that you need.'* (www.nhs.uk accessed: June 2011). *'Physical activity plays a central role in keeping us healthy, so it is very important to be physically active on a regular basis.'* (www.nutrition.org.uk accessed: June 2011).

PROVISIONS OF THE FOOD AND LIFESTYLE POLICY

Curriculum

Healthy food and lifestyle choices are addressed across different curricular areas including Home Economics, Physical Education, Learning for Life and Work (Personal Development) and science. Each curriculum subject develops a range of skills and understanding that will contribute towards understanding the importance of a healthy diet and lifestyle.

The Home Economics Department promotes healthy lifestyles by educating pupils at Key Stage 3, on the importance of healthy eating; making pupils aware of dietary-related disorders; providing the pupils with the skills to enable them to make healthy eating choices; giving pupils the opportunity to apply the knowledge in a practical way. These areas of study are also covered at KS4/GCSE and A Level but is an optional subject at these levels.

The P.E. Department provides pupils with the opportunity to develop physically and to understand the practical impact of sport, exercise and other physical activity such as walking. Regular physical activity can improve quality of life, improve health, promote social inclusion and raise individual self-esteem, confidence, and competence to help encourage a lifelong commitment to physical activity. The P.E. programme is broad and balanced, complies with statutory requirements and is accessible to and meets the needs and interests of pupils. Specific events are organised throughout the year that promote physical activity and raise its profile across the whole-school community e.g. 'Day of Sport', 'Form 1 Potted Sports' and 'House Competitions'. Most of these activities are led by the school P.E. staff.

The Science department encourages a healthy lifestyle by providing opportunities to find out about how our health is affected by our choices of food and the amount of exercise we build into our week. In Key Stage 3 girls explore the importance of a balanced diet by learning about how all food originates from plants, the importance of water and how vitamins and minerals affect our health. Also, in Key Stage 3 girls will have the opportunity to explore how exercise affects their health and why it is important to have regular exercise built into their lives.

In the Personal Development strand of Learning for Life and Work at Key Stages 3 and 4, pupils are encouraged to develop an understanding of how to maximise and sustain their own health and well-being. This involves consideration of diet, regular physical activity and personal hygiene amongst other things.

Water

Pupils need to drink water regularly throughout the school day. Drinking adequate amounts of water regularly throughout the day can protect health and contribute to well-being; drinking adequate amounts of water can help prevent a range of short and long-term health problems such as

headaches, bladder, kidney and bowel problems; water has none of the health problems associated with drinks containing sugar, additives, sweeteners, acids or caffeine. Drinking water can also improve learning; as when pupils are dehydrated performance deteriorates by 10% (www.wateriscoolinschool.org.uk accessed October 2010); pupils will concentrate better as they are not distracted by the symptoms of dehydration such as thirst, tiredness and irritability.

All pupils will have access to fresh drinking water and all pupils in Form 1 will be provided with a Strathearn Water Bottle. Consumption is permitted both in class with the permission of the teacher and during break and lunchtimes. Water is also available during sports activities. A number of fresh water dispensers are available throughout the school.

Food Before and After School

All food and drink sold or served in school will be strongly influenced by the Nutritional Standards for Food in Schools. The school will ensure that the staff know and understand their roles and responsibilities in relation to promoting a holistic positive attitude to healthy eating and lifestyle.

Breakfast Club

Pupils have access to a Breakfast Club run by the school canteen offering toast, scones, cereal, fruit, milk, water and hot drinks.

Break Time

Morning break is available in the canteen between 10.50am and 11.05am, serving a selection of hot and cold snacks.

School Meals

Lunch is available in the canteen from 12.50pm to 1.40pm and includes a wide and healthy variety of main/snack meals and sandwiches and drinks. It is the policy that all permanent members of catering staff receive training in relation to the current nutritional guidelines. Vegetarian, religious beliefs and medical needs will be met in appropriate ways. It is the responsibility of parents to inform the school of this information.

Packed Lunches

The school will seek to promote healthy eating amongst pupils, including those who take a packed lunch. (Information on healthy packed lunches is

available at: <http://www.publichealth.hscni.net/news/packing-healthy-punch-lunch>)

Tuck Shops and Charity Fund-Raising Events

In Strathearn School we have no tuck shops, and other activities involving the sale of confectionery and other foodstuffs within the school will only run with prior approval of the teacher with responsibility for Charity Efforts.

Vending Machines

There are no vending machines on site with edible products. There is one vending machine which provides approved drinks only i.e. water and Fruice.

Rewards

If a member of staff wishes to reward students with an item of food they are encouraged to choose healthy options rather than confectionery products. Staff should try to use alternative rewards such as pens or pencils rather than food.

Extra-curricular Activities

The teacher in charge is encouraged to consider the Food and Lifestyle Policy when providing foods for pupils.

Communication and Dissemination of the Policy

All interested stakeholders will receive a copy of the policy and be informed of the implementation process i.e. All staff; Parents; Board of Governors; Pupils

Monitoring and Evaluation of the Policy

The Co-ordinator for Health Promotion will take lead responsibility for monitoring and evaluating healthy eating across the school. Monitoring and evaluation will take place through a range of channels including; Sixth Form Health Promotion Committee, School Council and informal day to day discussion and feedback from pupils and staff.