

HEALTHY EATING

WHY DO WE HAVE THIS POLICY?

Notre Dame Catholic College is aware of the importance of promoting healthy eating to all members of our school community. The school sets itself to provide a role model to pupils and their families with regard to food and healthy eating patterns.

PURPOSES

- ❖ To improve the health of pupils, staff and their families by helping to influence their eating habits through increasing knowledge and awareness of food issues, including what constitutes a healthy diet;
- ❖ to increase pupils' knowledge of food production through timetabled curricular lessons within the Design and Technology department and subsequent schemes of learning;
- ❖ to ensure pupils are well nourished at school with access to safe, tasty and nutritious food and a safe, easily accessible water supply through the school day;
- ❖ to ensure the food provision reflects the needs of the stakeholders in the school;
- ❖ to ensure consumption of food is an enjoyable and safe experience;
- ❖ to ensure that all aspects of food and nutrition at the school promote the health and well being of staff, pupils and visitors.

HOW DOES THE SCHOOL RESPOND?

- ❖ To take part in appropriate national schemes promoting a healthy and nutritious diet;
- ❖ to canvas regularly the views of staff, pupils and visitors with regard to the food and drinks served in the school;
- ❖ to oversee the implementation of legislation regarding healthy food and drink;

Creation date:	Version	Reviewed by	Last Approved:	Approval date:	Review date:	Pages
July 2012	5	CR/ July 2016	15.10.2015	20.10.2016	July 2017	Page 1 of 2

- ❖ to liaise with the school caterers to ensure the school lunches meet the needs of pupils in terms of providing a healthy menu and fulfilling the Government's nutrient-based standards for school lunches;
- ❖ to monitor the take up of pupils entitlement to free school meals;
- ❖ to work closely with the Student Council, keeping all pupils up to date with changes, recommendations or developments within the school, ensuring that the pupil body has a significant voice in development regarding food and water;
- ❖ specialist personnel from the Food Technology department will liaise closely with the school caterers and the appropriate member of the school Senior Leadership Team to monitor views and standards regarding food and water;
- ❖ monitoring of all food services to pupils at the school will include breakfast club, healthy snacks, healthy lunchboxes and access to fresh fruit and drinking water;
- ❖ pupils' awareness of food issues will be provided through the schemes of learning within the Design and Technology Department, the PSHCE programme and other departments who also cover aspects of food and nutrition ie Science and Physical Education;
- ❖ the School Health and Wellbeing Coordinator will ensure that wherever food and nutrition is taught, the aims of the school in promoting the issues covered in this food policy are followed to provide a coordinated and consistent message to staff and pupils;
- ❖ all personnel within the teaching or production of food for stakeholders in the school will be provided with appropriate training opportunities.

MONITORING AND EVALUATION

The policy will be reviewed according to developments and changes implemented by the school and its stakeholders and government guidelines.

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July 2012	5	CR/ July 2016	15.10.2015	20.10.2016	July 2017	Page 2 of 2