



## Healthy Eating and Drinking Policy

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Author:	R Hender
Committee:	Finance and Resources
Intended Audience:	Staff, students, parents and governors

Approved by:	F&R Committee	Date:	July 2019
Last reviewed on:	N/A		
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## **Policy Summary**

The main aims of our school food policy are:

1. To provide a range of healthy food and drink choices throughout the day and in line with the mandatory School Foods Standards
2. To support pupils to make healthy food choices and be better prepared to learn and achieve through the curriculum and through the school environment
3. To ensure a consistent approach to healthy eating across the school community including staff, students and parents/carers.
4. High energy and sugary drinks are banned.

## **Drinks**

Water is available from drinking fountains around the site throughout the day or from the canteen at breakfast, break and lunchtimes. No fizzy drinks are sold in the canteen. Carbonated water is available, together with a range of compliant soft drinks.

## **Breakfast**

Healthy breakfast choices are available to all students and staff before school from 8:00 to 8:30 am. Students can also purchase break time snacks from 10:50 to 11:10am.

## **School Meals**

Catering is run and managed in-house. All meals are prepared by FCHS staff and healthy choices are available to all students at meal times. Meals meet the mandatory requirements of the School Food Standards 2015.

Meals are planned on a 3-week cycle and always contain meat, fish and a vegetarian option. We have a Spring, Summer and Autumn menu plan. The school meals menu with allergens can be found on the school website. Menus are also displayed in the canteen. We are a nut free school.

As a Catholic School we do not serve meat on Friday lunchtime.

Home-made soups are available from the Food Cube during the winter months.

Staff preparing meals have achieved Level 1/2 in Food Safety and Hygiene. Some have also completed First Aid at Work and Allergy Training.

The Eatwell guide is used throughout the school as a model of understanding a balanced diet. (Appendix 1)

## **Special Dietary Requirements**

The school recognises that some pupils may require special diets that do not allow for the standards to be met exactly. In this case, parents and students are urged to be responsible in ensuring that they are aware of their own dietary needs. The cashless catering system allows messages to be displayed on the till screen that alerts the till operator to any dietary issues.

## **Provision for Packed Lunches**

The school provides a sociable covered outside eating area where students can eat their packed lunches. The school also allows that packed lunch students and school lunch students are able to eat together in the school canteen.

Fridge space for packed lunches is not available so it is advisable for packed lunches to be packed in insulated bags with freezer blocks to keep the food fresh.

Packed lunches suggestions include:

- At least one portion of fruit and one portion of vegetables every day
- Meat, fish or other source of non-diary protein (eg. lentils, kidney beans, chickpeas, hummus or falafel) every day
- A starchy food such as bread, pasta, rice, couscous, noodles, potatoes or other types of cereals every day.
- Dairy food such as milk, cheese, yoghurt
- Only water, fruit juice milk, milk drinks or smoothies
- Oily fish, such as salmon at least once every three weeks
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Packed lunches should not include:

- Crisps
- Chocolate bars, chocolate coated biscuits, and sweets
- Processed meat products such as sausage rolls, pies, corned beef and sausages should only be included only once a week.
- Fizzy drinks

### **Sixth Form Food Cube**

The school has a food cube available only to staff and 6<sup>th</sup> Form Students. It is open at break time 10:50 – 11:10 and at lunch times 12:50 – 13:50. It serves hot meals, snacks and fruit.

### **Involving Students**

We actively encourage the participation of students in determining the provision of healthy food in school, for example by:

- Teaching students the importance of healthy eating through Science topics, in Food and Nutrition lessons, PSHE and through assemblies
- Providing information to parents such as school menus
- Meetings with Pupil Voice to discuss, taste test new foods, discuss healthy eating, choose foods and decide menus

Appendix 1

# The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



Public Health England in association with the Welsh Government, the Scottish Government and the Food Standards Agency in Northern Ireland

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