



COLERAINE GRAMMAR SCHOOL WHOLE SCHOOL FOOD POLICY

This school actively supports healthy eating and drinking throughout the school day.

This policy was first consulted on during the school year 2016-2017. The views and opinions of pupils, parents, teachers, canteen supervisors, the Board of Governors and the Headmaster were sought, taking account of the guidance offered by DENI in “Healthy Food for Healthy Outcomes – Food in Schools Policy”, “Establishing School Food Policy” and other supporting documents from “School Food – the essential guide”.

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. There is a well-documented relationship between poor health, nutrition and low school achievement. This is particularly important in early years when lifetime habits are formed but also in teenage years as we educate the parents of the future.

Aim

To establish a whole school approach to healthy eating.

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

Objectives

- To adopt a whole school approach to food and nutrition.
- To support school caterers in complying with the Nutritional Standards for School Lunches in the provision of healthier choices at break-time and lunch-times.
- To review the formal curriculum in, for example, Home Economics, Biology and GCSE/GCE Physical Education, to ensure information relating to food and nutrition in different lesson areas is consistent and up to date.
- To monitor provision of vending and ensure pupils have access to drinking water during the school day.
- To ensure that ‘healthy eating’ is prominent throughout the school year.
- To inform parents of the food policy which is posted on the school website. – Policy to be added to website
- To encourage pupils to bring suitable snacks and lunches to school in line with Nutritional Standards for school meals and other food in school.

Action

Objectives will be met by:

1. Working with school caterers regarding such issues as menu display in school, break-time provision etc.
2. Health Promotion initiatives through noticeboard displays and posters/leaflets.
3. Linking with health promotion national events such as World Cancer Awareness; Chest, Heart and Stroke etc.
4. All canteens take on board specific needs of pupils in relation to food allergies and intolerances. This issue is also addressed through individual care plans (e.g. nut; dairy; citrus fruits and gluten)

5. Parents – information sent out on food related topics including breaks, lunches and drinks when available. Consultation with parents via online audits which will be reviewed as necessary.
6. Students – Regular reminder regarding health choices via assembly, noticeboards.
7. Staff will try to set a good example to pupils on adhering to the policy.
8. Vending machines – supply water, zero sugar drinks and healthy snacks as per EA Guidelines.
9. Ensuring drinking water is available.
10. Encouraging pupils to be discerning and make informed choices regarding food.
11. Ensuring that if food is sold in relation to fund raising, allergens will be labelled and healthier options offered on occasions with treats only sold occasionally.

Monitoring and Evaluation

We will monitor and evaluate progress through:

- Catering – school catering team will provide updates on food and drink services.
- Monitoring at break-time snacks, lunchboxes etc. will be actioned.
- Feedback from parents on Food and Drink Service in the School is welcome, individually or through recognised groups.
- Quarterly reviews of Food and Drink Services will be actioned between the Catering Team and Business Manager.

**THIS POLICY HAS BEEN AGREED AND FORMALLY ADOPTED BY THE
BOARD OF GOVERNORS OF COLERAINE GRAMMAR SCHOOL**

Signature: _____ **Date:** _____
President of the Board of Governors

Signature: _____ **Date:** _____
Headmaster