

Lathom High School

Healthy Eating Policy

Rationale

We believe that education about health issues is very important for the development of our learners both now and for the future. We acknowledge the important link between a healthy diet and the ability to learn effectively. We also recognise that school can play a significant role, as part of the larger community, to promote healthy issues. This is fully embraced in our school mission statement, aims and ethos, which express that we are a learning community that strive for excellence through caring, sharing and achieving. As a result we would aspire to improve the health of the school community by teaching ways to establish and maintain lifelong healthy eating habits.

Aims

- Proper nutrition is essential for good health and effective learning. We aim to:
- Provide a consistent programme of cross-curricular nutrition education that enables learners to make informed choices without guilt or anxiety
- Provide a 'whole school, whole day' approach to nutrition that makes the 'healthier choices, easier choices'
- Work in partnership to ensure that nutritional standards are implemented by providing attractive, value for money meals that are appropriate to local needs
- Work in partnership to achieve a pleasant and sociable dining experience which enhances the social development of each learner

Nutritional Aims

- To encourage learners to choose a variety of foods to ensure a balanced intake in line with the national nutrition guide 'The Balance of Good Health'
- Encourage foods which are rich in vitamins, iron and calcium, in particular fruit, vegetable, meat, beans bread and low fat dairy products
- Encourage starchy foods as a source of energy, such as bread, pasta, rice and potatoes, rather than fatty foods
- Encourage fruit juices, lower fat milk and sugar free drinks
- Discourage sugary drinks and snacks between meals

Objectives

- To work towards ensuring that this policy is both accepted and embraced by governors, school leadership, teachers and support staff, learners, parents, food providers and the wider school community.
- To integrate these aims into all aspects of school life (in particular food provision within school) the curriculum, pastoral and social activities.
- Teaching to support learning, particularly the fact that well-nourished and hydrated learners learn better
- Health and Safety Policy, including basic food hygiene requirements. Provision of food and drink across the school day

Snacks

A mid-morning snack service (toast, sandwiches, fruit juice and milk) is available within the dining room.

Drinks

The consumption of water is encouraged, where learners can bring in their own plastic water bottles and can be refilled at water stations throughout school

No fizzy drinks, either cans or bottles, are sold or consumed on site.

Lunchtime Catering

The issue of food provided in the dining room has been discussed at School Council meetings

To encourage a variety of foods and healthier choices the following have been agreed:

- A healthy lunch from the sandwich bar menu
- Prominent display of milk and water
- Free, fresh chilled water in a closed container e.g. water cooler be prominently displayed and promoted
- Provide a wide variety of sandwiches and filled rolls that include salad vegetables
- Ensure each serving area promoted healthier choices/specials in the approach to the service area, displays a priced menu and that individual items are clearly priced
- Termly review of menus and positioning/display of foods
- Vegetarian options available
- At least one vegetable and salad is offered daily

Also to be discussed are termly theme days linked to curriculum areas e.g. Geography, Modern Foreign Languages and, Religion and World Views.

Free School Meals

The school recognises the particular value of school meals to children from low income families. The system for free school meals is actively promoted to parents by the school and the non-discriminatory process explained to learners and supervisors.

Queuing

- Learners will queue on a rota basis
- Flexible lunch arrangements enable learners to attend lunchtime activities
- Learners and supervisory staff will be aware of the needs of those still waiting to eat
- Catering staff and lunchtime organisers are involved in and supported by the school behaviour policy

Curriculum

The importance of a consistent approach to nutrition education that enables learners to identify balanced meal choices is recognised in school. The National Nutrition Guide "The Balance of Good Health" is used. Healthy eating is taught through Food Technology (Licence to Cook), PE and Science.

Children with Special Needs

Inclusion is seen as fundamental to both the planning and delivery of work relating to healthy eating. The work is matched to the age and maturity of the learners and due regard is given to children with SEN requirements. School also recognises that some children, including diabetics and those affected with coeliac disease or nut allergies, require specialist diets. The schemes of work are sensitive to this and the teachers will be aware of any learners within their class to whom this may apply.

Learner involvement

Learners are encouraged to make constructive comments about school catering in the School Council. Members of the School Council meet with the catering manager.

Parental involvement

Parents are kept informed of healthy eating developments through newsletters. All new parents are given information about the catering service provided in school.

The catering service provides refreshments for special events and functions.

Monitoring and assessing the policy

The Healthy Eating Policy is monitored by the Senior Leadership Team. The uptake of healthier options at lunchtime will be monitored and reviewed.

Planning and written work will be monitored in line with the school's monitoring procedures to ensure that the correct knowledge, understanding and skills are being developed and attitudes and values are explored. In line with the school's teaching and learning policy, students will be encouraged to reflect on their learning at the end of lessons and units of work. Their views will help to shape the future of nutrition education across school.