

NEW MILLS SCHOOL & SIXTH FORM

Healthy Eating Policy

Revision	Authorised by	Date	Adopted by	Date
Draft	I Withers	July 2017	FGB Min No. 13a	16/10/2017

Revision	Date	Description of Changes
Draft	July 2017	New Policy

Signed:M Cole..... Date:16/10/2017.....

Chair of Governors

Healthy Eating Policy

Rationale

According to the Society for Neuroscience, studies reveal that diets with high levels of saturated fats actually impair learning and memory. One of the theories that explain the link between saturated fats and brain power is the effects of glucose and sugars in the higher-fat foods. Essentially, glucose comes from carbohydrates, and while glucose is vital for energy, foods that are too high in glucose actually cause a body's energy levels to drop. As glucose is ingested, the body releases insulin in order to process the newly acquired foods. Normally, after a healthy meal, glucose levels should rise slightly, and a body should feel energized after taking in nutrition.

If the glucose intake is so high the body begins to shut down as it processes all of the food. Unhealthy foods such as, white and refined breads, fried foods, sugary sweets, and high sugar fizzy drinks cause an incredible drop in energy, leading to a terrible drop in focus, and successful mental performance. A regular diet of high glucose can result in damage to kidneys, eyes, blood vessels, and nerves. And while these side effects are serious, high glucose also causes irritability, lethargy, and a lack of focus. Not only are unhealthy foods proven to impact academia, but research also proves that a poor diet also impacts a child's attitude and behavior, both in and outside of school.

Aim To work in partnership with families and other professionals to support pupils in developing healthy eating practices which will become embedded for life.

Objectives

- To provide pupils with positive healthy eating experiences in order to promote their well-being.
- To respect the different dietary, cultural, religious and health needs of all our pupils
- To encourage pupils to develop positive attitudes towards food through the curriculum and all the other learning opportunities that are provided in the school.
- To promote an understanding of a balanced diet in which some foods play a greater role than others.
- To develop pupils' understanding of the importance of the social context in which eating takes place.
- To raise awareness with pupils, parents and carers in developing a positive approach to food, nutrition.
- To encourage responsibility and accountability of all parents and carers in offering healthy choices to their children.

This policy sits in conjunction with the school's policy on Safeguarding. Pupils are provided with regular drinks and food in adequate quantities for their needs. Food and drink is properly prepared, nutritious, and complies with dietary and religious requirements. A nutritionally balanced diet is important in childhood and adolescence to ensure optimum development at a time of rapid growth and development. The development of healthy eating practices and physical activity can prevent disease such as heart disease and obesity and support a lifetime of good health. Good nutrition is critical to optimizing each pupil's potential for success. Meeting nutritional requirements throughout childhood and adolescence is essential to full intellectual development. Meals and snacks served will meet nutrition needs, provide models of healthy eating patterns, and help children establish good eating patterns at an early age. Pupil's diets must include an appropriate intake of the five main food groups:

- Carbohydrates: e.g. Bread, Potatoes, Rice and Pasta
- Fruit and Vegetables
- Milk and Dairy food
- Proteins: e.g. Meat, Fish, Pulses, Beans, Cheese, Quorn and Tofu
- Fats and Sugars

Further information may be obtained at

<http://www.gosh.nhs.uk/children/general-health-advice/eat-smart/food-science/food-group-fun/>

Recommendations for being Healthy - Eat a balanced diet

- Eat breakfast every day
- Eat fruit and vegetables daily
- Choose snacks that will provide nutrients to compliment meals
- Avoid snacks and drinks with a high sugar content between meals
- Drink plenty of fluids to avoid becoming dehydrated
- Be physically active every day
- Brush teeth twice a day and visit your dentist regularly

Food and Drink

All snacks provided at the school are selected to be nutritious avoiding large quantities of sugar, salt, saturated fats, additives, preservatives and colourings. Menus are planned in advanced and food offered is fresh, wholesome and balanced. We offer a balanced variety of snacks to provide a range of cultural and nutritious experiences for the children.

Packed Lunches should include:

- At least one portion of fruit and one portion of vegetables every day.
- Meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus, peanut butter or falafel) every day.
- A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other types of cereals every day.
- Dairy food such as milk, cheese, yoghurt, fromage frais or custard every day.
- Only water, fruit juice, milk, yoghurt or milk drinks or smoothies.
- Oily fish, such as salmon, at least once every three weeks.

Packed Lunches should **not** include:

- **Snacks such as crisps** - Instead include nuts, seeds, vegetables and fruit (with no added salt, sugar or fat). Savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice.
- **Confectionery such as chocolate bars, chocolate-coated biscuits and sweets** - Cakes and biscuits are allowed but should be encouraged only as part of a balanced meal. Parents may wish to include a treat once a week, for example on a Friday, when school dinner children are offered fish and chips.
- **Processed meat products such as sausage rolls, individual pies, corned beef and sausages** should be included only once a week.
- **High sugar content drinks** such as Lucozade, Monster, Red Bull, Coca Cola, amongst others are **NOT** permitted in school. If students are found with energy drinks they will be confiscated. Persistent infringements will result in additional sanctions being applied.

Special dietary needs and food allergies

We are sensitive to the catering needs of pupils with specific dietary needs, including religious considerations. Parents will be asked about any special dietary requirements their child. Parents of children who have special diets (for example a gluten-free diet) or who have food intolerances are responsible for providing the school with information about their diet and choices available to the child. We update our records regularly.

Food hygiene

The kitchen facilities at the school are inspected on an annual basis in relation to the Food Safety Act. The school adheres to the recommended guidelines and good practices for the preparation and storage of food. Staff directly involved in cooking and the preparation of food in the school, have successfully completed a Food Hygiene Course.

Social skills

Meals can be times of pleasant social sharing. Opportunities for pupils, teachers, tutors and pastoral staff to eat and drink together are provided. This provides an opportunity for students to learn good social skills and behaviour associated with eating and drinking. This also enables staff to monitor healthy eating. Staff keep a discreet eye on those who appear not to be eating well and positive encouragement and peer support is used to encourage poor eaters to make healthy choices. Healthy eating suggestions from parents that will help us expand and improve our selection of recipe ideas are very welcome.

Useful addresses:

www.healthyschools.gov.uk

British Allergy Foundation Allergy UK, Planwell House, LEFA Business Park, Edgington Way Sidcup, Kent, DA14 5BH.

Allergy Helpline: 01322 619898

www.allergyuk.org

British Dental Association, 64 Wimpole Street, London, W1G8YS

Tel: 020 7935 0875

www.bda.org

Food Standards Agency Aviation House, 125 Kingsway, London, WC2B 6NH.

Helpline – General enquiries Tel:020 77276 8829

www.food.gov.uk

<http://www.nhs.uk/change4life/Pages/be-food-smart.aspx>