

Coleraine College



Healthy School Policy (reviewed: December 2015)

Key Aims of the School

- Equip pupils with the skills for adult life.
- Provide a caring environment for all students and staff.
- Foster positive and responsible value and attitude.

The School Health Policy can be divided into 4 areas.

1. Health School Food Choices / Health Eating
2. Physical Activity
3. Learning for Life & Work
4. Emotional Health and well being

Healthy School Food Choices

This school is dedicated to providing an environment that promotes healthy eating and enabling pupils to make informed choices about the food they eat. We believe that what you eat affects how you learn, how you feel and how you behave.

Healthy School Policy Aims

1. To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes.
2. To provide healthy food choices during the school day.

Curriculum

In particular food and nutrition is taught at an appropriate level throughout each key stage in Science and in both the Home Economics and Personal Development strands of LLW.

Science provides an opportunity to learn about the types of food available, their nutritional composition, digestion and the function of different nutrients in contributing to health, and how the body responds to exercise.

LLW (Home Economics) provides an opportunity to learn about where our food comes from, the nutrients contained within and their use within the body. This subject also tackles the effects of over consumption of particular nutrients and the result to our health. Pupils are also made aware of making healthy food choices using tools like the Food Pyramid and Eatwell Plate. Within the subject, pupils are also given the chance to prepare healthy snacks and meals for a variety of age groups.

This enables them to gain vital cookery skills which will help promote healthy food choices.

LLW (Personal Development) provides an opportunity to discuss the different aspects of health. Pupils are made aware that their health is not just what they eat but involves many other aspects. These include their emotional, cognitive, social and spiritual health.

It is also taught in other cross-curricular areas for example English. Pupils encounter healthy eating issues in drama studies in Year 8.

Visitors to the school

The school values the contribution of outside agencies, (for example the Livestock and Meat Commission and The Dairy Council) in supporting class teachers in promoting healthy eating. This is through cookery demonstrations where pupils are given advice on food and nutrition and allowed to sample the finished dishes.

Resources

Resources are available for the teaching of healthy eating. The school library has a range of suitable books across all key stages. Where it is appropriate, displays encourage the positive reinforcement of healthy eating and food choices. Interactive resources are also used to assist the teaching of healthy eating within subjects for example EatWell Plate Food Mats, Food Bingo and numerous websites.

Food and Drink Provision during the School Day

School Dinners/Packed Lunches in the Canteen

Our school canteen adheres to the nutritional guidelines from two documents: 'Nutritional Standards for School Lunches' and 'Nutritional Standards for Other Food and Drinks in Schools'. These are designed and produced by The Health Promotion Agency for Northern Ireland. As these documents are updated, the canteen needs to ensure the food and drinks available follows the guidelines.

The canteen provides foods and dishes with ingredients in the proportions depicted in line with the Government Eatwell Plate Guidelines. Some specific food types for example confectionery have set standards that the canteen needs to be aware of and follow the recommended advice. Other standards are listed in the above documents.

Staff have undergone appropriate food hygiene training and other relevant training measures. These are detailed in the document 'Educator Training System for Catering Services'. The kitchens also comply and meet with the required food safety systems.

Children are also taught the principles of healthy packed lunches in particular curriculum areas. This should enable pupils to make informed choices about the food and drink they consume.

Break time

The school canteen provides healthy break time options for pupils who do not bring their own food to school. Again these foods are in line with the Government guidance and offer different choices. Those pupils who do not use the canteen are encouraged to bring a healthy break to school.

Fizzy /Sports Drinks

Pupils should not bring fizzy drinks / energy drinks/ sports drinks to school or consume them on school premises. Studies have shown that the excess amounts of caffeine in these products can be detrimental to the health of young people who consume them. Water and diluted juice can be bought from the school canteen.

Lunch Arrangements at Home

Pupils are able to go home for lunch with parental permission. This is only viable if they live within a suitable distance from the school and can return within the allocated lunch time. Arrangements for this would be made with the appropriate Form Teacher and Year Head. A standard letter is available for parents to agree the conditions of the lunch arrangement.

6th form pupils are able to leave the school premises for their lunch on the condition they return promptly for afternoon classes. If this condition is breached, this privilege will be removed for the pupil/s involved.

Special Dietary Requirements

The school provides food in accordance with pupils' religious and cultural practices. The canteen offers a number of food options everyday. Individual care plans are created for pupils with food allergies, diabetes or other diet related conditions like PKU. The school canteen will then produce suitable dietary options for the pupils named in the care plans. Appropriate staff are also made aware of such children for example the canteen, duty team and HE teacher. This information is also available to any staff arranging school trips, visits etc where food is involved.

Food Safety

Appropriate food safety precautions are taken when food is handled, prepared or stored in school. These include ensuring that adequate storage and washing facilities are available; that food handlers undergo food hygiene training and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled.

Pupils are required to complete a food allergy document prior to the handling, preparation and cooking of food in Home Economics. Pupil information would be readily available to staff should they be using food in any other curriculum area.

The Food and Eating Environment

The dining area is well decorated and maintained. It is open to pupils and staff at the following times:

- 10:45-11:00 Break
- 1:15-1:45 Lunch

A “Healthy Promoting Week” takes place during the school year which will involve the school, the canteen and external organisations.

Health Promotion and Physical Activity

This is an integral part of the school community. The P.E. department provides a range of opportunities to be physically active through timetabled curriculum P.E. and extra curricular activities. At Key Stage 3 pupils have three hours of timetabled P.E. and at Key Stage 4 1.5 hours of timetabled P.E. Extra-curricular activities include boys / girls football, netball, athletics, hockey and rugby. A wide choice of activities in Year 12 and the delivery of the sports leadership award in Year 11 has broadened the appeal of P.E. and pupil awareness of the life time benefits.

Learning for Life and Work

This programme provides pupils with the knowledge, understanding and skills to make informed decisions about their lives. LLW is taught at Key Stage 3 and 4. The following areas are taught at Key Stage 3: personal development, employability and citizenship.

Emotional wellbeing

The School promotes the mental and physical health and emotional wellbeing of all its pupils and staff. Wellbeing is at the forefront of the school’s PD programme and promoting good mental health is a priority. A range of supports are available to both pupils and staff should they require help or someone to talk to;

- The designated and deputy designated teacher for Child Protection
- The School Councillor
- EA Youth Workers
- Carecall (for staff)