

**Carrickfergus College**

**Whole School Food Policy**



At Carrickfergus College we promote healthy eating and a healthy lifestyle to our young people. We are now extending this ethos by taking a more pro-active approach in supporting our pupils, encouraging them to make healthy choices.

To achieve this we have made a few changes in line with new nutritional standards set out by the Department of Education. For more information please read our 'Whole School Food Policy' and 'The New Nutritional Standards for School Lunches and Other Food Outlets in Schools' on our school website [www.carrickcollege.co.uk](http://www.carrickcollege.co.uk).

We would appreciate your support as parents in the implementation of these new guidelines.

**Rationale**

At Carrickfergus College we have always prided ourselves on providing the best education to our pupils. We now wish to extend this ethos by promoting healthy eating and healthy lifestyle to our young people whilst at school. By taking a more pro-active approach to improving their health and well being we aim to achieve this.

Our belief is that a healthy balanced and nutritious diet is important for the development of a child's physical state, as well as for their intellectual abilities. Feeding the body with the correct nutrients helps fuel the mind to be more receptive to learning new skills, hence 'Feed the body, Fuel the mind'.

The college already supports the 5-a-day campaign to encourage children to eat 5 portions of fruit and vegetables a day. This has been shown to

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reduce the onset of certain life-threatening conditions as well as being proactive in tackling and preventing childhood obesity.

### **Aim**

It is the aim of the school to ensure that all aspects of food, drink and nutrition in school promote the health and well being of pupils, staff and visitors to our school.

### **Objectives**

- To assist young people to make informed choices about what they eat and drink and to help them improve their health and fitness by adopting a healthy diet.
- To make healthier food and drink easier to choose and readily available at appropriate opportunities throughout the school day.
- To provide a consistent, planned curriculum which encourages healthy living and enables pupils to make informed choices about the food they eat.
- To promote and encourage physical activity to all members of the college.

### **Achieving our aims**

1. Ensure that all food and drink being served reflects the needs of all consumers, makes healthy choices easy to make and complies with nutritional standards.
2. Regularly review eating opportunities during the school day to ensure that food and/or drinks are available when needed and comply with nutritional standards.
  - a. Before/after school
  - b. Break times
  - c. Lunchtime
  - d. Special activities

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3. Ensure that the vending machines have a variety of food and drink available e.g. Healthy snacks, fruit juices and water, to promote healthy eating.
4. Involve pupils in the health of the college through school council and School Nutrition Action Group.
5. Provide a safe and healthy eating environment for pupils, staff and visitors to the school.
6. Encourage pupils to drink water throughout the school day.
7. Teach pupils about nutrition by creating a curriculum that delivers complementary and developmental nutritional messages and practical food skills, so pupils will have the skills and knowledge needed to choose, prepare and cook healthy balanced meals.
8. Discourage the consumption of food and drink that are viewed by nutritionalists as unhealthy.

### **Provision**

#### **Breakfast Club**

Breakfast club works on a daily basis in the college for all pupils. The food offered is healthy and in line with the current nutritional guidelines. This offers the perfect opportunity for pupils who have had little or no breakfast to eat something nutritious before school starts and also may prevent the need for high fat and sugary foods at break time.

#### **Vending Machines**

From June 2008 vending machines will only offer a range of healthy drinks in line with the new nutritional guidelines E.G. water and fruit juices.

Unsuitable snacks will no longer be available.

#### **Drinking Water**

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Water can be bought from the vending machines and is available, free of charge, from the canteen at lunchtime.

Pupils are encouraged to drink water throughout the day, this includes during lessons.

No fizzy drinks of any kind are permitted in the college during the school day E.G. Coke, Lucozade, BPM, Boost etc. This is due to their extremely high sugar content which leads to tooth decay and hyperactivity. These drinks have been banned due to the new nutritional guidelines.

### *Break-time and lunches*

Due to snack food being removed from the vending machines, the College canteen will offer healthy carbohydrate based snacks and fruit at break-time. This will be piloted in June 2008.

At lunch-time the canteen offer a range of hot dishes and a salad/sandwich bar. The food on offer is in line with strict nutritional guidelines aimed at promoting a healthy diet.

These new guidelines can be viewed on our school website [www.carrickferguscollege.co.uk](http://www.carrickferguscollege.co.uk)

Suitable facilities are provided for pupils and staff to eat lunches/packed lunches.

Again fizzy drinks are not permitted in school. Parents are asked to support the school in the implementation of these new guidelines.

### *Extra-curricular activities*

An after school cookery club 'Little Chefs', was established in 2007 to teach pupils skills and to encourage healthy eating.

There are also numerous after school activities to encourage physical activity and promote a healthy lifestyle.

### *Curriculum*

Home Economics and Physical Education will obviously take the lead in promoting a healthy diet and lifestyle but health is everyone's responsibility and food in school permeates through every subject.

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### ***Monitoring and Review***

The Whole School Food policy will be monitored by SLT and the Health Education Co-ordinator.

Parents will have the opportunity to view the policy as it will be made available via the school website and from the school office on request.

This policy will be reviewed annually to take account of new developments.