

St Columban's College

Whole School Food Policy

St Columban's College actively supports healthy eating. Our aim is to ensure that all aspects of food and nutrition in school promote the health and wellbeing of all. Consequently, it recognises that any Food Policy will be set in the context that

- Parents, and those with parental responsibility, are the primary influencers and have ultimate responsibility for, the eating habits of their children.
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- Children, and particularly young people, have the right to make informed choices in regard to the food they eat.
- For many children the food they eat has implications beyond its nutritional content. This may be because of disability, medical conditions or allergies or for religious and cultural reasons.
- The Food in Schools policy can only be truly effective within the context of a school that addresses personal development and emotional health and well-being and will work best when linked closely to physical education and physical activity in schools.

The school will actively:

- Adopt a whole – school approach to nutrition.
- Comply with the Nutritional Standards for School Lunches and other food and drinks.
- Ensure that pupils have easy access at all times to fresh drinking water.
- Provide for education in the curriculum in relation to nutrition and healthy eating.
- Provide education in Home Economics to all Key Stage 3 pupils and opportunities to explore ways to develop a healthy diet and to develop practical skills in the safe, hygienic, healthy and creative use of food.

To enforce this policy:

- A summary of the policy will be in homework diaries for parents to sign.
- Pupils will be informed that fizzy drinks and drinks with a high sugar or promoted as energy drinks will be discouraged from consumption in school.
- Staff will advise on the unhealthy nature of such items and discourage pupils from consumption.
- High visibility of Healthy Eating signage throughout the school.
- A Healthy Eating audit carried out with pupils.