

Food in Schools Policy

RATIONALE

St. Cecilia's College actively supports healthy eating and drinking throughout the school day.

AIM

To ensure that all aspects of food and nutrition in school promote the health and wellbeing of pupils, staff and visitors to our school.

OBJECTIVES

Our objectives are to:

- Review the formal curriculum to ensure information relating to food and nutrition in different lesson areas is consistent and up to date.
- Work with the school caterer to provide a healthy menu both in the Breakfast Club and lunch-time, serving a range of items.
- Actively promote healthy eating and drinking.

ACTION

We will meet our objectives by:

- Liaising with Student Council, school staff and Catering Manager to support healthy eating and drinking.
- Formal curriculum: audit food based topics across general learning areas.
- Healthier breakfast club and lunches: working with school caterer on a menu of breakfast and lunch options at a reasonable cost.
- Organise activities to promote Good Health.
- Linking with health promoting national events, such as World Food Day, Smile Week for Oral Health, World Cancer Awareness etc.

MONITORING AND EVALUATION

We will monitor and evaluate progress through:

- Formal curriculum: teachers being able to identify food based topics through schemes of work.
- Promoting and rewarding initiatives that support healthy eating and drinking.

This policy was reviewed by the Leadership Team: February 2017

Due to be Reviewed: February 2019