

**LURGAN COLLEGE**  
**FOOD IN SCHOOL POLICY**



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# **Food in School Policy**

## **1. Introduction**

This policy has been created to establish a shared philosophy on all aspects of food and drink and is designed to make a positive contribution to the health and well-being of the whole school. Lurgan College provides a caring, supportive and safe environment in which all pupils are valued as individuals, integral to this is the promotion of health and well-being.

## **2. Aim**

To ensure that the health and well-being of pupils is promoted via a consistent approach to all aspects of food and drink and that pupils and staff make informed decisions which benefit their health.

## **3. Objectives**

- To reinforce and promote current school practices which meet the aim of the "Food in School" policy.
- To identify and dissolve current school practices which fall short of meeting the aim of the "Food in School" policy.

## **4. Action**

- Integration of food and drink related issues on the agenda of the school council.
- Audit of current healthy eating messages across both the formal curriculum and through extra-curricular activities.
- Linking with national events such as World Food Day and Red Heart Month.
- Promotion of healthy eating through school notice boards, assemblies and social media/websites.
- Inclusion of health and food on the Personal Development Programme for all year groups.

## **5. Monitoring/Evaluation**

- Biannual meeting with canteen supervisor/school council electives & Vice Principal.
- Monitoring fundraising events which involve the sale of food and drink.
- Feedback from staff/pupils to measure the success of the policy objectives.

## **6. Roles and Responsibilities**

- The Board of Governors will ensure that the Food in School Policy is both understood and implemented.
- The Senior Leadership Team will monitor and evaluate the Policy and will disseminate information from the DE and the SELB.
- Dr McKee (Vice Principal) is responsible for ensuring that the content of the Food in School Policy is incorporated into the Personal Development Programme.
- Ms R Lennon (Canteen Supervisor) is responsible for food provision under the Nutritional Standards for School Lunches.
- Mrs McTernaghan (Head of Home Economics) will take responsibility for the implementation, monitoring and development of the policy.

“A healthy, balanced diet is vital for a child’s growth and development and for their long-term health and wellbeing. There is a well-documented relationship between poor health, nutrition and low school achievement. As children and young people spend much of their time within the school environment, it is vital that the food offered in this setting is nutritious and beneficial to long-term health. Furthermore, ensuring our children have access to healthy nutritious food, and are provided with opportunities to develop relevant skills and knowledge, will support the development of healthy food habits that will last into their adult years, and this can reduce the risk of suffering obesity related long-term health conditions.” (NI Minister for Health, Edwin Poots)

## **7. Curriculum Provision**

Healthy food and healthy lifestyle choices are addressed across many curriculum areas. Various subject areas promote the development of a range of skills and understanding that contributes towards the importance of a healthy diet and lifestyle. At KS4 circa one third of pupils study GCSE Home Economics and all participate in weekly PE lessons and study LLW at GCSE. Science subjects are compulsory at GCSE - Biology and Chemistry in particular address food and nutrition as part of the subject specification. During KS4 pupils are maturing and approaching adulthood, they are acquiring the skills and dispositions needed to assist them in making informed decisions in relation to their food and drink choices. At AS/A2 Health and Social Care, Modern Languages, Psychology, Home Economics and PE continue to inform pupils of the benefits and indeed the consequences of their dietary choices in relation to their health, both presently and in the future. All pupils in sixth form participate in weekly PE and Games lessons where healthy eating messages are reinforced. Furthermore Personal Development lessons across all year groups allow pupils the opportunity to examine the various factors which impact upon their health and well-being (peer pressure, self-respect, dealing with stress)

### **Curriculum Summary:**

Food and Nutrition as an element of the specification at either GCSE/AS/A2 level:

- Psychology
- LLW
- Health and Social Care
- Modern Languages
- Biology
- Chemistry
- PE
- Home Economics

Food and Nutrition potentially addressed as part of the specification delivery (informal/discussion based) at either GCSE/AS/A2 level:

- Religious Education
- Business Studies
- Politics
- Art
- English

## **8. Extra-Curricular Provision**

The teachers in charge of the wide range of extra-curricular activities offered are encouraged to promote healthy eating messages for example the Duke of Edinburgh Award Scheme address "food as fuel", Hockey and Rugby coaches share with pupils the importance of healthy choices and basic sports nutrition.

## **9. Dissemination of the Policy**

All interested parties will receive a copy of the policy and be informed of the implementation process i.e. all staff, parents, Board of Governors and pupils.

## **10. Participation in National and Regional Events**

Pupils are encouraged to participate in various events which promote healthy eating; these include Young Cook of the Year and NISCA events promoted by school catering.

## **11. Provision of Food and Drink in School**

Healthy food and drinks are provided and promoted throughout the school. Vending machines offer drinks in line with the "National Standards for Food and Drink in School". The food offered by the canteen exceeds the minimum standards for school lunches. Pupils are also encouraged to sample new healthier food and drink options which are displayed attractively in the canteen and "free tasting" of new foods is encouraged and promoted. In addition, drinking water is freely available during the school day.

## **12. FUTURE Development and Existing Good Practice**

### **Existing Good Practice**

- Healthy eating messages integrated into the formal curriculum and extra curricular
- Canteen exceeds minimum standards for school lunches
- Water provision
- No tuck shop / food vending
- National and Regional competitions and events
- Pupils remain on site throughout school day.
- Home Economics studied by circa one third of all pupils at GCSE level.
- Annual Home Economics lead whole school assembly.

### **Opportunities**

- Integration of Food in School within the School Council Agenda
- Enhancement of water provision to reduce the consumption of high sugar drinks
- Promotion of healthy break / packed lunches
- Development of outside dining space
- Parental information
- Enhancement of the Personal Development Programme
- Creation of healthy eating notice boards
- Improvement of the physical dining experience