



Healthy Eating Policy

Aim To work in partnership with families and other professionals to support pupils in developing healthy eating practices which will become embedded for life.

Objectives

- To provide pupils with positive healthy eating experiences in order to promote their well-being.
- To respect the different dietary, cultural, religious and health needs of all our pupils
- To encourage pupils to develop positive attitudes towards food through the curriculum and all the other learning opportunities that are provided in the College.
- To promote an understanding of a balanced diet in which some foods play a greater role than others.
- To develop pupils' understanding of the importance of the social context in which eating takes place.
- To raise awareness with pupils, parents and carers in developing a positive approach to food, nutrition.
- To encourage responsibility and accountability of all parents and carers in offering healthy choices to their children.

This policy sits in conjunction with the College's policy on Safeguarding. Pupils are provided with regular drinks and food in adequate quantities for their needs. Food and drink is properly prepared, nutritious, and complies with dietary and religious requirements. A nutritionally balanced diet is important in childhood and adolescence to ensure optimum development at a time of rapid growth and development. The development of healthy eating practices and physical activity can prevent disease such as heart disease and obesity and support a lifetime of good health. Good nutrition is critical to optimizing each pupil's potential for success. Meeting nutritional requirements throughout childhood and adolescence is essential to full intellectual development. Meals and snacks served will meet nutrition needs, provide models of healthy eating patterns, and help children establish good eating patterns at an early age. Pupil's diets must include an appropriate intake of the five main food groups:

- Carbohydrates: e.g. Bread, Potatoes, Rice and Pasta
- Fruit and Vegetables
- Milk and Dairy food
- Proteins: e.g. Meat, Fish, Pulses, Beans, Cheese, Quorn and Tofu
- Fats and Sugars

Further information may be obtained at

<http://www.gosh.nhs.uk/children/general-health-advice/eat-smart/food-science/food-group-fun/>

Recommendations for being Healthy - Eat a balanced diet

- Eat breakfast every day
- Eat fruit and vegetables daily
- Choose snacks that will provide nutrients to compliment meals
- Avoid snacks and drinks with a high sugar content between meals
- Drink plenty of fluids to avoid becoming dehydrated
- Be physically active every day
- Brush teeth twice a day and visit your dentist regularly

Food and Drink

All snacks provided at the College are selected to be nutritious avoiding large quantities of sugar, salt, saturated fats, additives, preservatives and colourings. Menus are planned in advanced and food offered is fresh, wholesome and balanced. We offer a balanced variety of snacks to provide a range of cultural and nutritious experiences for the children.

Availability of Water

We have fresh drinking water and suitable cups readily available for pupils and staff

We support the pupils in recognising that they need to drink water when they are thirsty, hot or tired, or feeling unwell.

Supplements

The use of supplements, such as protein shakes, creatine and other performance enhancing aids are heavily discouraged. Those wishing to take such products do so at their own risk and boys should consult with parents and PE staff before choosing to take such products. Boys can ensure they lead a healthy lifestyle through exercising & eating an appropriate diet for their needs thus negating the need for supplementation.

Boarding

Advice is given to boarders at supper and via lectures about the effects of eating junk food. To encourage the boarders to eat in the dining hall more often through catering to the boys' tastes, each boarding house has at least two representatives who sit on the Catering Committee which meets once a term. The committee consists of member of the catering staff, the Medical Centre Sister, Housemasters, the Master in charge of the Sport for the term, the Director of Sport, the Chief Operating Officer and the Deputy Master Pastoral as well as boys from every year group in the College. Boys in the Orchard have restrictions on when takeaways are allowed to be eaten and generally go together to the dining hall accompanied by a House Tutor or another member of boarding staff.

Each boarding house has kitchen facilities which provide boys with a fridge, freezer, toaster, kettle and a microwave.

Staff and boarders are encouraged to mix through a series of events held by the boarding houses throughout the year in which staff are invited to attend such as Christmas dinner, barbeques and Chinese New Year celebrations.

Special dietary needs and food allergies

We are sensitive to the catering needs of pupils with specific dietary needs, including religious considerations. Parents will be asked about any special dietary requirements their child. Parents of children who have special diets (for example a gluten-free diet) or who have food intolerances are responsible for providing the school with information about their diet and choices available to the child. We update our records regularly. Menus will be carefully planned and adapted accordingly.

Food hygiene

The kitchen facilities at the College are inspected on an annual basis in relation to the Food Safety Act. The College adheres to the recommended guidelines and good practices for the preparation and storage of food. Staff directly involved in cooking and the preparation of food in the school, have successfully completed a Food Hygiene Course.

Social skills Meals can be times of pleasant social sharing. Opportunities for pupils, teachers, tutors and house staff to eat and drink together are provided. This provides an opportunity for students to learn good social skills and behaviour associated with eating and drinking. This also enables staff to monitor healthy eating. Staff keep a discreet eye on those who appear not to be eating well and positive encouragement and peer support is used to encourage poor eaters to make healthy choices. Healthy eating suggestions from parents that will help us expand and improve our selection of recipe ideas are very welcome.

Festivals and celebrations At Dulwich we celebrate different festivals and celebrations. We recognize that festivals can provide a valuable opportunity for our pupils to experience diversity from a wide range of cultures and nationalities and the contribution they make to the variety of foods eaten in Britain today.

CONSULTATION PROCESS:

This policy has been developed in consultation with:

- Pupils through School Councils and the Catering Committee
- Parents through surveys
- Teaching staff: especially Well-Being and Science depts.
- Catering staff
- Housemasters and the Medical Centre staff
- SMT

Useful addresses:

www.healthyschools.gov.uk

British Allergy Foundation Allergy UK, Planwell House, LEFA Business Park, Edgington Way
Sidcup, Kent, DA14 5BH.

Allergy Helpline: 01322 619898

www.allergyuk.org

British Dental Association, 64 Wimpole Street, London, W1G8YS

Tel: 020 7935 0875

www.bda.org

Food Standards Agency Aviation House, 125 Kingsway, London, WC2B 6NH.

Helpline – General enquiries Tel:020 77276 8829

www.food.gov.uk

<http://www.nhs.uk/change4life/Pages/be-food-smart.aspx>