

# **Whole School Food Policy**

## **Crumlin Integrated College**



**Created: January 2018**  
**Last updated: June 2019**  
**Review date: June 2022**

# **Crumlin Integrated College Whole-School Food Policy**

## **1. RATIONALE**

Diet is central to health, and children's diet is an important influence on their health now and in the future. Good nutrition in childhood can help protect against many diseases. A healthy diet rich in fruit and vegetables is protective against cardiovascular disease, including heart disease and stroke and cancer (World Health Organisation, 2004).

The Health Survey for Northern Ireland 2017/18 reported that, around a quarter (26%) of children aged 2-15 were either overweight (18%) or obese (9%).

In our school we are committed to giving all our pupils consistent messages about food and encourage them to take responsibility for the food choices they make.

However, some young people struggle to make the right food choices. The NI Young Persons' Behaviour and Attitudes Survey (2016) found that around three-quarters of young people (77%) thought you should eat five or more portions of fruit and vegetables each day to be healthy however under a fifth indicated that they did so. It also reported that one in eight young people (12%), drink energy drinks on most days of the week.

"Healthy Food for Healthy Outcomes - Food in Schools Policy" was jointly launched by the Education and Health Ministers on 24th September 2013. It sets out the overall aim and objectives of the Departments policy in relation to food in schools.

All schools must adopt a whole-school approach to food and nutrition. New nutritional standards for school lunches which were made compulsory from September 2007 and in April 2008 the nutritional standards were extended to include all other food and drinks provided in school.

In Crumlin Integrated College, we believe that school can play an important role in helping young people develop healthy attitudes towards food and make informed and better choices about what they eat.

## **2. AIMS AND OBJECTIVES**

We aim:

- To ensure that all aspects of food and nutrition in Crumlin Integrated College promotes the health and well-being of pupils and staff.
- To encourage pupils to make responsible choices about their diet and food.

- Help pupils explore their own health in a practical context and whilst doing so enhance their potential to live a healthy lifestyle.

### **3. SETTINGS FOR FOOD POLICY**

#### **Vending Machines**

There is currently one vending machine in Crumlin Integrated College which sells water and flavoured water. All food and drink sold in these will comply with the nutritional standards.

The NI Young Persons' Behaviour and Attitudes Survey (2013) identified that 19.1% of 11-16 year olds never usually eats breakfast on school days.

#### **Break-time, lunches and packed lunches**

All school meals are provided by the school kitchen under the direction of the canteen manager. There is a choice of fresh fruit and vegetables each day. The canteen provides a hot and cold option, both of which are nutritionally balanced and comply with the nutritional standards. Many of the children bring a packed lunch to school and these children are encouraged to bring in healthy lunches through their Home Economics lessons and via leaflets sent home to parents.

#### **Water for all**

Pupils have access to fresh drinking water throughout the day. Pupils are encouraged to drink water at break and lunch times and this is available from the canteen. Except when in ICT and Science rooms, pupils may also drink water during class if the teacher has given permission. When moving around the school, drinks should be stored in school bags.

#### **Other food in school**

During school events and fundraising activities, the school will encourage those involved to comply with the Food Policy when deciding on the range of refreshments and foods offered for sale.

### **4. FOOD ACROSS THE CURRICULUM**

There are a number of opportunities for pupils to develop knowledge and understanding of the importance of nutritious food.

Science provides an opportunity to learn about the types of food available, their nutritional composition, digesting and the function of different nutrients in contributing to health and how the body responds to exercise.

Religious Education provides the opportunity to discuss the role of certain foods in the major religions of the world. Pupils experience different foods associated with religious festivals.

Home Economics provides the opportunity to learn about where food comes from and apply healthy eating messages through practical work with food, including the planning, preparation and cooking of healthy meals and snacks.

Personal development (LLW) encourages young people to take responsibility for their own health and well-being, teaches them how to develop a healthy lifestyle and addresses issues such as body image.

Geography provides a focus on the natural world and changing environment, offering the chance to consider the impact our consumer choices have on people across the world who rely on growing food as their source of income.

Physical Education provides pupils with the opportunity to develop physically and to understand the importance of good nutrition during exercise and sport.

## **5. INVOLVEMENT OF PUPILS**

Pupils from the student's council are given a range of opportunities throughout the year to meet and discuss any food related issues. The following representatives can form part of these meetings:

- Senior Management
- Head of Home Economics
- Pupils

## **6. LINKS WITH OUTSIDE AGENCIES**

Resources will be obtained from organisations such as The Food Standards Agency, Safe Food and Public Health Agency. Advice and support will also be requested from the NEELB Nutritionist.

## **7. COMMUNICATION WITH PARENTS/CARERS**

The school realises the important role that parents/carers have in the development of children's healthy eating habits. In Crumlin Integrated College we realise that it is only with the cooperation of parents that good eating habits can be developed. Parents' efforts will be reinforced by school.

We will consult parents about issues that arise from the policy.

## **8. ROLE OF THE GOVERNORS**

Governors monitor and check that the school policy is upheld and that the nutritional standards are implemented. They can also offer guidance where a member of the body has particular expertise in this area.

## **9. ROLE OF SENIOR LEADERSHIP TEAM**

SLT support the Head of Home Economics and Health Education in the implementation and development of this policy.

