

# Banbridge High School

## Nutrition Policy

*This policy has been developed in consultation with pupils, parents, staff and governors.*

### **RATIONALE:**

As a Health Promoting school, Banbridge High School is dedicated to providing an environment that promotes healthy lifestyle and diet. In order for us all to meet our full potential we need to be healthy and fit, physically, mentally and socially. This policy states the ways in which our school community supports pupils to develop the skills and attitudes that will help them make informed healthy choices both in and out of school.

The policy will follow guidelines presented in the following Government documents:

- School Food the Essential Guide: Establishing a Whole School Food Policy, HPA, DENI, DHSPSS, (2008)
- Nutritional standards for other food and drinks in schools: A guide for implementation, HPA, DENI, DHSPSS, (2008)
- New Nutritional Standards for School Lunches and Other Food in Schools, DENI (2008)

### **AIMS:**

- To make the provision and consumption of food an enjoyable and safe experience.
- To improve the health of pupils and staff by helping to influence their eating habits through increasing their knowledge and awareness of food issues.
- To provide a consistent programme of cross-curricular nutrition education.

### **Implementation:**

1. To deliver accurate and factual information about food and nutrition through the taught curriculum and in particular through

Home Economics, Physical Education, Science and Personal Development.

2. To liaise with the catering manager to ensure that the quality of the meals meet the "New Nutritional Standards for School Lunches and Other Food in Schools".
3. To promote within the school healthy eating and awareness sessions through curricular activities and / or whole school activities.
4. To encourage pupils to bring nutritionally well-balanced packed lunches that are high in protein, fibre and water and low in fat, sugar and salt.
5. To ensure that where snacks or confectionary are used as part of a reward system, they must conform to the requirements as outlined in "Nutritional standards for other food and drinks in school: A guide for implementation."
6. To encourage pupils to bring water to school and to provide free water in the canteen.
7. **Consultation:**  
To liaise with pupils, parents and staff in guiding food policy and practice in our school.

**8. Monitoring and Evaluation:**

The Health Promoting Committee will monitor and evaluate the operation of this policy but since this is a whole school initiative, it is vital that all members of staff and pupils play a role in the process.