

PENGLAIS SCHOOL – HEALTHY EATING POLICY

- The School can make a major contribution to improving both the environment and the health of pupils, staff and their families by increasing their knowledge and awareness of food issues - helping to influence their eating habits.
- By developing and implementing a food policy that encompasses all of the above issues, the school can show its commitment to improving the health of students, staff and the school community.
- A framework must be set for all food related activities in school, ensuring that aims and outcomes are consistent with and supportive of the overall goal of improving health and well being.
- The policy must build on the current initiatives in school. It is vital that all interest groups work together and recognise that through the education process pupils are encouraged to make healthy eating choices.
- The policy recognises the school has very caring catering personnel who are committed to providing a high quality service to pupils and staff.
- This policy should be a working document subject to revision and amendment as a result of a consultation process involving interested parties.
- Between 10-15% of pupils are entitled to Free School Meals. However, these pupils form approximately 25% of the pupils who use the school canteen. The Canteen plays a vital role for these children and must always be a factor to be considered when initiatives are discussed or introduced.

AIMS

- To ensure that pupils are well nourished at school and that every pupil has access to safe, tasty, nutritious food and an easily available chilled water supply during the day.
- To improve the health of pupils, staff and their families by helping to influence their eating habits through increasing knowledge and awareness of food issues.
- To make the provision and consumption of food an enjoyable and safe experience.
- To increase pupil knowledge of food production, manufacturing, distribution and marketing and their impact on health and environment.
- To facilitate a training programme for the canteen staff.

OBJECTIVES

- To work towards ensuring the food policy is accepted and embraced by:

Governors
School Management
Teachers and Support staff
Pupils
Parents
Food providers
The School's Wider Community.

- To integrate the aims into all aspects of school life, particularly

Food provision within the school
The curriculum
Pastoral and social activities
Information to parents.

METHODS

- It is essential to establish an effective structure to oversee the development, implementation and monitoring of the policy.
- A deputy headteacher or senior manager should take lead responsibility: this will be Mr H E Lewis.
- It will be the immediate responsibility of Mr H E Lewis to set up a modified school nutrition action group (SNAG). Members will in the main initially come from the current working group. The group is to include Mr H E Lewis, a governor, catering manager, head cook, food teacher, school nurse, parent and pupil representative.
- The SNAG group should have meetings twice a year and produce an annual report to governors/parents.

EDUCATION WITHIN THE CURRICULUM

- Many subject areas already cover aspects of food and nutrition when delivering the National Curriculum.
- H E Lewis will ask each department to delegate a member of staff to identify where food and nutrition is covered in their subject area.
- Where appropriate departments will be encouraged to teach and deliver food and nutrition in their subject.
- The School will explore implementing a points system using the canteen cards based on healthy choices with rewards.

ENVIRONMENT

- The SNAG group should look to improve the environment and facilities for pupils and staff at both break and lunchtime. This would include:
 - further refurbishment of the canteen area.
 - reorganisation of each servery to position healthy choices more prominently and close to the point of entry.
 - promoting healthy choices by serving these foods attractively.
- Information in all canteen areas must be improved and be prominently displayed. Pictoral images showing good meal combinations to encourage healthy choices should be on display. Menus and up to date price lists will be placed outside each servery. Pupils will then have time to make better choices, indecision will be reduced – causing fewer delays.
- The canteen will be provided with extra administrative support to enable the above. In addition menus will be published a week in advance to be displayed in Form Rooms, the Sixth Form Centre and the Staffroom.
- Staff supervision to remain intensive at break and lunch and to be a priority for the senior management team.

PROMOTION

- Use of newsletter to update parents of developments in school.
- Information to be placed in the pupil planner on making healthy choices.
- Insert a section in the Year 6/7 transition booklet.
- Increase the uptake of Free School Meals and provide information on entitlement.
- Generate interest in pupils through competitions and taking part in any local/national initiatives.
- Examine using the school website and introducing themed days/weeks.
- The Grab and Go is an example of a successful promotion. School should build on this and expand the healthy choices offered within this scheme.

NUTRITIONAL CONTENT

- The School will continue to adhere to the Government Nutritional Standards in addition it should aim to implement the points below.
- Access to chilled water during the school day must be improved.

- The removal of carbonated drinks and those with an added sugar content and artificial sweeteners needs to be continued. More drinks which consist of water, pure fruit juices and milk/yogurt should be offered for sale.
- The canteen service will continue to construct menus with healthy choices available. This will also include increasing the use of fresh fruit and vegetables, using more wholemeal and high fibre options.
- The canteen must remain vigilant on its use of high saturated fat, provide low fat alternatives and further experiment with wraps and bagels as an alternative to pastry. This should include the use of healthy cooking methods.
- There should be a reduction in food products with a high salt, fat or additive content.
- The breakfast service has been an excellent service for pupils not eating before leaving home. This must continue and the canteen should serve traditional choices that are nutritionally sound.

VENDING MACHINES

- Vending machines have been in school for sometime but have offered very unhealthy choices and have been the cause of great concern.
- As from April 2006 some of the contracts on the current vending machines expire and these will be removed. The contract for the Fair Trade Machine expires April 2009.
- Vending machines must remain in school to keep the queues in the canteen down.
- The goods on sale in the machines will be closely scrutinised and drinks which are carbonated or have a high sugar content will be prohibited or restricted.
- Research is now being carried out to introduce machines which will provide filled rolls, bagels, sandwiches, fruit and healthy cakes.