

St Patrick's Academy

Nutrition / Healthy Eating Policy

1. Rationale

Healthy Eating is a priority in St Patrick's Academy. It plays a crucial role in the development of all pupils in Key Stages 3, 4 and 5. In St Patrick's Academy we know that healthy pupils learn well and can take full advantage of every opportunity to learn. We are aware also that a pupil's ability to attend school is affected by health. Therefore, making St Patrick's Academy a healthy place has become a whole school objective. We believe that all students should be encouraged to eat a healthy balanced diet and therefore the food we provide will be nutritious, varied and appealing for pupils. All food served complies with current guidelines for healthy eating and the *New Nutritional Standards for school lunches and other food in schools (DENI 2008)*

This policy supports Healthy Eating and Health Education in general through all curriculum subjects. As educators, policymakers and concerned community members we can advance both education and health by creating a health promoting school, thereby contributing to each pupil's whole development.

2. Aim of Policy

A healthy diet is essential for maintaining and protecting young people's health, for ensuring they perform to their full potential during the school day (both academically and physically) and for their growth and development. Our aim is to enable them to make informed and responsible decisions with regard to their diet and health and to help them establish a healthy lifestyle that we hope will continue into adulthood.

3. Definition

A 'Healthy Diet' is one which allows for a balance of different foods that sustain the wellbeing of the individual. A healthy, balanced diet may vary between individuals of different ages and from different cultural and social backgrounds. Pupils need to understand that different lifestyles result in different dietary needs and also, the effects of different foods on their bodies.

4. Curriculum

Healthy Eating is addressed across different curricular areas including Science (Biology), PSHE, Physical Education and Home Economics. Each curriculum subject develops a range

of skills and understanding that will contribute towards understanding the importance of a healthy diet. The whole school environment and the Catering Department will reinforce the health messages received in classrooms.

5. School Nutrition Action Group (SNAG)

This is a group of representatives from the full school community who aim to review and promote healthy eating within St Patrick's Academy. This includes representatives from:

- Pupils
- Teaching staff (including members of SMT)
- Catering staff
- School Nurse
- Parents
- Dietician

The SNAG Group will survey pupils on a regular basis to obtain views and comments on the food service in St Patrick's Academy. The SNAG Group will also liaise with the Catering Department to promote healthy eating messages with regular campaigns throughout the school year.

6. School Catering Provision

- All food and drink sold or served in the school will comply with the *New Nutritional Standards for school lunches and other food in schools (DENI 2008)*
- The school will ensure that the staff know and understand their roles and responsibilities in relation to promoting a holistic positive attitude to health and healthy eating.
- The school will seek to improve healthy eating amongst pupils, including those who take a packed lunch. Year 8 pupils will be issued with leaflets giving ideas for healthy school lunches. Parents will be kept informed of any changes which impact on their child by letter or via the school website. All Dining room menus are available on the school website along with price lists and policies.
- All Catering Staff are aware of pupils with food allergies. No pupil will be excluded from the meals service because of a food allergy. Nuts or nut products are not used or served anywhere in the school and parents have been asked not to use foods which contain nuts when sending packed lunches.

However, we do want pupils to enjoy their food and the experience in the Dining Room. This knowledge is reflected in the food provision in the school Dining Room.

St Patrick's Academy and its catering facilities is dedicated to providing a balanced menu of school dinners and snacks. Catering staff work closely with the School Nutrition Action Group (SNAG) to ensure that there is a consistently wide range of nutritious and attractive meals available to pupils.

Breakfast

Breakfast is available in the Dining Room between 8.15am and 8.50am serving a selection of tea/coffee, cereals, toast, bagels, fruit juice and fruit. At least twice per week there is a cooked breakfast available.

Morning Break

Morning Break is available in the Dining Room between 11.00am and 11.10am, serving a selection of hot snacks together with homemade soup, breads, homemade scones, fruit, fruit juice and freshly made sandwiches.

Lunch

Lunch is available in the Dining Room from 12.45pm – 2.00pm and includes a wide and healthy variety of main/snack meals and drinks. There is a carryout service offering hot hand-held snacks together with fruit, sandwiches, filled baguettes/rolls and drinks. Packed Lunches must be eaten in the Dining Room. There are 'daily specials' available incorporating healthier choices, and theme days run throughout the school year also.

Water is available freely in the Dining Room at any time. Bottled water is sold in the Dining Room at very competitive prices and is available in 2 sizes - 330ml and 500ml (with the 330ml available to those students with Free School Meal).

Cashless System

Using the cashless system allows bonus points to build up on each pupil's swipe card. Each dish on the menu is allocated 'Healthy Eating Points' from 1-5. At the end of each academic year there will be a prize for the student with most points.

Pupils are encouraged to remain in the Dining Room and take their time while eating their meal. The Dining Room has a modern, calm and enjoyable atmosphere with a variety of background music played daily.

7. Staff Training

- All Catering staff are trained to Basic Food Hygiene standard, with Senior staff trained to CIEH Level 3 Award in supervising Food Safety in Catering
- All Catering staff have completed Nutritional Awareness training with Senior Catering staff trained to RSH Certificate in Nutrition/CIEH Level 2 Award in Healthier Food & Special Diets.
- Senior Catering staff are trained in First Aid and the use of the EPIPEN

8. Benefits of Healthy Eating

- Promotes healthy growth and development in young people.
- Enhances student concentration and performance in school.
- Prevents childhood and adolescent health problems such as obesity, eating disorders, tooth decay and anaemia.
- May help prevent health problems in adulthood, including heart disease and cancer.

9. Consequences of an Unhealthy Diet

- Research suggests that not having breakfast can affect intellectual performance.
- Poor eating habits and inactivity are the root cause of obesity in young people.
- Consumption of acidic soft drinks and carbonated drinks increases tooth erosion.
- Calcium deficiency may result in weaker bones and teeth, and osteoporosis in adulthood.
- Iron deficiency may result in anaemia (more iron is required by both boys and girls when entering adolescence).

10. Monitoring and Evaluation

The monitoring and evaluation of the catering practices and the nutrition policy will take place through;

- Informal day to day discussion and feed back from pupils and staff who use the catering services
- Formal survey of pupils attitude to the catering service held each school year
- Annual review with the Health Education Co-ordinator
- Monitoring of waste as an indicator of success of the catering service
- Financial audits of the catering service

Nutritional Standards For School Lunches
St Patrick's Academy - Dungannon

Details	Currently Meeting	Comments
<i>Group 1 - Bread, Rice, Potatoes , pasta and other starchy foods</i>		
Rice/pasta offered at least once per week	Yes	Rice/pasta are on the menu daily
A variety of breads available daily	Yes	A selection of breads are available daily including wholemeal and homemade wheaten. Sandwiches are made with wholemeal, granary and white breads/rolls.
When a starchy food that is cooked in oil/fat is served , a non fried alternative must be available	Yes	Chips/fried foods are NOT available on the menu, items such as roast potatoes will be available once per month.
<i>Group 2 - Fruit & vegetables inc fresh, canned and dried varieties and fruit juices</i>		
2 portions to be available per day per child	Yes	A selection of fresh fruit is available daily together with fruit salad, fruit platters, freshly made fruit smoothies.
Pies, crumbles must contain at least one portion of fruit per serving	Yes	Fruit based desserts are available with the daily special only
Pies, casseroles, stews and other composite main course dishes must contain a minimum of half a portion of vegetables per serving	Yes	All stews, pies, casseroles contain a selection of vegetables.
Baked beans must not be the only vegetable option on any day	Yes	There will be a choice of two fresh vegetables available daily and a choice of salads and salad portions available
Vegetarian dish highlighted on menu	Yes	There is at least one vegetarian dish available per day

<i>Details</i>	<i>Currently Meeting</i>	<i>Comments</i>
<i>Group 3 – Milk and Dairy foods includes cheese, yoghurt and milk puddings</i>		
Drinking Milk must be available daily	Yes	A choice of skimmed, semi skimmed and whole milk is available daily along with cheese portions and yoghurts
Cheese not to be served as the only vegetarian option more than twice per week	Yes	A wide variety of Vegetarian options are available over the menu cycle
<i>Group 4 – Meat, fish, eggs, beans and other non dairy sources of protein includes beef, pork, lamb, chicken, fish, eggs, pulses</i>		
<u>One</u> Red Meat Free Day	Yes	Each Friday is a Red Meat Free Day
Fish available at least <u>twice</u> per week?	Yes	A fish choice is available daily in addition to sandwich fillings
Oily Fish at least <u>once</u> every 4 weeks	Yes	An oily fish is available at least once per week
Meat or Chicken products (eg burgers, sausages, sausage rolls, chicken nuggets etc may be served a maximum of <u>twice</u> per week	Yes	Sausages/sausage rolls only available once per week. Burgers/nuggets <u>NOT</u> available on menu Fresh soup with lentils and barley available daily
<i>Group 5a – Fried and other high fat foods includes cooking fats and oils, oily salad dressings, mayonnaise, salad cream, crisps, cream and pastry</i>		
Deep fried or other high fat products, such as chips, roast potatoes, other fried potatoes or garlic bread, <u>must not be offered in total more than twice per week</u>	Yes	Chips are <u>NOT</u> available on the menu, items such as roast potatoes will be available once per month. Olive oil is used for all shallow frying, salad cream, mayonnaise is only available in portions at the till for purchasing
Menu choices containing pastry eg Quiche, apple pie,	Yes	Pies with pastry toppings are only available once per week

vol au vent <u>must not be offered more than one day per week</u>		
<i>Details</i>	<i>Currently Meeting</i>	<i>Comments</i>
There should be <u>at least 2 days each week without any meat or chicken products</u> (see Group 4) , fried foods, foods cooked in batter, or foods containing pastry eg fish in batter, sausages, vol au vents, quiche, apple pie, fruit fritters etc	Yes	There are at least two days each week without these type of items on menu.
Low Fat desserts should be available on days when fried foods are offered	Yes	Low fat desserts are available daily including fruits, low fat yoghurts, custards and rices.
<i>Group 5b – Confectionery and other sweet foods includes sugar, sweet pastry, chocolate, sweets, sweetened soft drinks, puddings, cakes, biscuits, jam, jelly, ice cream</i>		
Cakes and biscuits can only be provided at lunchtime and as part of a meal	Yes	Homemade Shortbread/Flakemeal biscuits are available for purchase at lunchtime only for those pupils who have had a balanced lunch
Cakes, biscuits and puddings made with cocoa powder should only be available a <u>maximum of 2 days per week</u>	Yes	Chocolate sponge available once per week only
<i>Other</i>		
Only drinks available should be: Plain water still or sparkling Milk, Pure fruit juices, Yoghurt or milk drinks (less than 5% added sugar), Drinks made from combinations of the above eg smoothies, Tea/coffee	Yes	A variety of water, milk, fruit juices, smoothies, tea and coffee are available in different sizes
Fresh drinking water should be freely available each day	Yes	Fresh drinking water is available from fountains in the canteen
Table salt may be made available on request	Yes	Not freely available in canteen
Condiments/sauces should	Yes	Available for purchase only

only be provided from the service counter and should be controlled by catering staff		from till points
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