

# ROEDEAN

## HEALTHY EATING POLICY

This policy sits in conjunction with the school's policies on Child Protection, Confidentiality, and complaints procedure.

Children 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.

Nutrition is a significant factor in the growth, development and overall functioning of a child. Good nutrition provides the energy and nutrients essential to sustain life and promotes physical, emotional and cognitive development. The development of healthy eating practices and physical activity can prevent disease and support a lifetime of good health. Good nutrition is critical to optimizing each child's potential for success. Meeting nutritional requirements throughout childhood is essential to full intellectual development. Research documents tell us that under nutrition impacts on children's behaviour, performance and overall quality of development. Children require sufficient energy and essential nutrients each day to concentrate on accomplished learning tasks. Even mild and under nutrition and short term hunger are barriers to learning. Meals and snacks served should meet children's nutrition needs, provide models of healthy eating patterns, and help children establish good eating patterns at an early age.

### CONSULTATION PROCESS:

This policy has been developed in consultation with:

- ◆ Pupils through School Council
- ◆ Parents through surveys and Healthy Eating Discussion Group
- ◆ Teaching staff: especially Food Technology, PSHE, Science depts.
- ◆ Non-teaching staff
- ◆ Catering staff
- ◆ House Mistresses and Senior Nurse
- ◆ Representative religious communities
- ◆ SLT member Deputy Head ( to oversee all aspects of food in school)

### Aim

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

### Objectives

- To provide children 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 children
- To encourage children to develop positive attitudes towards food through the curriculum and all the other learning opportunities that are provided in the school.

# ROEDEAN

- To promote an understanding of a balanced diet in which some foods play a greater role than others.
- To develop children's understanding of the importance of the social context in which eating takes place.
- To raise awareness with children, parents and carers in developing a positive approach to food, nutrition and oral education.
- To encourage responsibility and accountability of all parents and carers in offering healthy choices to children.

## **The Importance of Nutrition for Children**

A nutritionally balanced diet is important in childhood to ensure optimum development at a time of rapid growth. A balanced diet in childhood is not only important for growth but for learning and promoting positive habits towards healthy eating. An inadequate or unbalanced nutritional intake may not only affect growth and development in childhood but may also impact on health problems, such as heart disease and obesity in later in life. It is the types and varieties of food eaten at this time that ensure nutrient requirements are met and that the diet is nutritionally balanced. Children's diet must include an appropriate intake of foods from the four main food groups:

- **Bread, other cereals and potatoes**
- **Fruit and vegetables**
- **Milk and dairy foods**
- **Meat, fish and alternatives**

## **Being Healthy**

- 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 school are nutritious, avoiding large quantities of sugar, salt, saturated fats, additives, preservatives and colourings. Menus are planned in advance and food offered is fresh, wholesome and balanced. We offer a balance and 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 children and staff
- We support the children in recognising that they need to drink water when they are thirsty, hot or tired, or feeling unwell.

## **Special dietary needs and food allergies**

We are sensitive to the catering needs of children with specific dietary needs, including religious considerations. Parents will be asked about any special dietary requirements their

# ROEDEAN

child has before their child starts school. 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 school are inspected on an annual basis in relation to the Food Safety Act. The school 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. All girls are registered and supervised at breakfast, all main school girls at supper and all U3-L4 at lunch too. 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 Roedean we celebrate different festivals and celebrations. We recognize that festivals can provide a valuable opportunity for children 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.

## **Useful addresses:**

[www.healthyschools.gov.uk](http://www.healthyschools.gov.uk)

### **British Allergy Foundation Environmental Health Department**

Deepdene House London Borough of Islington  
30 Bellegrove Road 159, Upper Street  
Welling London N1 1RE  
Kent DA 16 3BY 0207- 527-3816  
01322 619 898

### **British Dental Association John Friary**

64 Wimpole Street **Health and Safety Officer**  
London W1N 8AL London Metropolitan University  
0207 935 0875 0207 133 – 2383

### **Food Standards Agency**

Aviation House  
125 Kingsway  
London WC2B 6NH  
Switchboard 0207 7276 8000