

CARDINAL NEWMAN CATHOLIC SCHOOL

Healthy Eating Policy Statement

Rationale:

We believe that healthy eating provides a foundation on which pupils can perform effectively both physically and academically. We also believe that the school years are the ideal time to promote healthier lifestyles amongst young people and so make a major contribution towards improving our children's future health.

Aims and Objectives:

1. To try and make mealtimes enjoyable allowing everyone to appreciate their food as a great gift from a bountiful God.
 - a) To offer students the opportunity to eat socially and to encourage good table manners by inviting staff to eat with the students.
2. To enable pupils and staff to choose healthy meals, drinks and snacks in school.
 - a) To work with the School meals Provider in meeting statutory Nutrition and Food Based Standards.
 - b) To require the School Meals Provider to offer healthy eating options daily and to display these in a way which will promote these options to the students.
 - c) To provide easy access to fresh drinking water and allow students to have water with them in class.
 - d) To ensure that all saleable foods meet the Nutrition and Food Based Standards.
 - e) To encourage parents to provide healthy packed lunches through displays at Parents' Evenings, distribution of leaflets, and information in Newman News.
 - f) To strongly discourage unauthorised sale of snacks in school.
3. To help pupils and staff understand the importance of a healthy diet in the context of a healthy lifestyle and avoid an obsessive approach towards food.
 - a) To include information on healthy eating in the academic curriculum and through the PSHE programme.
4. To monitor and review school meals provision as appropriate.
 - a) To encourage School Council and Sixth Form Executive to feedback on quality of school meals.

- b) To introduce a cashless catering system in order to encourage the uptake of Free School Meals.

This policy will be reviewed in 2018 or earlier as developments to include healthy eating under the auspices of PSHE progress.

Single Equalities Monitoring

DATE: 17.5.16

1. **Does this policy have any implications for people of relevant protected characteristics (RPC)*?**
No

2. **If 'yes', will it advantage or disadvantage any particular group?**
n/a

3. **How will this policy, if relevant, promote good relations between people of RPC and those without?**
Encourages children of all races to eat together and occasionally the food is themed to celebrate a particular culture.

** Age, disability, gender re-assignment, marriage and civil partnerships, pregnancy and maternity, race, religion or belief, sex and sexual orientation.*

Monitored by

Success Criteria:

- Numbers of Students who take a school meal will be either an increasing or stable trend.
- Minutes of meetings show regular discussions with School Meals Service