

# Saintfield High School



# Healthy Eating Policy

September 2017

### Rational:

In keeping with current Government legislation all messages about food in school should be consistent and the choice available to pupils should reflect what is taught through the curriculum right through to Key Stage 4. Therefore a 'Whole School' approach is essential to embrace and embed a 'healthy' ethos. The school canteen is also involved in this approach and follows nutritional guidelines provided by the EA.

### Aims

1. To promote healthy eating in the lives of all in the school community by developing the knowledge and skills necessary to make independent and informed decisions about making healthy eating choices.
2. To ensure that all pupils are well nourished, have access to nutritious food and have an available water supply throughout the school day.
3. To inform healthy eating choices and increase knowledge and awareness of food issues throughout the curriculum especially in Home Economics, Science, PE and LLW.
4. To encourage parents to support healthy eating initiatives by providing their children with appropriate food/drinks.

### Curriculum planning

Saintfield High School regard healthy eating as a whole school issue and understand the importance of our pupils having a healthy lifestyle. This is explicitly taught at Key Stage 3 through Home Economics, LLW, PE and Science and Key Stage 4 through the same subjects.

A list of topics covered include:

Subject	Topics covered at Key Stage 3	Topics covered at Key Stage 4
Home Economics	Food safety Diet and health The Eatwell guide The importance of breakfast Food labels and food	Diet and health Cooking healthy meals Awareness of food issues Food labels Nutrients in foods Eatwell guide

	packaging Fast food and dietary disorders Organic food	Dietary disorders Special diets Dietary needs at all stages of the life cycle
PE	Healthy eating/exercise	Diet and health
Science	Functions of nutrients BMR Energy content of foods Balanced diet	Food and Energy Diabetes Heart Disease Strokes
LLW	Healthy eating Diet and exercise	Health and well being Benefits of healthy eating Balanced diet

## **Eating Disorders**

*School staff, through education and support, can play an important role in preventing eating disorders and also in supporting pupils, peers and parents of pupils currently suffering from or recovering from eating disorders.*

### **Definition of Eating Disorders**

Anyone can get an eating disorder regardless of their age, sex or cultural background.

People with eating disorders are preoccupied with food and/or their weight and body shape, and are usually highly dissatisfied with their appearance. The majority of eating disorders involve low self-esteem, shame, secrecy and denial.

Anorexia nervosa and bulimia nervosa are the major eating disorders. People with anorexia live at a low body weight, beyond the point of slimness and in an endless pursuit of thinness by restricting what they eat and sometimes compulsively over-exercising. In contrast, people with bulimia have intense cravings for food, secretly overeat and then purge to prevent weight gain (by vomiting or use of laxatives, for example).

### **Warning Signs**

School staff may become aware of warning signs which indicate a pupil is experiencing difficulties that may lead to an eating disorder. These warning

signs should **always** be taken seriously and staff observing any of these warning signs should seek further advice from one of the Designated Teachers for Child Protection- Mrs Bradley (Designated teacher) or Miss Hynds (Deputy Designated Teacher)

### **Physical Signs**

Weight loss  
Dizziness, tiredness, fainting  
Feeling Cold  
Hair becomes dull or lifeless  
Tension headaches  
Continuous mouth ulcers

### **Behavioural Signs**

Scheduling activities during lunch  
Strange behaviour around food  
Wearing baggy clothes  
Wearing several layers of clothing  
Excessive drinking of water  
Increased conscientiousness  
Increasing isolation / loss of friends  
Believes s/he is fat when s/he is not  
Secretive behaviour  
Visits the toilet immediately after meals  
Throwing away break/lunch

### **Staff Roles**

The most important role school staff can play is to familiarise themselves with the risk factors and warning signs outlined above and to make the Designated Teacher for safeguarding children - Mrs Bradley (Designated teacher) or Miss Hynds (Deputy Designated Teacher) aware of any child causing concern.

Following the report, the Designated Teacher will decide on the appropriate course of action.

Pupils may choose to confide in a member of school staff if they are concerned about their own welfare, or that of a peer. It is important not to make promises of confidentiality that cannot be kept even if a pupil puts pressure on you to do so.

Any meetings with a pupil, their parents or their peers regarding eating disorders should be recorded in writing including:

- Dates and times
- An action plan
- Concerns raised
- Details of anyone else who has been informed

This information should be stored in the pupil's child protection file.

### The School Canteen

The school canteen provides healthy meals for our pupils offering them a choice of a variety of food. All meals adhere to the guidelines provided by EA.

A record of free school meal consumption is recorded by admin staff.

All canteen staff have been trained in Nutritional Guidelines.

### The Role of Parents/Carers

The school is aware that the primary role model in our pupils' healthy eating education lies with parents/carers. We wish to build a positive and supportive relationship with the parents/carers of pupils' attending Saintfield High School through mutual understanding and co-operation. In promoting this objective we will:

- Inform parents/carers about the School's Healthy Eating Policy
- Encourage parents/carers to provide healthy packed lunches for school
- **Ask that parents/carers do not send energy drinks to school**
- Ask parents/carers not to send nuts or nut products, kiwi fruit or shell fish to school as we have pupils in school who suffer from severe allergies.