

January
2015

HEALTHY EATING POLICY



AIM

Sullivan Upper School recognises that in order for pupils to achieve their full potential there is an important connection between a healthy diet and a pupil's ability to learn effectively which results from improvements in concentration and behaviour. The school also recognises the role it can play, as a part of a wider community to promote family health and believes that a policy which promotes healthy eating will make a significant contribution to the health of our pupils, staff and visitors.

SPECIFIC ISSUES

School meal Provision

The school meal provision meets the government's new nutritional standards.

Packed Lunches

Parents are encouraged to provide children with healthy packed lunches.

Water Provision

There are drinking fountains in the Silver Robin, Technology Centre, Sports Hall and the Sixth Form Centre, so all pupils have access to water during the school day. Staff have access to bottled water in the Frost Staff Room and filtered mains water in both Staff Rooms. Also pupils are permitted to carry water with them, but for health and safety reasons they should seek permission to drink water during class from their teacher.

Break-time snacks

The Silver Robin offers healthy options such as fruit juice and semi-skimmed milk.

Reward Systems

All staff recognise the need for consistent messages about healthy eating within school and the importance of leading by example. Sweets and chocolate are not used to reward good behaviour or work. However, food treats are permitted on a whole school basis at four designated and negotiated times during the year eg party at the end of term with Form Class.

Charity sales

If a member of staff wishes to sell food for charity or fund-raising purposes, then it happens on Wednesdays in the Silver Robin at break-time, under the supervision of the Silver Robin Catering Manager and the food sold must meet the healthy eating guidelines; a healthy option is also provided. Pupils are not permitted to bring in foodstuffs to sell for personal gain.

School Events

All food sold at school events is discussed with the Silver Robin Catering Manager in advance and meets the healthy eating guidelines.

Nut Allergy

Sullivan Upper School is a nut-free school because of the presence of pupils who are allergic to nuts.

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