

**MIHSG**  
**HEALTHY EATING POLICY**  
Reviewed June 2018

**AIMS:**

These aims and objectives support some of the school's aims:

1. To provide a challenging, safe and supportive environment in which we can stimulate, maintain and develop, lively enquiring minds.
2. To encourage all students to reach their potential.
3. To develop in all students a positive attitude (including health and fitness towards themselves and others with a strong sense of self-respect.

Fundamental to these aims of the school being achieved is a realisation that learning and development of student is directly affected by a health diet and general life style.

**The aims of this Healthy Eating Policy are:**

1. To encourage a common philosophy, ethos and vision concerning all aspects of healthy eating within the school and the broader school community.
2. To ensure, throughout the school curriculum and the broader school community and within all aspects of food and nutrition, that the school community promotes the health and well being of students, staff and visitors.
3. To primarily change the students' personal eating habits and secondly, those of their families, to be in line with current thinking as regards a Healthy Lifestyle.

**OBJECTIVES:**

These objectives relate directly to the aforementioned aims are intended to show how those aims are actually put into practice.

- 1.a All aspects of food consumption and education have been brought together and placed under the guidance of the Health and Safety

Committee (H&S), thus ensuring the development of a clear, and consistent approach to all aspects of food education within the schools.

- 1.b The H&S committee has regular contact with parents through the school's Newsletter, thus enabling parents to be kept informed of developments within the school, as well as providing a regular vehicle for parental comments.
- 1.c The school council and student health and safety committee regularly discuss Healthy Lifestyles issues.
- 1.d The H&S committee has drawn up a set of rules relating to what can be eaten/ drink and clearly stating where and when it may be consumed. As of 4<sup>th</sup> January 2010, fizzy drinks are not allowed in school or during any school activity with the exception of Eid parties.
- 2.a The H&S committee has undertaken a detailed review of the school's curriculum (and catering provision) to identify where activities related to healthy eating already exist, and to recommend further opportunities to incorporate issues related to healthy eating. Have provided healthy eating lesson plans for PCHSE lessons.
- 2.b Together with the school's caterers, we have undertaken a detailed review of the school's catering provision to ensure that healthy meal options are incorporated into school's daily meal provision. Students will be asked to complete a questionnaire about school lunches produced by H&S committee and school caterers.
- Y7 induction programme includes a session on Healthy Eating.
- Students Health & Safety committee to monitor food provided by school and feedback.

***Reviewed June 2018 (CP/HS)***