

This policy has been written to support the implementation of the DfE School Food Standards at St Catherine's College. At St Catherine's College, we recognise the relationship between a healthy diet and the ability to concentrate, learn and achieve well at school. To promote healthy eating, we are committed to giving our students consistent messages about all aspects of health and encouraging and developing positive attitudes towards a healthy diet and lifestyle.

We promote healthy eating throughout the College and educate all students about the importance of sustaining a balanced diet; maintaining a healthy lifestyle; and exercising regularly. We teach food and nutrition to all students in science, food technology and PSHE.

We are committed to helping our students understand the impact of particular behaviours, and encourage them to take responsibility for the choices they make.

We serve food in the café three times a day: breakfast, break and lunchtime. Students can purchase food from the different tuck shops located around the school.

Ethos of the College

This policy reflects the overall ethos of the College which states, "We are preparing our students to stand shoulder to shoulder with their peers: locally, nationally and globally. To achieve their God-given potential, learners in our care are inspired to be ambitious, hard-working, resilient and responsible. As children grow older, it is our responsibility as a college to teach them to become independent learners and to become responsible citizens in an ever-changing world. Young people have a range of needs, and it is essential that we contribute to all aspects of their development. We need to give them the skills they will require to adapt and be able to rise to the challenges that life will bring".

Aims and Objectives

- To promote the personal development and well-being of all students.
- To promote a healthy lifestyle and diet.
- To enable the students to appreciate the importance of good nutrition in relation to growing, developing and staying healthy.
- To encourage all students to make healthy food choices.
- To ensure students are well nourished at school and that every student has access to safe, nutritious and tasty food.
- To ensure that every student has access to drinking water throughout the day.
- The College will endeavour wherever possible, to accommodate dietary requirements including allergies, intolerances, religious or cultural practices. We will ensure that all allergies are highlighted on the weekly menu, which is available in the café and on the school website.
- The College expects staff to support this policy. Staff and visitors will be expected to model good practice around healthy eating when they are in school.
- To ensure that all pupils have access to a welcoming environment that encourages social interaction.



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- To ensure that students have adequate outdoor space to exercise and socialise at break and lunchtimes.
- To ensure that the training of our catering staff is kept up to date and that all staff hold the L2 Food Hygiene certificate.
- To encourage students to attend extra-curricular activities to exercise and support healthy eating and a healthy lifestyle.
- We encourage healthy eating when planning the menu, with the right balance of the five main food groups.
- We encourage our staff to eat regularly in the café and to interact with students whilst eating.
- We encourage our students to drink water, fruit juice, milk or carbonated drinks with a very low sugar content.

“The Eat Well Plate”:

- Fruit and vegetables, providing vitamins, minerals and fibre
- Meat, fish, eggs, beans and pulses (and other non-dairy sources of protein)
- Milk and dairy foods
- Bread, rice, potatoes and pasta
- Food and drinks high in fat and/or sugar

The Eat Well Plate



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