



Methodist College Belfast

Healthy Eating Policy

June 2021

Last reviewed: June 2021
Next date of review: June 2025

Responsibility within College: School Business Manager
Sub Committee review by: HR Committee

1. Introduction

The College 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. The College provides an environment that promotes healthy eating and enables pupils to make informed food choices.

2. Aims

The main aims of our school food policy are:

- To provide a range of healthy food choices throughout the school day and in line with the mandatory School Food Standards
- To support pupils to make healthy food choices and be better prepared to learn and achieve
- To ensure a consistent approach to healthy eating across the school community including pupils, staff and parents/carers

3. Food throughout the school day

Breakfast

Breakfast is provided by Chartwells and served between 8:00 and 8:45 in the College Canteen. The breakfast menu includes meet the mandatory requirements of the School Food Standards.

School Lunches

School meals are provided by Chartwells and served in the College Canteen and in the Deli Bar. The school meals meet the mandatory requirements of the School Food Standards.

School meals are planned on a four-week cycle and always contain a vegetarian option, the menu is displayed on notice boards in the Canteen.

Packed Lunches

Parents are encouraged to provide children with healthy packed lunches. Some suggestions for parents are available at <https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>.

Water provision

There are drinking fountains in the Sports Hall, KLM block, the 6th form Recreation Floor and the Whitla Hall to allow pupils access to water during the school day. 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

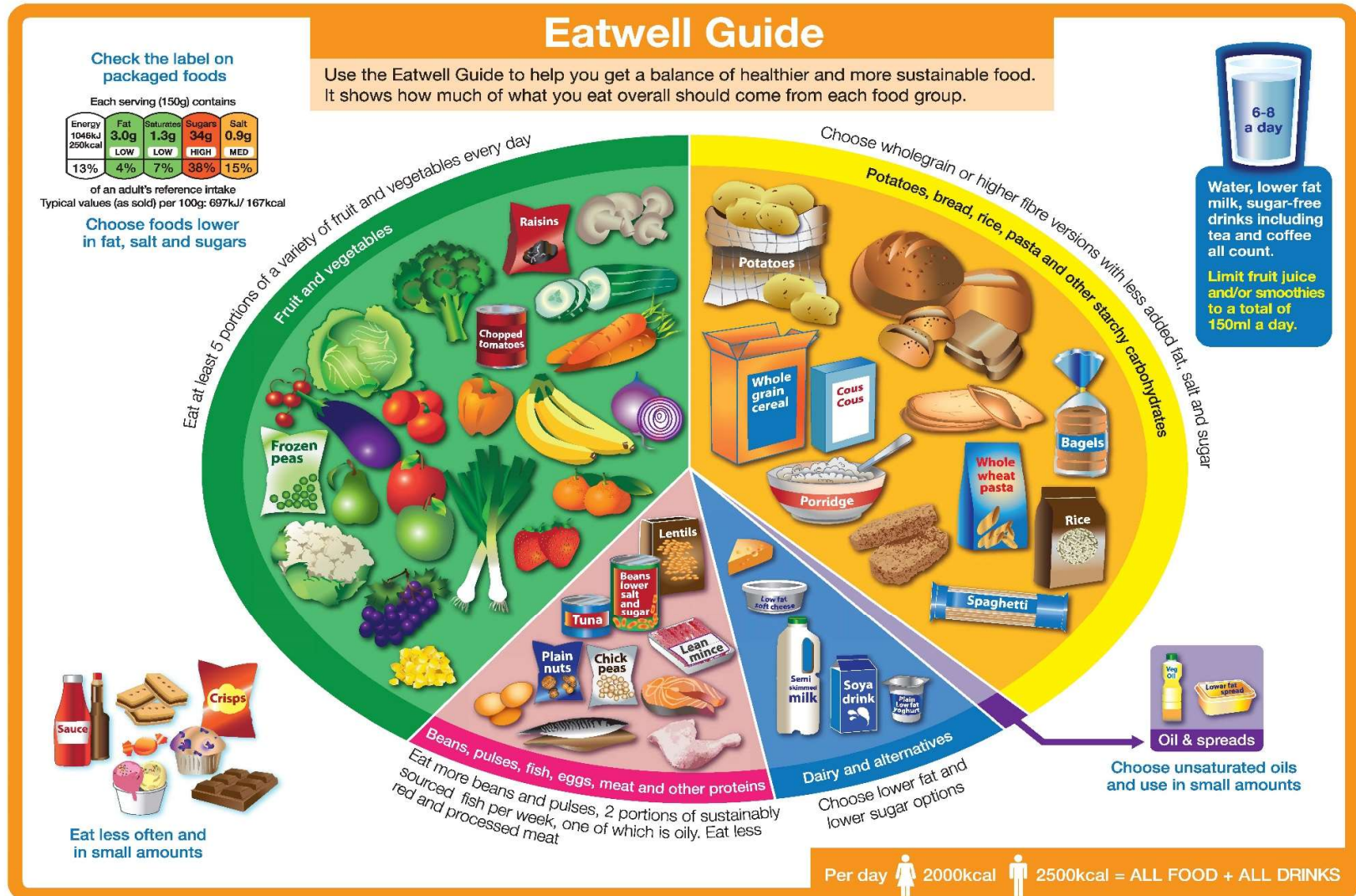
Chartwells offer healthy options which meet the mandatory requirements of the School Food Standards from the Deli Bar.

4. Curricular and extra-curricular activity

Food and nutrition is taught at an appropriate level throughout each key stage in Food and Nutrition Science and PE. The Eatwell model is used throughout the school (see appendix 1) as a model of understanding a balanced diet.

5. Special dietary requirements and allergies

The College does everything possible to accommodate pupils' specialist dietary requirements including allergies, intolerances, religious or cultural practices. Individual care plans are created for pupils with food allergies, this is coordinated by the School Nurse. If your pupil has special dietary requirements, the parent/guardian or pupil should speak to the canteen manager who will explain how Chartwells can accommodate dietary requirements.



Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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