DULWICH COLLEGE
FOUNDED 1619

**HEALTHY EATING POLICY**

**Aim**

To work in partnership with families and other professionals to support pupils in developing healthy eating practices which will become embedded for life.

**Objectives**

- To provide pupils with positive healthy eating experiences in order to promote their wellbeing.
- To respect the different dietary, cultural, religious and health needs of all pupils.
- To encourage pupils to develop positive attitudes towards food through the curriculum and all the other learning opportunities that are provided in the College.
- To promote an understanding of a balanced diet in which some foods play a greater role than others.
- To develop pupils' understanding of the importance of the social context in which eating takes place.
- To raise awareness with pupils, parents and carers in developing a positive approach to food and nutrition.
- To encourage an understanding of food sustainability.
- To encourage responsibility and accountability of all parents and carers in offering healthy choices to their children.

This policy sits in conjunction with the Safeguarding (Child Protection) Policy.

Pupils are provided with regular drinks and food in adequate quantities for their needs. Food and drink is properly prepared, nutritious, and complies with dietary and religious requirements. A nutritionally balanced diet is important in childhood and adolescence to ensure optimum development at a time of rapid growth and development. The development of healthy eating practices and physical activity can prevent disease such as heart disease and obesity and support a lifetime of good health. Good nutrition is critical to optimizing each pupil's potential for success. Meeting nutritional requirements throughout childhood and adolescence is essential to full intellectual development. Meals served will meet nutrition needs, provide models of healthy eating patterns, and help children establish good eating patterns at an early age. Pupil's diets must include an appropriate intake of the five main food groups:

- Carbohydrates: e.g. Bread, Potatoes, Rice and Pasta
- Fruit and Vegetables

- Milk and Dairy food
- Proteins: e.g. Meat, Fish, Pulses, Beans, Cheese, Quorn and Tofu
- Fats and Sugars

Further information may be obtained at:

https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/

**Recommendations for being Healthy - Eat a balanced diet**

- Eat breakfast every day
- Eat a range of fruit and vegetables daily
- Take on all the food groups as part of a balanced diet
- Choose snacks that will provide nutrients to compliment meals
- Avoid snacks and drinks with a high sugar content between meals
- Avoid energy drinks with high levels of caffeine and other potentially more harmful additives
- Drink plenty of fluids throughout the day to avoid becoming dehydrated
- Be physically active every day
- Brush teeth twice a day and visit your dentist regularly

**Food and Drink**

Snacks provided at the College are selected to be nutritious avoiding large quantities of sugar, salt, saturated fats, additives, preservatives and colourings. Menus are planned in advance and food offered is fresh, wholesome and balanced. The College offers a balanced variety of snacks to provide a range of cultural and nutritious experiences for the children. Feedback from parents is welcome.

**Availability of Water**

Pupils have access to fresh drinking water fountains that are placed throughout the College grounds and buildings. Pupils are encouraged to bring in their own reusable water bottle and keep it with them throughout the day, including lessons and sports.

The College supports the pupils in recognising that they need to drink water when they are thirsty, hot or tired, or feeling unwell.

**Supplements**

The use of supplements, such as protein shakes, creatine and other performance enhancing aids are heavily discouraged. The Sports Department promotes a 'food first' policy. Pupils can ensure they lead a healthy lifestyle through exercising & eating an appropriate diet for their needs thus negating the need for supplementation. Further information on nutrition can be sought from members of staff, including those within the Physical Education department, and the Medical Centre.

**Boarding**

Ongoing advice is given to boarders during induction, at house meetings and at mealtimes about the benefits and effects of eating a healthy diet. The boarding community meets with the catering team once every term. Pupils are encouraged to participate and represent their houses. Minutes from these meetings are then circulated amongst the pupils and displayed on the house notice boards. Boarders are expected to attend all meals in the dining hall. Takeaways are allowed at weekends, but boarders are strongly encouraged not use this meal option too frequently. All takeaway food should be eaten in the communal areas and never taken to bedrooms. Each boarding house has kitchen facilities which provide pupils with a fridge, freezer, toaster, kettle and a microwave. A hob and oven are also available in each building for pupils to prepare their own meals. Boarders are encouraged to learn how to cook, and tutors are always willing to give advice or lead cooking sessions.

Staff and boarders are encouraged to mix through a series of events held by the boarding houses throughout the year in which staff are invited to attend such as Christmas dinner, barbeques and Chinese New Year celebrations.

**Special dietary needs and food allergies**

The College is sensitive to the catering needs of pupils with specific dietary needs, including religious considerations. Parents will be asked about any special dietary requirements for their child. Parents of children who have special diets (for example a gluten-free diet) or who have food intolerances are responsible for providing the College with information about their diet and choices available to the child. The College updates its records regularly. Menus will be carefully planned and adapted accordingly. Information on pupils at risk of anaphylaxis are communicated to catering from the Medical Centre on site – intolerances and choices are left to the individual. A photo list of pupils with severe allergies is available in the servery. The catering team are annually trained in EpiPen use, allergy awareness and food safety. Allergy information for each meal is printed on the menus in the Christison Hall.

Before each school trip, the Medical Centre provides medical, dietary, allergy and anaphylaxis advice for each attending pupil.

**Food hygiene**

The kitchen facilities at the College are inspected on a regular basis in relation to the Food Safety Act. The College adheres to the recommended guidelines and good practices for the preparation and storage of food. Any staff directly involved in cooking and the preparation of food in the Collegewill have successfully completed a Food Hygiene Course.

**Social skills**

Meals can be times of pleasant social sharing. Opportunities for pupils, teachers, tutors and house staff to eat and drink together are provided. This provides an opportunity for pupils to learn good social skills and behaviour associated with eating and drinking. This also enables staff to monitor healthy eating. Staff on duty monitor behaviour during mealtimes and keep a discreet eye on meal selection, encouraging healthy choices.

**Pupil voice**

The Catering Committee meets by year group every term with a representative from each form. Pupils make suggestions and ask questions, and these are fed back to the relevant staff member who will respond.

**Festivals and celebrations**

The College celebrates different festivals and celebrations. It recognises that festivals can provide a valuable opportunity for pupils to experience diversity from a wide range of cultures and nationalities and the contribution they make to the variety of foods eaten in Britain today.

**Diet in the Curriculum**

In Biology, pupils learn about the importance of a balanced diet and the different macronutrients and micronutrients necessary to achieve this. Pupils are taught to recognise that their diet might change at different points in their life depending upon how much exercise they take, their age and other genetic factors. Pupils explore different cultural approaches to food and the impact that climate change and geopolitical factors can have on food security. Year 13s have the option of choosing Liberal Studies courses that teach cookery skills and food sustainability. Eco Week encourages pupils to be mindful of their food waste and carbon footprint in their food choices. The carbon rating of meals is shown on the online menu available through MyDulwich.

Posters around the Sports Centre give information on each food group and its role in the body before, during and after exercise. Pupils are encouraged to eat a balanced diet and take on the correct nutrients to support healthy development.

**Consultation Process**

This policy has been developed in consultation with:

- Pupils through School Councils and the Catering Committee
- Parental feedback
- Teaching staff: especially Wellbeing, Science and Physical Education depts.
- Catering staff
- Housemasters and the Medical Centre staff
- SMT

**Useful sources of additional information**

- https://www.gov.uk/government/publications/school-food-standards-resources-for-schools/school-food-standards-practical-guide
- British Allergy Foundation Allergy UK, Planwell House, LEFA Business Park, Edgington Way Sidcup, Kent, DA14 5BH
- Allergy Helpline: 01322 619898
- www.allergyuk.org
- British Dental Association, 64 Wimpole Street, London, W1G8YS Tel: 020 7935 0875
- www.bda.org
- Food Standards Agency Aviation House, 125 Kingsway, London, WC2B 6NH.
- Helpline – General enquiries Tel:020 77276 8829
- www.food.gov.uk

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| **Policy Owner:** | Senior Deputy |
| **Last Reviewed:** | January 2024 |
| **Date of Next Review:** | Academic Year 2025-26 |