

POLICIES & PROCEDURE

Healthy Eating

Approved by:	K James, Principal	Published on:	03/10/2024
Last review:		Review date:	01/09/2025

One of the central aims of our school is for all aspects of school life to promote the health and wellbeing of all members of our school community.

As a school, we are always looking at healthy eating as one of our priority areas. We recognise that food and nutrition forms a very important aspect of our students' health and wellbeing and very much contributes to effective learning. We would therefore like to take this opportunity to ensure we all play our part in giving our students consistent messages about a healthy, balanced diet. The following four areas are important:

Cafeteria Provision

The Cafeteria provision follows the Guernsey Food Standards guidelines for Schools. We publish sample menus on our website.

Packed Lunches

We encourage parents to follow the guidelines set out by The British Nutrition Foundation which are as follows:

- A portion of starchy food e.g. wholegrain bread/pitta bread, pasta or rice salad
- Fresh fruit and vegetables e.g. apple, banana, orange, celery, carrot, pepper sticks, cherry tomatoes, mini fruit chunks
- A portion of milk or dairy foods e.g. cheese, plain or fruit yoghurt
- A small portion of lean meat/fish or alternative e.g. ham, chicken, beef, Quorn, tuna, egg etc.
- A drink of fruit juice (not fizzy or diluted) or water (not flavoured)

Water in Schools

Water refill stations are located at a number of locations throughout the school so students are encouraged to bring a reusable water bottle.