



ROCKBROOK PARK
SCHOOL

Healthy Eating & Drinking Policy

November 2021

Overview

For a student to achieve his full potential in school, it is important that he eats healthily. A healthy diet also has a positive impact on a student's physical and mental wellbeing. In recognition of this, the school has in place a 'Healthy Eating and Drinking Policy'. The overall aim of this policy is to:

- Promote healthy living with regard to food and drink.
- Understand the benefit of a healthy, well-balanced diet.
- Help students make informed decisions about their diet.
- Develop awareness of the importance of food for growth and development.

This policy compliments the school's Physical Education, Men of Character (Healthy Living), Science and Outdoor Man lessons, all of which deal with nutrition and physical health at some level.

Role of Parents

As there are no canteen facilities in the school at the moment (2021-22 school year) and students do not leave the school grounds, students must bring their lunch with them each day. Therefore, the school relies on parents to help their sons develop healthy eating and drinking habits. What the boys learn at home regarding nutrition is naturally of greater benefit to what we as educators can do in the school. The school provides microwaves and kettles to all years but it is recommended that these only be used to re-heat healthy meals prepared at home.

Drinks Not Permitted

Most fizzy/energy drinks contain very high concentrations of sugar and other sugar substitutes. The consumption of these drinks while in school has no health or concentration benefits for students. Simply put, they do not help the student to learn.

The table below gives an indication of how much sugar is contained in the most popular brands of energy and fizzy drinks:

Energy/Fizz Drink	Sugar Content (number of teaspoons)
Monster Energy 500mL	14 tsp (57g)
Red Bull 473mL	13 tsp (51g)
Coke 330mL	9 tsp (35g)
Coke 500mL bottle	12 tsp (50g)

It is incumbent upon the school to provide the healthiest learning environment for our students and certain drinks can undermine this effort. Therefore, the following drinks are not permitted in school at any time:

- Fizzy drinks
- Sports/energy drinks
- Drinks/juices with high sugar content

Recommend Drink Option

It is no surprise that the only drink the school recommends for students is water. All students are encouraged to bring their own water bottle to school and to fill it with the fresh water provided from the water fountains in the school. The benefits to students from drinking water throughout the day are:

- It's super healthy (0 calories and no added sugar).
- It's good for the body.
- It's good for the mind - staying hydrated helps concentration and focus.

Students may wish to dilute their water with flavoured options but they should be mindful of the sugar content.

Recommended Break/Lunch Options

Students have 15 minutes for their break (11:00-11:15) and 40 minutes for their lunch (13:15-13:55). The following are lists of food groups and recommended options in each:

- Breads – whole-grain breads, rolls, bagels, wraps, soda bread or pitta.
- Bread substitutes – oatcakes, plain rice cakes or crackers.
- Fillings – cheese, tuna, hummus, cold meats, pate, egg, lettuce, spinach, cucumber, tomato, onion, peppers, coleslaw, salad, or banana.

- Hot leftovers in a flask – curry, pasta (with or without sauce), soup/chowder, baked beans, rice, stew, lasagne or noodles.
- Cold leftovers.
- Fruit – apple, oranges, banana, grapes, pear, plum, peach, apricots, melon, grapefruit, pineapple, strawberries, raspberries, mango, blackberries or blueberries.
- Raw vegetables – tomatoes, sweet corn, peppers, carrot sticks, celery sticks, broccoli, cabbage or cucumber.

Ideally, a student's lunch should be varied and include:

- Two portions from the bread/cereal group
- One portion of meat or meat alternative
- At least one portion from the fruit and vegetable group
- One portion from the dairy product
- Water

Food Items Discouraged

The following food items, which all contain very high levels of sugar and fat, are strongly discouraged:

- Chocolate spread
- Cheese dips
- Chewy bars, sweets
- Crisps/popcorn
- Cereal bars
- Biscuits/cakes/muffins

NB - Chewing gum and the ordering in of takeaway is not permitted at any time in school.

Food Waste

Parents should be aware of the type of food their son will eat so as to avoid food wastage. A significant amount of food waste comes in the form of fruit.

Students are encouraged to participate in making their own healthy school lunch, as this will reduce the likelihood of parts of it going into school bins.