



*St Robert of Newminster Catholic School
& Sixth Form College*

*Healthy Food & Lifestyle
In-School Guide*



*St Robert of Newminster Catholic School & Sixth Form College
aims to ensure all aspects of food and nutrition,
promotes the health and wellbeing of students, staff and visitors
in our school.*

Why?

Diet is central to health and young people's diet can be an important influence on their present and future health. We know that a good diet can help protect against chronic diseases (continuous severe illness) in later life.

Some facts:

Cardiovascular disease and cancer are England's biggest killers, accounting for around two thirds of all deaths.

International research shows that diets rich in fruit and vegetables are protective against cardiovascular disease, including heart disease and stroke.

Poor diet is the biggest contributor to cancer deaths after smoking, and may be responsible for up to a third of all cancer deaths.

Young people in the UK:

- eat too much fat, particularly saturated fat, added sugars and salt.
- eat only two or less of the recommended five portions of fruit and vegetables a day.
- 8% of 8-16 & 12% of 15-16 year olds have nothing to eat before school
- 3 out of 10 boys and 4 out of 10 girls do not meet the recommended hour a day physical activity for young people.

**BEHAVIOUR and ACHIEVEMENT SUFFERS
when young people are poorly nourished.**

The Balance of Good Health is Based on the 8 Guidelines for a Healthy Diet:

1. enjoy your food
2. eat a variety of different foods
3. eat the right amount to be a healthy weight
4. eat plenty of foods rich in starch and fibre
5. eat plenty of fruit and vegetables
6. don't eat too many foods that contain a lot of fat
7. don't have sugary foods and drinks too often
8. if you drink alcohol (legal age 18 years) drink sensibly

More foods should be eaten from the
“Bread, Other Cereals and Potatoes Group” and the “Fruit and Vegetables Group”

compared with the
“milk and Dairy Foods Group” and the “Meat, Fish and Alternatives Group”

And foods in the smallest group, containing
“Fat and Sugar”

Add choice and palatability but should be eaten sparingly and

NOT INSTEAD OF FOODS FROM THE OTHER FOOD GROUPS!

Food Safety and Hygiene

Food safety and hygiene is of paramount importance to ensure that food is stored, prepared and eaten in clean safe environments.

Food poisoning can be easily prevented by taking the following four simple precautions:

1. wash your hands properly and keep them clean
2. cook food properly
3. chill food properly
4. avoid cross-contamination.

St Robert of Newminster Catholic School & Sixth Form College aims to support all members of our community and visitors in leading a healthy lifestyle.

How?

By promoting and encouraging healthy lifestyles and choices in our:

- curriculum,
- retreat programme
- pastoral programme,
- extra curricular activities,
- Health and Wellbeing Week,
- food and drink provision,
- communication systems,
- appointment of a School Nutrition Action Group
- behaviour, support and safety systems, and
- reward systems.

In the curriculum

At Key Stage 3e.g.

- “Food” is taught within Design Technology and Science.
- In PE you are also encouraged to take part in physical activities.
- The Pastoral Programme promotes healthy choices.

At Key Stage 4e.g.

- Students can opt to take GCSE Design and Technology: Food.
- GCSE PE is an option but all students participate in PE lessons.
- The Pastoral Programme promotes healthy choices.

At Key Stage 5e.g.

- A/S and A2 Level Food Technology is offered
- A/S and A2 Science
- PE is offered to all students on a rolling programme.
- The Pastoral Programme promotes healthy choices.

Retreat Programme

The Chaplaincy Team support all staff and students in our spiritual journey as we are given the opportunity to reflect and express how we feel about events in our lives in the context of our faith. We are also given many opportunities to pray to God together with our community, which provides us with comfort and support as we meet life’s challenges and celebrate special events.

Extra Curricular Activities

A wide selection of extra curricular activities are offered during lunch breaks, after school or at weekends and promoted through the school's communication systems e.g. on display boards, in assemblies, on the plasma screens and in newsletters. It is important that you aim to do at least one hour of exercise per day.

Travel Plan

Students who do not have great distances to travel to and from school could choose to walk rather than travel by bus or car. If you live too far away from school you could walk for part of your journey. This will provide a good opportunity to exercise but always walk with an adult or a group of friends and use the underpasses or safety crossings. Also give enough time to ensure you arrive to school punctually.

A number of students travel to school by bicycle. Our roads are very busy particularly at peak times and so it is important that you wear the recommended safety gear and your bicycle is roadworthy. Cycle Safety training is offered at school free of charge each July. Contact Mrs. Wake if you are interested.

Health Week

This is an annual event which aims to promote HEALTHY CHOICES. The programme includes Healthy Food Cooking Demonstrations, Healthy Stalls, Healthy Competitions, extra-curricular taster sessions for students and adults, First Aid Training, Sports Events and Road Cycling Safety Training.

The Health Stalls are set up to promote various healthy choices and raise awareness of health issues. Stalls have included:

- Promotion of our Anti-Bullying policy. Students were asked to sign a display showing your support for our Anti-Bullying Policy and were given a blue ribbon to show their support,
- Environmental issues were explored and recycling was promoted,
- Mrs. Hughes, our School Based Social Worker/Counselor explained what emotional support is available in and outside our school (CAMHS staff involved),
- Our Home Liaison and Attendance Team reminded individuals what their attendance % was and why it is important to aim for 100%,
- Our Chaplaincy Team/Youth representative promoted Retreats & Youth events,
- Our School Council promoted what they have achieved and discussed the importance of students' views in and beyond our school community.
- Physical activities were promoted and students were given the opportunity to test their skills e.g. golf, sword fencing and exercise.
- Health professionals provided displays and information about smoking, alcohol, healthy food and drink options.
- Denise Jackson, our Extended Services Coordinator, promoted her role and

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activities outside St Robert's.

- Healthy Food stall promoted healthy food and ran Healthy food quizzes.

From the feedback given students and staff found the week to be enjoyable and in informative. If you have any comments or ideas to help us prepare for this year's Health and Achievement Week in July, please tell your Student Council representative.

Food and Drink Provision

Healthier food options are available at lunchtimes to support the health and wellbeing of all members of our school community. The School Council conducted a Student Questionnaire about the changes and the results were very positive. A large number of students and staff have welcomed the changes and acknowledge that healthier options are now available at St Robert of Newminster Catholic School & Sixth Form College. However we are aware that with the building programme and the demolition of our dining hall, the temporary dining facility is not ideal and because of the demolition of the Atrium the pre-order counter at break time and the quick-sandwich bar at lunch-time can no longer function and so the queues are longer as a result. The new dining hall will be able to facilitate students in a much more pleasant environment and will eliminate the queues. If you have useful suggestions or concerns tell your Student Council representative who will take them to the Well-Being Focus Group.

Breakfast is available to all each Tuesday till Friday at 8.00am. Remember if you have a healthy breakfast it will improve your concentration and performance throughout the day.

HEALTHY food is available in the dining hall at break times.

Healthier vending machines are available for Sixth Form Students to extend the existing healthy food and drink provision throughout the school day.

Fund Raising & Rewards

Please remember any fundraising or rewards involving food must comply with the Healthy Foods in Schools' Standards.

Water Provision

Free cool water provision is available from the water coolers in many areas of the school.

Remember it can reduce tiredness, irritability and will have a positive effect on your concentration throughout the day. However **only water is permitted not fizzy drinks.**

Some Top Tips

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- Water bottles should not be shared. Label your bottle so it can be clearly identified
- Wash your bottle daily in warm soapy water, rinse it and leave it to dry upside down
- The nozzle of a sports cap should be opened and flushed through.
- Bottles can be washed in a dishwasher taking care to separate the cap.

Safety Tips

- No cups or bottles of water should be kept near computers or other electrical equipment.
- No cups or bottles of water should be used in science labs because of potential risk of contamination.

Health Tips

- If you are drinking adequate water during the school day you will need to go to the toilet at least once in the day. You should make use of the access time made available at morning and lunch break.
- There is evidence that if your body is used to you drinking water throughout the day visits to the toilet should be normal.

Healthier Lunchboxes

A lunchbox provides a valuable contribution towards your nutritional requirements for a day. A HEALTHIER Lunchbox Checklist promotes BALANCE and VARIETY. The checklist ensures that something from each of the food groups is included in the lunchbox, providing a better balance of nutrients, and that it includes a drink (See Lunch Box Policy).

Have you included in your lunchbox?

- A good portion of starchy food e.g. wholegrain bap, thick sliced whole meal bread, chapatti, pitta pocket, pasta or rice salad?
- Plenty of fruit and vegetables e.g. an apple, Satsuma, handful of cherry tomatoes or carrot sticks, mini-can of fruit chunks or small box of raisins?
- A portion of semi-skimmed milk or dairy food e.g. individual cheese portion or pot of yogurt?
- A portion of lean meat, fish or alternative e.g. ham, chicken, beef, tuna, egg or hummus?
- A drink e.g. fruit juice, semi-skimmed milk or bottled water?

When choosing products for healthier lunchboxes,
**YOU SHOULD TRY TO CHOOSE THOSE LOWER IN
SALT, FAT & SUGAR.**

Dining Room Environment

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As part of the Building Schools for the Future initiative there will be further improvements to St Robert of Newminster Catholic School & Sixth Form College. Representatives of our School Council took part in the Sunderland LEA's Consultation Conference. The dining hall and social areas will be part of this development. Ensure you communicate your ideas to your Year and School Council representatives so we can make changes which will benefit and please us all.

Communication Systems

We communicate and promote healthy choices and activities in a number of ways e.g. in assemblies, display boards, plasma screen, newsletters, lessons, pastoral programme, Health Week and the In-School Guide. If you have any comments or ideas of how we can improve our methods of communication tell your Council representative. If you wish to contribute in any way Mrs. Wake would be happy to hear from you.

Behaviour, Support and Safety Systems

Your emotional health and safety are important to us. We have a pastoral system which dedicates its time and energy to support you. The majority of students are caring, co-operative and disciplined individuals however if you have any concerns, or suggestions how we might improve, then you can do so by contacting Mrs. Wake directly or by communicating your ideas or concerns to a member of staff or a representative of the Student Council or Anti-Bullying Mentors who will approach Mrs. Wake on your behalf.

Pastoral Support Staff:

Mrs. Wake: Deputy Head: Every Child Matters

Miss Moreland: Director of Sixth Form

Heads of Year:

Year 7: Mrs. Andrew, Year 8: Mr. McHale, Year 9: Mrs. Napier, Year 10: Mr. Taylor, Year 11: Mr. Small, Year 12: Mrs. Green, Year 13: Mr. Craggs.

Tutors

Mrs. Hughes: School Based Social Worker. Confidential Counseling Service.
(Office near medical room)

Mr. Humble & Mrs. Moran. Home Liaison and Attendance Officers.
(Office near medical room)

Dr Lear & Mr. Batey: Re-Integration Managers

Dr Lear: Director of Special Needs & Inclusion

Mrs. Hendry & Mrs. Pickard. Medical Room staff.

Mrs. Pickford & Mrs. Moncur. Student Office staff.

Miss Moreland: Director of Sixth Form.

Mrs. Clark & Mrs. Hogg. Sixth Form administration staff.

No-Smoking Policy

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Research shows that almost all adult smokers took up the habit when they were children. It is estimated that 450 children a day take up the habit. The medical profession regard smoking as the major cause of many illnesses. It is estimated that approximately 114,000 smokers a year die in the UK because of their smoking habit. Non-smokers are at risk of being harmed by second-hand smoke i.e. by inhaling smoke from other people's cigarettes.

St Robert of Newminster Catholic School & Sixth Form College acknowledges that smoking and breathing other people's tobacco smoke is both a public health hazard and a health issue and therefore operates a No Smoking Policy to protect both pupils and staff from the harmful effects of smoke. Please note IT IS AGAINST THE LAW and it is expected that this is followed by all members of the school community as well as visitors to our school.

Students who break the rules will be subjected to school discipline procedures. Students who choose to accompany students who are smoking will be viewed as supporting this breach of rules and will also be subject to the discipline procedures Ref: Behaviour Policy & No Smoking Policy).

Anti-Bullying Policy, Racial Equality Policy & Child Protection Policy.

As a Catholic community we live according to Christ's teaching. If we love one another as Christ instructed us to do we cannot hurt one another.

If someone is hurting you or you witness or hear about someone hurting another it is **YOUR RIGHT and RESPONSIBILITY to TELL SOMEONE.**

Mrs. Wake is the Designated Person for Child Protection
Mrs. Bowen is the Deputy Designated Person for Child Protection

If someone is bullied or experiences racial abuse you must tell an adult you trust. Take a friend with you if you wish. You may tell e.g. your Tutor, Head of Year or Mrs. Wake. All incidents of bullying or racial abuse are taken seriously and dealt with according to school/national policies. Mrs. Wake is the Designated Person for Anti-Bullying and Racial Equality.

If you have any concerns, or suggestions how we can improve our procedures and support, do not hesitate to let us know via your Year/School Council, Tutor, Head of Year, School Based Social Worker/Counselor, Home Liaison & Attendance Team, Medical Room staff, Mrs. Wake or any member of staff. You may choose to ask a parent or a friend to contact your Head of Year or Mrs. Wake on your behalf.

Reward Systems

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St Robert of Newminster Catholic School & Sixth Form College wants to acknowledge and encourage the effort and contributions our students make in all aspects of their lives and development.

- Students are awarded certificates, medals and trophies for their effort and achievements whilst participating as individuals or in teams in sporting activities and competitions.
- Students are rewarded for the contributions they make in promoting or participating in healthy choices e.g. in Health Week, food competitions, quizzes etc.
- Students are praised, awarded commendations, stickers, post cards and certificates etc for fundraising, citizenship, positive behaviour and effort.
- Good work is celebrated and displayed and students are praised, awarded stickers, postcards, commendations, certificates, and are presented with trophies at assemblies and award ceremonies, for creative and academic effort and achievement.
- Students are praised and rewarded for good and improved attendance.

If you have any suggestions how we might improve our reward systems tell your Student Council representative who can raise it at the Year and School Council meetings.