



Health and Wellbeing at Rosshall Academy

Encouraging Healthier Eating Habits

There are increasing concerns about the impact of unhealthy eating on young people's behaviour and long term health and wellbeing. Many pupils who eat out of school at lunchtime buy unhealthy convenience food of poor nutritional quality often promoted by meal deals and promotions from outlets which are easily accessible. Please see below Rosshall Academy's guidelines introduced in consultation with our Parent Council and pupils, to meet Glasgow City Council and Scottish Government recommendations regarding healthy food choices, and impact positively on pupils' health and wellbeing:

- 1) Food can be purchased from the Social Space Fuel Zone and the Rosshall hut in the playground. All of the food served in school complies with Scottish regulations regarding sugar, salt and fat. Pupils are also welcome to bring a packed lunch. Focus groups of young people will continue to be consulted about Cordia menus, which are adapted in light of pupils' views. We are engaging our School Nutrition Action Group (SNAG) in further consultation each session.
- 2) Pupils must not bring bottled or canned fizzy drinks or takeaway meals / unhealthy snacks into the school building at any time.
- 3) S1 should stay in school at lunchtime. S2 – S6 pupils will also be encouraged to stay in school at lunchtime.

It is hoped that as well as being more economical and safer for our young people, these measures will improve the lunchtime eating habits of many and will raise awareness of the benefits of healthy eating for all. Further they will encourage an increase in participation in the numerous lunchtime clubs and activities (sporting, creative, academic and many more) that are on offer at Rosshall Academy. Finally, they will support our drive to reduce litter in school and in the local community. This will be reinforced with pupils at assemblies.

As always, your views on any aspect of our school community are welcome.

Thank you for your cooperation.

Alison Mitchell
Head Teacher

