

ST MARY'S CATHOLIC PRIMARY SCHOOL, STUDLEY



Whole School Food Policy

Headteacher

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Chair of Governors

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Whole School Food Policy

1 Introduction

1.1 We are committed to ensuring that the children in our care grow into healthy adults. St Mary's practice is guided by the following five key principles, that children will:

- be healthy;
- stay safe;
- enjoy and achieve;
- make a positive contribution;
- achieve economic well-being.

1.2 Consequently, this school does its utmost to teach children the key points about living a healthy life, including the importance of eating healthy food. Our Whole-School Food Policy is designed to contribute a vital element to our strategy of creating a school environment in which children can thrive. We believe that it is only through a whole-school approach that the key messages about food and drink can be really effectively conveyed. This document sets out our policy on this.

2 Aims and objectives

- To help children know and understand the importance of food and drink in a healthy lifestyle.
- To help children learn what healthy food is and the importance of a varied and balanced diet.
- To give children the skills they need to make the right choices with regard to food and drink.
- To promote the physical and emotional well-being of all our children.
- To understand seasonality, and know where and how a variety of ingredients are reared, caught and grown.

3 The curriculum

3.1 As of September 2014 food, cooking and nutrition education is a compulsory part of the school curriculum for KS1 and KS2.

- Ensure food and nutrition is taught at an appropriate level throughout each key stage.
- Identify food and nutrition links to different subject areas.
- Addressed through different teaching methods; leading by example, staff training, visitors to the classroom, resources etc.
- Monitoring of the pupils learning.
- EYFS pupils are taught about healthy eating daily and fruit is available for them in the classroom.
- We have two purpose built cooking areas for cooking curriculum delivery.

3.2 We will plan explicit teaching about healthy eating in our formal curriculum. For example, we will teach children about the preparation, seasonality and cooking of healthy food in design technology classes, while in geography lessons, children will learn where food

comes from and how it reaches the shops. In science, we will teach about nutrition and the needs of a healthy body. Through mathematics, we will teach children to measure and calculate size and weight. In English, we will provide opportunities for children to discuss, read and write about health-related issues, such as GM foods, and why some parts of the world have a surplus of food, while other parts have famine. In religious education and during our social cohesion weeks, children will learn about how food is valued in different societies, and the part food plays in religious custom and practice. In physical education, children will have the opportunity to learn how their body reacts to exercise, and the importance of food and drink to participation in sport and dance. In PSHE, children will have the opportunity to reflect on food-related issues such as how food is advertised, and how we can enjoy treats without damaging our bodies.

- 3.3 We will also promote healthy eating through the informal curriculum. For example, we will promote healthy eating regularly in assemblies and encourage participation in after school cooking club. We will encourage children to participate in school games clubs and sports, and so learn the enjoyment of a healthy lifestyle. We will organise school visits to outdoor pursuit centres, and provide opportunities for children to explore the natural world as well as visits to farms and supermarkets so children are aware where their food comes from. Our school site will be fully exploited in the interest of the children's physical and emotional development through playground activities. Gardening club enables children to grow fresh produce.

4 The school environment

- 4.1 We will ensure that our school environment promotes healthy eating. We will not allow children to bring sweets, crisps or chocolate into school on Monday to Thursday, (though a small treat is acceptable on Friday).
- 4.2 We will not have vending machines on the school site that dispense sweets or chocolate.
- 4.3 We will encourage children to drink plenty of water by providing them with a water bottle for use at any time, access to cooled water, and regular opportunities to drink water throughout the day.
- 4.4 Children will be encouraged to bring fruit to eat at break times if they wish to have a snack, and our youngest children have fruit provided for them daily.
- 4.5 At St. Mary's we understand that snacks can play an important part of the diet of young people and can contribute positively towards a balanced diet. The Government's school fruit and vegetable scheme entitles all children in KS1 to one piece of fruit and/ or vegetable per day. Snacks provided for children and staff are always tooth friendly and any food containing sugar is restricted to mealtimes only and will be provided on a limited basis.

5 School lunches

- 5.1 We will serve only healthy food and drink for our school lunches. The lunches will be prepared freshly and on site. A basic requirement will be that they provide a vegetarian option each day, that they always serve vegetables and fruit, and that all lunches have a balanced nutritional value.
- 5.2 The parents or carers of children who bring packed lunches will be made aware of our healthy-school policy. Parents are encouraged to provide healthy well balanced packed lunches and are given clear guidance about what should be included in a healthy packed lunch.

Preparing a balanced child's lunchbox, include:

- Starchy foods – these are bread, rice, potatoes, pasta and others
- Protein foods – including meat, fish, eggs, beans, and others
- A dairy item – this could be cheese or a yoghurt
- Vegetables or salad and a portion of fruit
- A healthy drink such as water, milk or 100% fruit juice

INCLUDE:
<ul style="list-style-type: none">- Minimum of 1 portion of fruit and 1 portion of vegetables everyday- Meat/ fish eggs and non-dairy protein e.g. pulses everyday- Oily fish at least once every few weeks- Starchy food such as bread, pasta, rice, potatoes- A dairy product milk, cheese and yoghurt- Water or milk (semi-skimmed or skimmed)

LIMIT:
<ul style="list-style-type: none">- Meat products sausage rolls, pies, sausages etc- Cakes and biscuits to be enjoyed as part of a meal occasionally not as a snack- Fruit juice 150mls per day

DO NOT INCLUDE:
<ul style="list-style-type: none">- Salty snacks such as crisps nuts etc- Sweets and chocolate- Sugary soft drinks

For more information: www.childrensfoodtrust.org.uk

- 5.3 Free milk is available for children up the age of five and can be purchased by parents thereafter.
- 5.4 Pupils attending school events who have school meals are provided with a nutritious packed lunch if not on the school site for lunch.
- 5.5 Celebrating children's birthdays with cake is not encouraged in school time. If parents wish to share cake with their child's classmates, may do so in the playground after school and with other parent's permission.
- 6 Role of parents and carers**
- 6.1 We will work closely with parents and carers to ensure that the messages about food and drink we give in school are reinforced and supported at home. Healthy messages and updates about initiatives such as walk to school weeks and audit results are communicated through our newsletter.
- 6.2 We expect all parents and carers who send their children to our school to respect our healthy food policy and to support it fully through the food they give their children to bring to school.
- 6.3 At new parent's evenings we will promote cooked school lunches and healthy lunch boxes.

- 6.4 All parents are invited into school each year to eat with their children at lunchtime. Also parents/family are invited to eat what the Cooking Club members have cooked, at the end of their six week sessions.
- 6.5 A yearly audit of childrens' snacks will be carried out to monitor healthy eating.
- 6.6 St. Mary's has adequate facilities, suitable equipment, and all food handlers are appropriately trained. All possible hazards are identified.
- 6.7 St. Marys is aware of all food allergies/intolerances and other dietary requirements of the children. We offer a vegetarian option for every meal.

7 Monitoring and review

- 7.1 The governing body will monitor this policy to ensure that our children are taught the importance of healthy eating. It will be reviewed on a regular basis, and at least once every two years.