

St Thomas' Catholic Primary



Whole school food Policy

Date of Policy Implementation: September 2009

Date of Next Policy Review: September 2014

Persons Responsible for Drafting the Policy: Germaine Campbell, Fiona Newton

Introduction

The School Nutritional Action Group consisting of representatives from all stakeholder groups drew up this policy. The policy was discussed with teachers, support staff, midday supervisors, parents and pupils. The policy is posted on the school website

Rationale

The Board of Governors recognises the important connection between a healthy diet and a student's ability to learn effectively and achieve high standards in school. We also recognise that the school is well placed at the centre of our community to play a significant part in promoting family health.

We understand that food is fundamental to life and through effective leadership, strong school ethos and curriculum, we can create an environment that promotes a healthy lifestyle and encourages pupils and their families to establish and maintain life-long healthy eating habits.

Aims

- To provide a programme of cross – curricular food and nutrition education that will inform pupils of their choices.
- To provide a consistent whole school approach to food, nutrition and health that encourages pupils to make healthier choices and to practise what we preach.
- To encourage children to choose a variety of food and to understand and practise “The Balance of Good Health”.
- To ensure that the school meals, freshly cooked on site by our catering team, meet all current government legislation.
- To work in partnership with our midday supervisors/ parent volunteers to provide a pleasant dining experience that will contribute to the social development of our children.
- To encourage parents to provide healthy choices for children’s packed lunches and discourage parents from including crisps, confectionary and snacks high in sugar, salt and fat.
- To ensure that parents provide a healthy break time snack of fruit, vegetables, or energy giving carbohydrates and discourage crisps, confectionary, chocolate biscuits and snacks high in sugar, salt and fat.
- To ensure that all pupils have access to an easily available water supply throughout the school day and understand what impact drinking water has on their learning capacity.
- To ensure that sweets are not regularly used as a reward by teaching and support staff but that other rewards are offered that are in line with the school behaviour policy

Objectives

By working together as a community, we at St Thomas’ want to promote healthier eating habits by:

- Ensuring that this policy is embraced by all stakeholder groups,
Governing Body, School Leadership team, Teachers and support staff, Pupils, Parents / Carers, Catering Team
- Reviewing and updating our curriculum relating to food and nutrition on an annual basis
- Encouraging children to eat fruit and vegetables each day (5- a day Scheme)
- Involving the whole school by newsletters, healthy schools week, new entrants meeting, School prospectus, open afternoons for parents, workshops for parents and pupils.

School Meals

School Meals are prepared and cooked onsite by our own catering team lead by Anne Perry. The meals are produced using fresh ingredients, sourced locally where possible and including vegetables grown in the school garden. Our Menu is run on a three weekly cycle and offers children a main course and pudding each day. Children are encouraged to help themselves from the salad table, in addition to their main course. Fresh fruit and wholemeal bread are available each day. The Main Food Groups (Protein Carbohydrate, Fruit and Veg) are colour coded on the menu board and the children are encouraged to include something from each group on their plate.

School Meals cost £2.10 per day and parents are asked to give two weeks notice when changing from or to packed lunches. Approximately 60% of pupils have school dinners

Our menus comply with the current government food based standards legislation.

Food Allergies

We currently have children at school with nut and dairy allergies. As a school, we do not use nuts or nut products in our school meals. At all events where food is sent into school, parents are reminded not to send in items containing nuts. However, we have not adopted a Nut Free policy as we cannot guarantee that nuts will never be present on school premises.

Packed Lunches

Children bring packed lunches to school and eat their lunch in the hall with the children having school dinners. Children are encouraged to eat their packed lunches by midday supervisors. All uneaten food is sent home in the lunch boxes, so as parents can review the quantity and selection of food their children are eating. Whilst we recognise that it is harder to have influence on pupils packed lunches, we plan regular information leaflets for parents to keep them informed of the changes occurring to school food provision. We hope to encourage them to supply their children with healthy packed lunches that are similar to the food-based requirements above.

Break-time Snacks

All children in Foundation Stage and Key Stage One are provided with a piece of fruit for break time snack by the government fruit scheme and do not bring snack into school. This scheme has also been extended to KS2 where a selection of fruit is provided for each class. Children in KS2 are allowed to bring an additional snack for break-time and we encourage children to bring in either a piece of fruit or a carbohydrate snack such as a bread roll or a sandwich. Crisps, confectionary and chocolate biscuits should not be brought in to school at break-time.

Prizes, rewards and birthdays

Sweets/biscuits are not generally provided as prizes or rewards but may be given as a particular treat e.g parties, Christmas. Pupils currently bring small birthday sweets to share with their class/teachers. Pupils are instructed not to eat these on the premises and must seek parental permission to eat them in case of allergies. After consultation with parents and staff on the issue of 'Birthday sweets' parents are keen to continue with this tradition.

Food Across the Curriculum

In Foundation Stage, Key stage 1 and 2 there are a number of opportunities for pupils to develop their knowledge and understanding of health, healthy eating, food safety and where food comes from.

Examples of how this is covered across the curriculum include:

PSHE – encouraging healthy life styles

Maths – weighing and measuring

Literacy – recipes, menus

History – Rationing during the WW2

Geography – food from round the world

Art – drawing fruit

D and T – food preparation and cooking

Other opportunities to extend the curriculum are frequently made, for example:

- Visits to local restaurants – Indian and Fish
- Special celebrations – e.g. Chinese New Year
- Healthy School Week – making pizzas and fruit smoothies
- Making Fruit Cups to raise money

Key Development Targets

- To encourage children to choose healthier snacks at break-time
- To encourage children to make healthy choices at lunchtime and to extend their choices by trying new foods at lunchtime
- To work with parents in understanding “ The Balance of Good Health”
- To encourage parents to provide healthier choices for children’s packed lunches by providing information and holding healthy lunch box workshops

Monitoring and Evaluation

- The Policy will be reviewed annually.
- The healthy schools co-ordinator is responsible for monitoring changes and updates relevant to this policy
- The pupil council and parent forum will be involved in healthy schools evaluation.