

St Mary's Catholic Primary School



Food Policy

This policy document should be considered in the light of our School Mission

Statement which outlines all that underpins our work at St Mary's:

Our school family at St Mary's wants this to be a safe, caring, creative and happy place, where we all have a fair chance to learn and grow together and to do the best we can.

We do this by knowing and loving Jesus more every day and by following his teachings in a joyful way.

This policy was written in **April 2014**.

This policy will be reviewed Spring 2016.

Rationale

St Mary's Catholic Primary School recognises the important relationship between the healthy diets of the school community and their ability to learn, achieve and enjoy school life. We believe that all pupils should be provided with the knowledge and skills necessary to make nutritious and enjoyable food choices that last a lifetime.

We recognise the role that our school can play in developing positive attitudes towards healthy food choices and in promoting family health. We believe in the central importance of food in people's lives, not just for their health but socially, culturally and for personal enjoyment. Shared meals are an important part of our faith. Jesus celebrated his first miracle at a wedding feast and he shared his last with his disciples at the Last Supper.

Mission

St Mary's Catholic Primary School's mission is for pupils to have the confidence, skills and understanding to make healthy sustainable food choices.

This mission shall be accomplished through:

- healthy and nutritious food being made available across the school day
- the curriculum
- working with parents and the wider community.

Contributors to this policy:

Governors

SLT

Teaching staff

School kitchen staff

Dining room supervisory staff

Pupils

Parents

Objectives

1. A member of the Senior Leadership team will oversee all aspects of food in school.
2. Pupils will have easy access to drinking water. They will be actively encouraged to drink water throughout the school day. They will be encouraged to bring a bottle of water to school to drink during the day. Chilled, filtered water is available in the hall via the fountain and also in the jugs on the tables.
3. Healthy food and drink options will be available and promoted at break and lunchtime. All children will be encouraged to bring in fruit (either fresh or dried) at first break.
4. Pupils will be key partners and fully involved in guiding food policy and practices within the school e.g. through school council
5. We will provide a welcoming eating environment both for pupils having school meals and those bringing packed lunches, one that encourages positive social interaction of pupils. Packed lunch and dinner children can sit together and Junior children on sandwiches can choose dinners on as many days of the week as they wish.
6. We will ensure that food provided by the school throughout the school day is nutritious, healthy and meets or exceeds national standards.
7. We will ensure that healthier food and drink options are available and promoted at break and lunchtime and at breakfast club.
8. Pupil's menus and food choices will be monitored to inform policy development and provision.
9. Food and nutrition will be taught at an appropriate level throughout the school. We will ensure that pupils have opportunities to learn about different types of food in the context of a balanced diet using the Balance of Good Health model.
10. We will actively take part in the Universal Free School Meal offer by requiring all infant children (Reception to Y2) to receive school dinners.

11. We will have in place lunch box guidance on foods brought in from home by KS2 children. We will support parents in adhering to this policy.
12. We will endeavour to ensure pupils in school experience consistent messages about healthy food and diet.
13. We will seek to maximise the take-up of Free School Meals at KS2.
14. The school will endeavour to provide food in accordance with pupils' religious beliefs and cultural practices. The school caterer will offer a vegetarian option at lunch every day.
15. Individual care plans will be created for pupils with food allergies. These document symptoms and adverse reactions, actions to be taken in an emergency and emergency contact details. School caterers will be made aware of any food allergies/food intolerance and requests for special diets are submitted according to an agreed process e.g. a physician's written request.
16. An annual food event will promote the importance of healthy eating and will further develop links between the school and the wider community.
17. Where appropriate, outside agencies will be invited to the school to support the work of the school in promoting healthy food choice.
18. Staff will endeavour to act as role models in their eating behaviours.
19. Dining room supervisory staff shall receive appropriate training to maintain a safe, orderly and pleasant eating environment.
20. We will endeavour to make full use of the school greenhouse, encouraging children to grow their own seeds and, where possible, eat the produce at lunchtime.
21. A member of the SLT will be responsible for overseeing all aspects of food in school.

Action Plan

Our schools performance against this policy will be reviewed on a 2 yearly cycle taking into account the views of the whole school community and an action plan developed and implemented.

Developing, celebrating and recognising the importance of healthy food choice and nutrition forms an important part of the school's SIP.