

*Excellence Together, Learning Through Faith.*



# St Mary's C of E (VA) Primary School

As a Church School we seek to ensure that the ethos and principles of Christianity underpin the experiences of the children in our care.

“St Mary’s is an inclusive school where we believe that all people are of equal value, irrespective of their ethnicity, culture, religion, gender, ability or sexual identity. We recognise and respect their differences.”

## Food Policy

This policy is GDPR compliant.

Date of issue: December 2018

Last reviewed/adopted: December 2018 (Academic Standards Committee)

Next review date: Autumn 2021

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

## **Aim**

To ensure that all aspects of food and nutrition in school promote the health and well-being of pupils, staff and visitors to our school.

## **Objectives**

- To ensure that we are giving consistent messages about food and health
- To give our pupils the information they need to make healthy choices
- To promote health awareness
- To contribute to the healthy physical development of all members of our school community
- To encourage all children to take part in the '5 a day' campaign

## **Snacks**

Children in FS and KS1 are offered fruit each day from the Free Fruit Scheme. KS2 children are encouraged to bring in their own fruit. No other form of snack is allowed. Children are encouraged to bring a 'healthy' snack to eat after swimming.

## **School lunches and packed lunches**

All our school meals are provided by Herts Catering who have a healthy food policy as part of their tender. Where possible, this includes the use of fresh fruit and vegetables each day as a choice for the children. They provide a hot and cold option, both of which pay regard to nutritional balance and healthy options. Menus are sent home to parents so that they can discuss with their children what they are going to choose to eat.

Many children bring packed lunches to school. We include newsletter items about the contents of these and we discourage sweets, chocolate bars and fizzy drinks. We have crisp free Thursday where we encourage pupils to have a healthy alternative.

A balanced packed lunch should contain:

- Starchy foods. These are bread, rice, potatoes and pasta, and others.
- Protein foods. These are meat, fish, eggs, beans and others.
- A dairy item. This could be cheese or yoghurt.
- Vegetables or salad, and a portion of fruit.

## **Water for all**

All children are asked to bring water bottles to school daily. Water is freely available throughout the school day to all members of the school community. Children may drink their water at any time except during the 15 minute assembly. Regular water and brain breaks are built into the school day and curriculum by class teachers. FS and KS1 children are also reminded to drink water at their snack time.

## **Specific Dietary Needs**

Parents must inform the school of Specific dietary needs as soon as possible so correct medical action can be taken if necessary.

Children who have nut allergies, diabetes, coeliac disease and/or other dietary needs will have their photographs displayed in the staff room, dining room and classrooms (with the parents' permission), with information and instructions regarding signs and symptoms and treatment.

We endeavour to be a nut free community and many members of staff have received training in the administration and use of 'epipens'.

### **Food across the Curriculum**

In FS, KS1 and KS2, there are opportunities for pupils to develop knowledge and understanding of health, including healthy eating patterns and practical skills that are needed to understand where food comes from such as shopping, preparing and cooking food.

Literacy provides children with the opportunity to explore poetry, persuasion, argument and narrative work using food and food-related issues as a stimulus.

Maths can offer the possibility of understanding nutrition labelling, calculating quantities for recipes, weighing and measuring ingredients.

Science provides an opportunity to learn about the types of food available, their nutritional composition, digestion and the function of different nutrients in contributing to health and how the body responds to exercise.

RE provides the opportunity to discuss the role of certain foods in the major religions of the world. Children experience different foods associated with religious festivals.

ICT can afford pupils the opportunity to research food issues using the internet and other electronic resources. Pupils design packaging and adverts to promote healthy food choices.

Food Technology as part of DT provides the opportunity to learn about where food comes from and apply healthy eating messages through practical work with food, including preparation and cooking.

PSHE encourages young people to take responsibility for their own health and well-being, teaches them how to develop a healthy lifestyle and addresses issues such as body image.

Music can provide pupils with knowledge about different properties of cooked and uncooked foods where pulses and grains are used in unpitched percussion instruments.

Geography provides a focus on the natural world and changing environment, offering the chance to consider the impact our consumer choices have on people across the world who rely on growing food as their source of income.

History provides insight into changes in diet and food over time.

Physical Education provides pupils with the opportunity to develop physically and to understand the practical impact of sport, exercise and other physical activity, such as dance and walking.

School visits provide pupils with activities to enhance their physical development, eg to activity centres.

### **Partnership with parents and carers**

The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Each must reinforce the other. Parents

and carers are regularly updated on our water and packed lunch policies through school and class newsletters. We ask parents not to send in fizzy drinks and we remind them that only water may be drunk during the school day, except at lunch when children may drink juice or squash.

When available, parent helpers run weekly cooking sessions in each class. The school asks parents to consider healthy recipes and discuss healthy eating during the sessions.

When making treats we ask parents to discuss the need to have them in moderation.

During out of school hours events, the school will encourage parents and carers to consider the Food Policy in the range of refreshments offered to the children.

### **Role of the Governors**

Governors monitor and check that the school policy is upheld and can also offer guidance where a member of the body has particular expertise in this area.

### **Monitoring and review**

The SLT and PSHE co-ordinator & link governor are responsible for supporting colleagues in the delivery of the Food Policy. The LA are responsible for ensuring the quality of the food offered as part of the contract with the caterer.