

## **Mission Statement**

St. Mary's Primary School offers a distinctive Catholic education within a caring, welcoming, Christian community, where everyone can feel valued, confident and secure; and have the opportunity to reach their full potential.

We believe that each person is unique, talented and loved by God.

By working in partnership with parents, parish and the community, we aim to create a challenging, stimulating and effective learning environment, where Christ is our inspiration.

*"You are unique, talented and loved by God"*

## **School Food Policy**

### **1. Responsibilities**

The school recognises the important connection between healthy eating and a pupil's ability to learn effectively, and achieve high standards in school. It also recognises the role the school can play, as part of the larger community, to promote family health and sustainable food.

The school recognises that sharing food is a fundamental experience for all people, a primary way to nurture and celebrate our cultural diversity, and an excellent bridge for building friendships.

### **2. Rationale**

To improve the health of the entire community by teaching pupils and families ways to establish and maintain life-long healthy eating habits. This shall be accomplished through a whole school approach centred on food education and skills (such as cooking and growing food), the food served in schools and core academic content in the classroom.

### **3. Aims**

- To improve the health of pupils, staff and families by helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes healthy eating.
- To provide an opportunity for pupils to plan recipes, budget,

prepare and cook food.

- To ensure pupils are well nourished at school, and that every pupil has access to safe, tasty and nutritious food, and a safe, easily available water supply during the school day.
- To ensure that food provision in the school reflects the ethical and medical requirements of staff and pupils, e.g. religious, ethnic vegetarian, medical and allergenic needs.
- To make the provision and consumption of food an enjoyable and safe experience in a pleasurable and dedicated environment.
- To introduce and promote practices within the school to reinforce these aims, and to remove or discourage practices that do not support them.
- To monitor menus and food choices to inform policy development and provision.

#### **4. Objectives**

To work towards ensuring that this policy is both accepted and embraced

By:

- School management
- Governors
- Teachers and support staff
- Pupils
- Food providers
- The school's wider community.

To integrate these aims into all aspects of school life, in particular:

- All food provision within the school
- The curriculum
- Pastoral and social activities.

#### **5. Methods**

Establish an effective structure to oversee the development, implementation and monitoring of this policy, and to encourage a participatory approach to meeting the objectives. Consultation should be ensured throughout the process with priority given to the views of pupils.

This will be achieved by:

- Ensuring that food provision in school complies with latest Government guidelines.
- Consulting with pupils in class council and school council sessions on any issues regarding food in school.
- Governors will review the policy every two years.
- Staff and management will evaluate the impact of the policy in their annual review.
- The head teacher will monitor school lunch provision and liaise with the school dinner providers regarding the menus.

Develop an understanding and ethos within the school of safe, tasty, nutritious, environmentally sustainable food, through both education and example. Initial activities will include:

- Giving out prizes and treats other than sweets. Sweets will only be given out as an exceptional treat.
- Promote healthy packed lunches by stipulating what should and should not be in a packed lunch in school.
- Ensuring breakfast club food is nutritious, healthy, low in sugar, fats and salts.
- Promoting 5-a-day through links with the local PCT.
- Consulting pupils & researching the practicalities of having a healthy tuck shop for KS2 pupils.
- Developing the gardening club to include parents/grandparents and introducing further activities using the food grown.

Create an environment, both physical and social, conducive to the enjoyment of safe, tasty, nutritious and affordable food. This will be achieved by:

- Water coolers positioned in each class room.
- Improving the quality of the dining room environment by consulting with pupils and using grants provided by the LEA, particularly improving the dining room furniture.

Signed:..... Head Teacher

Signed:..... Chair of Governors

Signed:..... Pupil Representative

Date: .....



## **Appendix A: Structures and Organisation**

- The head teacher will take lead responsibility for this policy.
- A whole school approach to the food policy will be taken.
- Food issues will be discussed at class council, school council, staff and governors meetings.
- Pupil preferences in planning menus and snacks will be considered through surveys, taste tests etc.
- Parents will be consulted on any changes to food policy or menus.

## **Appendix B: Integrating into the Curriculum**

- Art - e.g. observation drawings of food, healthy eating poster design.
- P5HE - e.g. menu planning, nutrition.
- D&T - e.g. cooking
- English - e.g. food diaries, following instructions.
- Geography, e.g. what food grows where
- History, e.g. past diets
- ICT - e.g. recording results of a food survey
- Maths - e.g. weights & measures, data handling
- PE - e.g. links between healthy eating and exercise
- Science - e.g. effects of heat on food, plant growth, nutrition

Examples of activities that could support curriculum work are:

- Relationships with local food businesses, e.g. farms, shops and restaurants.
- Tasting sessions
- Cooking demonstrations.
- Healthy eating projects.
- School website with pages on food issues.
- Debates/guest speakers
- School garden

## **Appendix C: • The School Environment**

Creating an environment conducive to the enjoyment of safe, tasty, nutritious and affordable food;

- To regularly review the on-site food provision, particularly ensuring that it meets the religious, ethnic, vegetarian, medical and allergenic needs of pupils and staff.
- To regularly review staff training needs both for teachers, lunchtime supervisors and food service staff.
- To regularly review the dining area, ensuring it is safe, pleasant, comfortable, attractive and clean, with menus on display.
- To make sure that dining arrangements are working well and that pupils have sufficient time to eat.
- To encourage good manners and respect for fellow pupils.

Food Ideas:

Breakfast Food:

- Cereal (non sugar coated, low sugar, low salt, high fibre varieties)
- Fruit (fresh, tinned & dried)
- Yoghurt
- Bread, toast and other appropriate bread products
- Fruit juice, water and milk

Healthy Tuck Shop:

- Fresh/dried fruit
- Vegetables
- Bread sticks
- Low fat/sugar cereal bars.
- Water

Snack/packed lunch items we will consider prohibiting:

- Fizzy drinks

Snack/packed lunch items we will consider limiting:

- Chocolate
- Crisps
- Sweets

Water Issues:

- To ensure the water supply is tested and maintained according to manufacturer's conditions.