

# St. John Bosco RC Primary School



# Whole School Food Policy

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## Policy

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# Whole School Food Policy

## 1. Rationale

St. John Bosco RC Primary School is a Healthy School. We recognise the important relationship between the healthy diets of the school community and their ability to learn, achieve and enjoy school life. We believe that the school, in partnership with parents and carers, can make a major contribution to improving children and young people's health by increasing their knowledge and understanding of food and helping them to make healthy food choices.

Through effective leadership, the school ethos and curriculum, all school staff can bring together all elements of the school day to create an environment which supports a healthy lifestyle. As a school we will endeavour to minimise the impact we have on the environment through considerate packaging, recycling and managing litter.

## 2. Aims

- To give our pupils the information they need to make healthy choices for themselves and the environment;
- To give consistent messages about food and health;
- To promote health awareness;
- To contribute to the healthy, physical development of all members of our school community;
- To ensure that healthy and nutritious food is available across the school day and that every pupil has access to drinking water.
- To make the provision and consumption of food an enjoyable and safe experience.

## 3. Objectives

- A member of the SLT will oversee all aspects of food in school.
- Pupils and parents will be key partners and fully involved in guiding food policy and practice in school.
- We will provide a welcoming, safe eating environment both for pupils having a cooked meal and those bringing a packed lunch, encouraging positive social interaction.
- We will ensure that food provision in the school reflects the ethical, cultural and medical requirements of staff and pupils, e.g. religious, ethnic, vegetarian, medical and allergenic needs.
- Pupils food choices and menus will be monitored to inform policy development and provision.
- Pupils will have access to free, clean and palatable drinking water and will be allowed to drink throughout the school day.
- We will work towards a lunch box policy developed in partnership with parents and pupils. We will support parents in adhering to this policy.
- We will endeavour to ensure pupils in school experience consistent messages about healthy food and diet, including fundraising activities and at school events.
- We will ensure that pupils have opportunities to learn about different types of food in the context of a balanced diet.
- We will ensure compliance with all regulations in respect of food hygiene.

## 4. Responsibility

It is the responsibility of all staff including teaching, support staff and catering staff to implement the food policy and to actively act as role models to demonstrate positive attitudes to healthy eating and to develop

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pupils' awareness and understanding of how to make healthy food choices . Senior Members of staff lead on the development and monitoring of the Policy and liaise with the cook and food contractor. The lead governor on health and wellbeing ensures the policy is implemented. Caterers and kitchen staff are responsible for providing high quality food that complies with the national nutritional standards for school food and contributing to a welcoming and positive eating environment. The catering menu is available to parents via school and the City of Sunderland website.

### 5. Teaching about healthy eating and cooking in the curriculum

Food, its production and preparation is an important part of the curriculum for all pupils and is taught across the curriculum through science, PSHE and PE. We ensure that pupils are taught cooking from Reception up to Year 6, in line with the new national curriculum and emphasise safety issues.

- In FS, KS 1 and KS 2, there are a number of opportunities for pupils to develop their 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.
  - In Maths, we can provide the opportunity 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.
  - PSHCE 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. Pupils are able to discuss issues of interest to young people, e.g. advertising and sustainable development.
  - 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.
- ### 6. Breakfast Club
- Our Breakfast Club operates on a daily basis from 8.00am for children from Reception to Year 6. The food offered is consistent with a healthy diet and includes fruit juice, toast and cereals.

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### 7. Snacks

- Our under 5's receive a carton of free school milk each day which is distributed in Foundation Stage during the morning and afternoon sessions;
- Our Foundation Stage and Key Stage 1 children receive a piece of fruit each morning which is distributed by Teaching Assistants at break time;
- Key Stage 2 children are encouraged to bring a piece of fruit as a snack for break time – no other snack is allowed.

### 8. School and Packed Lunches

*The LA is responsible for ensuring the quality of the food offered as part of the contract with the caterer.*

- Our school meals are cooked on site and are nutritionally balanced and include healthy options.
- Many of our children bring a packed lunch to school. Children learn the importance of a healthy lunchbox through the formal curriculum and we provide information for parents with regard to healthy packed lunch contents. We do not allow fizzy drinks and actively discourage the inclusion of sweets and chocolate in lunch boxes.
- As a school, we encourage social interaction at mealtimes and expect good manners. We strive to make our hall a pleasant environment in which to dine.

### 9. Water

- Children have been provided with water bottles and are encouraged to bring a drink of water to school with them, particularly during the summer months.
- Regular water breaks are built into the school day and children are reminded to drink water at break times.
- A water fountain is situated in our Foundation Stage Unit.
- Parents are reminded not to send fizzy drinks into school – only water.

### 10. Partnership with Parents

- Our partnership with parents is crucial in shaping how our children behave with regard to health.
- We advise parents on healthy options for packed lunches and discourage chocolate and fizzy drinks.
- It is unnecessary for parents to send any food into school except for snacks in Key Stage 2 and packed lunch boxes.
- To meet the aims of this food policy (e.g. religious, ethnic, vegetarian, medical, financial and allergenic needs) we do not accept any food to be shared in class.

### 11. Monitoring and Review

- The Whole School Food Policy will be monitored by the Headteacher and Healthy Schools Coordinator.
- Regular reviews will be held by key staff to assess the implementation of the policy.
- Data produced by the Food in Schools Team will be used to inform future planning.
- We will seek the opinions and views of parents at Open Evenings.
- We will inform governors of outcomes at meetings.

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

Designation: \_\_\_\_\_

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

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