

St Mary's Catholic Primary School **Food Policy**

What are the aims of this policy?

- To make explicit the values and guidelines that underpin every aspect of food culture in St Mary's RC Primary School.
- To ensure that our children receive consistent and coherent messages about food and its role in their long-term health.
- To outline our future plans and goals with regards to food culture in our school.
- To ensure that the school meets the outcomes of the Every Child Matters legislation.

What are the values that inform this policy?

- We believe that every adult at St Mary's can play a part in making sure that the children develop positive attitudes to food, make informed choices and enjoy eating healthily.
- We want the children to understand that good, nutritious food is essential to their ability to learn as well as to their long-term health.
- We want the children to apply their knowledge about food and make healthy choices both in and out of school.
- We want the children to enjoy cooking and learn certain core skills by the time they leave the school.
- We believe that food has a role in developing young people's social skills.

Water in the school

- Children have access to free and fresh water throughout the school day.
- Children are encouraged to bring their own water bottles into their classrooms and are allowed to drink water whenever they feel thirsty.
- Children who eat hot lunch have jugs of fresh water on their tables.
- Children have access to free and fresh water on school trips.

Food throughout the school day:

Before and After School

- We discourage parents from providing and our children from eating sweets, chocolates and fizzy drinks before school.

Breakfast

- We recognise the importance of eating a balanced breakfast and realise that it is hard to concentrate on learning and maintain energy levels without breakfast.
- *We do not have a breakfast club at present.*

Break Time

- Children in Key Stage One benefit from the National School Fruit Scheme – this entitles them to one free piece of fruit or vegetable a day.

Lunch Time – hot lunch in the dinner hall

- We aim to provide our children with good quality, healthy food and we actively promote healthy choices.
- We recognise the importance of eating a hot lunch and hope that more children who take packed lunch will choose to switch to a hot lunch.
- The weekly menu is on display for the children and parents in the dinner hall and corridor respectively.
- We send a copy of the menu to the parents each term.
- We listen to the children's opinions on the menu and adapt the menu accordingly.
- Dudley Catering and Client Services, cook good quality, healthy food. They do not use GM modified food, actively discourage the use of convenience food and ensure that at least 90% of their dishes are freshly prepared. N.B. From September 2006 all schools will have two years to comply with the nutritional standards laid out in the DfES document 'Turning The Tables'. These standards are based on the Caroline Walker Trust guidelines

Lunch Time – packed lunches

- Children who eat packed lunches currently sit separately to the children eating hot lunch.
- We aim to move to 'family service' in the long term. Children who take packed lunches and school dinners will eat together.
- Dudley Catering and Client Services provide packed lunches for school trips in accordance with their own healthy eating policy.
- We aim to reach a stage where no children have chocolate, crisps or sugary drinks in their packed lunches.
- We aim to support parents in making healthy choices when preparing packed lunches.

Lunch Time – the dinner hall environment

- We aim to make sure children have time to eat their lunch and do not need to rush.

Food in the Curriculum

- We exploit opportunities within the existing curriculum to discuss and work with food.
- We recognise that food has great potential for cross-curricula work.
- Staff receive training to make sure they are confident when working with food in their class.
- Formal food education is delivered via the Design and Technology curriculum (see scheme of work and policy). There are also topics in the PSHE and Science curriculum.

Schemes and events

- We try to participate in food-related events as long as they consolidate the aims outlined in this policy. We hold an annual 'Healthy Eating' day to encourage children to eat a healthy lunch. We are participating in Sainsbury's 'Grow, Cook, Eat' campaign and 'Focus on Food' week.

Links to other policies

- This policy has links to the behaviour, PSHE, Equal Opportunities and Design and Technology policies.

How is this policy monitored and evaluated?

- This is a working policy – this draft will go to consultation with the whole school community, including children, parents, school staff (including catering staff) and governors, school nurse, nutritionist and healthy schools officer.
- We will review this policy every two years.

Adopted by Governing Body _____ (date)

Signed _____ Chair of Curriculum Committee

