

St. Catherine's
C of E
Primary School

FOOD POLICY

Healthy Schools

The School is embarking on a programme of activities designed to improve the health, fitness and emotional well-being of all pupils and staff.

What is a Healthy School?

“A healthy school is one that is successful in helping pupils to do their best and build on their achievements.

It is committed to ongoing improvement and development.

It promotes physical and emotional health by providing accessible and relevant information and equipping pupils with the skills and attitudes to make informed decisions about their health.

A healthy school understands the importance of investing in health to assist in the process of raising standards.

It also recognises the need to provide a physical and social environment that is conducive to learning.”

Background

This policy has been formulated following consultation with pupils, parents and staff and its development will continue to be by consultation.

The policy and future amendments will be communicated clearly and consistently to pupils, parents and staff.

It will continue to be developed as the School maintains its Healthy Schools Status.

Aims

The School aims to ensure that pupils and staff are well nourished at school and that every pupil has access to safe, tasty and nutritious food.

The School aims to ensure that all pupils and staff have access to an easily available water supply during the school day.

All school staff are to be encouraged to create and promote an environment which supports a healthy lifestyle through curriculum topics and acting as role models.

The School is committed to providing a welcoming environment at lunchtime that encourages positive social and cultural interaction of pupils and teachers.

The School aims to ensure that it involves pupils and parents in guiding food policy and practice within the school and will take action on feedback provided.

The School is committed to providing training for staff which includes diet, food safety, first aid and hygiene.

The School aims to actively encourage parents to provide healthy items to be included in lunchboxes.

Objectives

What do we want to achieve?

We will review the curriculum to ensure information relating to food and nutrition in different lesson areas are consistent and up to date.

We will work with the school caterer to oversee a balanced weekly menu serving a range of healthy items.

We will establish a themed food week to promote healthy eating and drinking messages.

We will ensure that children are encouraged to bring a water bottle to school to ensure that they are well hydrated.

We will pilot healthy recipes in the after school cookery club.

We will ensure that the DT coordinator will undergo basic food hygiene training and will lead staff inset in this.

We will pilot projects to assist parents in promoting healthy eating.

Guidelines

How will we meet our objectives?

We will discuss our Food Policy and related developments at School Council and through our newly formed SNAG (School Nutrition Action Group) group comprising of the Head Teacher, PSHE Coordinator, a Governor, the School Cook and two School council representatives.

We will set up department meetings to review food based topics at each key stage and ensure that healthy eating and healthy food is promoted through curricular activities and resources.

We will extend the DfES Fruit Scheme into KS2 from Autumn 2006. No crisps to be eaten by our pupils during school playtimes.

We will run a themed food week and promote the use of stickers, certificates to pupils who consistently make healthy choices.

We will further develop healthy recipes used in our after school cookery club.

We will send the DT Coordinator on a food hygiene course.

Food in the Curriculum:

Food, by its very nature, lends itself to many learning opportunities. The school curriculum can be used to enrich pupil's experience of food and healthy eating.

Curriculum content with all children will focus on:

- Food groups leading to good health/growth.
- The development of healthy bodies and teeth.
- Food from different cultures/beliefs.
- Use of related QCA schemes of work throughout the school.
- Internet research and learning materials will be accessed by pupils.

Food Beyond the Curriculum

Children will be introduced to growing and tending within our Sensory Garden.

An After School Cookery Club will be further developed. At fundraising events a healthy option of foods will be available.

Snacks

Reception Year One/Year 2 pupils receive free fruit or veg every day from the Government Fruit and Vegetable Scheme. This will be extended to KS2. No other snacks, such as sweets, biscuits, cakes or crisps are permitted at break-times.

Food containing nuts are permitted. However, due to children with possible allergies pupils are asked not to share their snacks.

Water/Brain Gym Breaks/Wake n' Shake

Plentiful drinking of water is to be actively encouraged and modelled by all staff. All pupils are encouraged to bring a personal, named plastic water bottle. It is intended they are taken home daily for cleaning by parents/carers.

School Lunches/Packed Lunches

Catering for school lunches is provided on site by the Commercial Services caterers. On a daily basis children are offered carbohydrate, protein and vegetables on their plate. Every effort is made to ensure that pupils make appropriate choices.

Through circle time, curriculum topics, after-school clubs and assemblies, children are to be encouraged to eat a healthy packed lunch with positive feedback and reward stickers to promote a

healthy diet. We recommend a savoury item like a sandwich - fruit, yoghurt, healthy snack and one cake or biscuit. Please try to avoid processed gimmicky food. Food 'swapping' or sharing is not permitted and food not consumed will be sent home.

The Dining Environment

The School is aiming to provide a welcoming eating environment which encourages positive social interaction. The children will sit in mixed groups and older children will be encouraged to help younger children (i.e. opening packets, cutting food, carrying trays etc.) The School will aim to reward children who display calm, respectful and polite behaviour and manners during lunchtimes. Appropriate use of cutlery will be rewarded.

Staff Training

The School will be committed to audit existing qualification and provide basic training for staff on basic hygiene and first aid skills.

Pupil/Parent/Carer Involvement

As a school, we value the opinions and suggestions of pupils and parents. Information concerning activities and events will be forwarded to parents through our regular newsletters. All pupils will have access to their representatives on the School Council and their opinions will be sought.

Monitoring and evaluation

SNAG will report on progress to School Council and Governors and will review policy annually in light of improvements and changes. Relevant staff will receive teachers' planning and observe a sample of lessons. The HT will present certificates in Celebration Assembly to pupils who consistently make healthy choices. Lunchtime staff will present stickers to children who have a healthy school meal or bring a healthy packed lunch. We will display photographs on our Celebrations Board following special events like themed food weeks. The after school club will produce a book of its healthy recipes and this can be posted on the school website.

We would like parents to comment on this policy by reading and returning the slip below.

St. Catherine's Healthy Food Policy

In line with Government directives we have produced this policy in support of the national Healthy School status we wish to achieve. We want your support in promoting healthy eating and drinking as part of a healthy lifestyle. Please can you read this policy and sign that you are happy to support this. Thank You.

Name _____

I have read St. Catherine's C of E Primary School's Healthy Food Policy. YES / NO

(please delete where applicable)

I support / do not support this policy (please delete where applicable)

Signed _____ **parent/ carer.**