St Mary's RC Primary School

Whole School Food Policy

Introduction

In accordance with our mission to 'provide the best possible education for all our children' and 'to develop each child's full potential', we enable pupils to make informed choices about the food they eat and we are dedicated to providing an environment that promotes healthy eating and a well-rounded understanding of food and nutrition.

This aim is achieved by the whole school approach to food and nutrition documented in this whole school food policy.

Objectives

Our objectives to achieve this aim are to ensure that:

- every pupil is made aware of what constitutes a healthy diet and understands what our body requires to grow healthily
- all members of the school community are informed, enabled and encouraged to adopt a healthy lifestyle
- we work in partnership with each family so that each pupil develops good personal hygiene, good table manners and an appreciation of the social aspects of sharing a meal
- pupils understand, in accordance with their age and maturity, the potential dangers of food, in particular for those with allergies
- we promote a healthy eating ethos based on making informed choices
- the food we offer pupils at school complies with school-based food standards as stated in 'School Food Standards – A Practical Guide for Schools their Cooks and Caterers' (2015)

Teaching & learning

Pupils are taught to 'understand and apply the principles of nutrition and learn how to cook' as part of the Design and Technology curriculum (2014).

Cooking and Nutrition

As part of their work with food, pupils should be taught how to cook and apply the principles of nutrition and healthy eating. Instilling a love of cooking in pupils will also open a door to one of the great expressions of human creativity. Learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life.

Pupils should be taught to:

Key stage 1

- use the basic principles of a healthy and varied diet to prepare dishes
- understand where food comes from.

Key stage 2

- understand and apply the principles of a healthy and varied diet
- prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques
- understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.

Pupils are taught Design and Technology lessons during each school term and undertake projects involving food and nutrition as part of their studies.

Other Curriculum Areas

Knowledge, concepts and skills in aspects of food and nutrition are also taught through other curriculum areas including:

- Science
- PSHEE
- Geography

Effective teaching requires pupils to develop their understanding of healthy eating issues and appropriate skills and attitudes to assist them in making informed decisions.

Teaching methods adopted in the classroom offer a rich variety of opportunities for participatory learning and include:

- debating issues and group discussion
- role-play
- reading & research
- written reflection
- fair-testing
- assemblies

Lessons are tailored to match the age, experiences, abilities and backgrounds of our pupils. Pupils deepen their knowledge and understanding of food through having opportunities to

- grow and nurture plants
- cook, prepare and serve food for themselves and others
- observe and interact with animals

Relevant Health and Safety messages form part of these Teaching and Learning activities.

Assessment

The healthy eating aspects of the National Curriculum are assessed through both formative and summative assessments as part of the design and technology, science and PSHEE curricula.

Resources

Our curriculum is supported and enriched by a range of resources, including texts, pictures, posters, film and items and artefacts, as well as those available online.
Resources for the teaching of healthy eating are stored in the staff room (PSHEE resources cupboard) and art room (DT cupboard) as well as in individual classrooms.
Science resources related to leading a healthy lifestyle and requirements for growing healthily are stored in the Science cupboard.
The pupils have access to iPads and laptops and books are available for the pupils in the school library.
Information on nutrition and healthy eating is displayed in poster form around the dining room.

Leading by example

Teachers, Teaching Assistants, caterers and the school nurse have a key role in influencing pupils' knowledge, skills and attitudes about food. Therefore all staff understand the school food standards (2015) guidelines. Staff set a suitable example for children through the modeling of healthy choices, good personal hygiene and table manners.

Healthy eating throughout the school day

Breakfast	Snacks	Lunch	Other
All members of the school community are encouraged to eat a healthy breakfast every day. Advice is regularly given to parents through the school newsletter. During SATs week the school runs a breakfast club for Y6 pupils. Our School Plan includes a commitment to explore the possible introduction of a regular breakfast club.	The school recognises that a snack can be an important part of the diet of young children. Therefore, we operate the free fruit scheme for Key Stage 1 pupils and, in addition, they are encouraged to eat a portion of fruit a day, at playtime. Key Stage 2 pupils are also encouraged to bring a piece of fruit each day to eat at playtime. The school council operates a Healthy Tuck shop twice a week during first break.	Food prepared by the catering team meets the School Food Standards (2015). The meals are prepared and cooked on site every day. Pupils in Reception and Key Stage One receive a free lunch each day. Pupils are reminded daily to eat a balanced meal and reward stickers are regularly given to pupils who try hard to eat their healthy lunch. Good manners are modeled and expected at all times. The parents that supply a packed lunch for their child as an alternative to a cooked school lunch understand that a healthy, balanced lunch must be provided. The content of packed lunches are monitored by midday meals staff.	Water is available all day in each classroom and in both playgrounds and all pupils have been provided with their own water bottle. When on educational visits, parents are directed to provide their child with a 'healthy' packed lunch Birthday treats are allowed – one small item per classmate, to be consumed with parents permission Kids City (after school club) adhere to the same nutrition guidelines

Special Dietary Requirements

Parents are requested to inform the school if their child has any special dietary requirements.
The caterers offer a vegetarian option at lunch each day.

Food allergy and intolerance

Individual care plans are created for pupils with severe food allergies. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details.
School caterers are made aware of any food allergies/ food intolerance and meals include sufficient variety to cater for these conditions.
Parents of children with severe food allergies that opt to provide their child with a packed lunch are encouraged to pack a healthy lunch and these are monitored by the midday meals supervisors.

Food Safety

Appropriate food safety precautions are taken with food preparation, storage and serving.
The school kitchen is regularly inspected. Our contracts caterers, Harrisons observe the relevant national standards in this context.

The Dining Environment

The school is committed to providing a welcoming eating environment that encourages positive social and cultural interaction among pupils and staff.
Staff encourage the pupils to wash their hands before eating and assist the pupils with eating their meals when necessary by demonstrating appropriate table manners and cutting food with cutlery.
Staff encourage the pupils to eat all the food they are provided and to drink water with their meal.

Monitoring and Evaluation

Parents are invited to food tastings, in conjunction with the school's caterers, and are encouraged to offer comments and suggestions.
The pupils are asked to review school dinners in the annual pupil survey and the school council has regular consultations on school dinner matters.
Comments, suggestions and the results of pupil and parental surveys are noted by the Headteacher and reported to the Governors. The outcomes are taken into account and influence developments in this area.

Links with other policies

This policy should be read in conjunction with the following school policies:

- Design & Technology
- PSHEE
- Science
- EYFS
- Teaching & Learning
- Inclusion and Equality Statement

Policy Review Date

This policy was reviewed in July 2015.

It will next be reviewed in July 2017.