

# St Joseph's Catholic Primary School Oxford



## Whole School Food Policy

### Introduction

This policy has been developed by a working group which has consulted with the whole school community.

### Aim

To ensure that all aspects of food and nutrition in school promote the health and well-being of pupils, staff and visitors to the school.

### Rationale

Our school food policy is underpinned by the following values:

- Our school promotes the health and wellbeing of all within it, and believes that healthy eating is an important aspect of this work.
- Our school wants to help children and young people to adopt healthy lifestyles and attitudes towards food and physical activity.
- Our school is contributing to the Every Child Matters Outcomes and the school food policy and practice makes a major contribution to “being healthy” and also to “enjoy and achieve”.
- Our School recognises the important link between healthy eating and the effective learning and achievement of pupils.
- Our school works in partnership with parents and others to improve the health of children and their families
- Our school recognises that sharing food is a fundamental experience for all people; a way to nurture and celebrate our cultural diversity; and an excellent bridge for building friendships and promoting a sense of community.

### Objectives

- To improve the health of pupils, staff and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes healthy eating.
- To provide opportunities for pupils to plan recipes, budget, prepare and cook food.
- To increase pupils' knowledge of food production, including farming and local food producers, and to enable pupils to learn how to grow foods e.g. fruits and vegetables.
- To ensure every pupil has access to safe, easily available water supply during the school day - children are encouraged to have a water bottle in school and easy access is maintained.
- To provide a pleasant and sociable environment for pupils and staff to enjoy packed lunches.

With regard to the provision of free school dinners:

- To ensure pupils are well nourished at school, and that every pupil has access to safe, tasty, and nutritious food.
- To ensure that food provision (free school dinners) in the school reflects the ethical, cultural and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian, medical, and allergenic needs.
- To monitor menus and food choices to inform policy development and provision.

### Guidelines

- Food education will be cross-curricular, timetabled within Science and with Humanities and Food Technology providing opportunities for cooking and farm visits.
- The “Eatwell Plate” model (Food Standards Agency) will form the basis of our healthy eating education.

Our school actively promotes healthier food choices during the day:

- Lunch times – school meals are provided by ‘The Picnic Hamper’. They are freshly prepared and delivered daily. They meet the nutritional standards required by the School Food Trust. Menus are available in advance for pupils to choose from.
- Lunchtime supervisors encourage the children to choose a balanced meal.

- Parents and pupils are encouraged to organise a healthy packed lunch, including an energy food (e.g. sandwich, pasta or rice salad, crackers) with some body-building food (e.g. lean meat/fish/ egg/cheese), a portion of dairy foods (e.g. cheese, milk drink, yoghurt) and some fresh fruit or vegetables. They include a drink e.g. water, fruit juice or sugar-free squash.
- Break times: the School fruit scheme and milk scheme are used. Children are clear that no fizzy drink, crisps or chocolate are allowed.
- Snacks should be a piece of fruit or vegetable along with water to drink.
- The dining environment: free school lunches and packed lunches are eaten in the classroom.
- After school club provides freshly made sandwiches and vegetables. Once a week the school runs a cookery club.
- Water is provided freely throughout the school day via water dispensers in each Key Stage Area and classroom taps.
- Our school involves the School Health Nurse, the Healthy Oxfordshire Schools programme and Debbie Warland from the Picnic Hamper to support our work on healthy eating.
- Through the School Council and classes, pupils are involved in the development and review of the food policy. Pupils are involved in school surveys and data collection to support the school food policy.
- Parents are informed about developments in our food policy through newsletters, Governor's Meetings and Parents Association meetings. Events organised by the PTA support the school food policy. There is parental involvement in cooking activities. Parents are welcome to sample a school lunch by arrangement.
- The School Governors are responsible for the school meal contract arrangements and ensuring the school food meets the School Food Trust standards.
- Staff will be enabled to attend relevant training as appropriate to support their work in promoting healthy eating, including Food Hygiene courses.

### **Friday Abstinence**

Families will be encouraged to practice the penance of abstaining from meat on Fridays.

### **Monitoring and Evaluation**

The Senior Lunchtime Supervisor, DT Instructor and SLT will be responsible for monitoring and evaluating progress through:

- reviewing policy annually in light of improvement and changes.
- ensuring that the formal curriculum includes food based topics.
- encouraging lunch-time supervisors to make regular checks and that concerns are followed up with parents.
- School Council carrying out a survey about the lunch-time experience including contents of lunch boxes and making suggestions for any improvement.

The Head will ensure that training and resourcing identified as necessary and appropriate will be funded.

**Other relevant policies** PSHCE Policy, Physical Education Policy, Food Technology

Date agreed: Autumn 2011

Headteacher:

Date for Review: Autumn 2014