

St Joseph's Catholic Primary School Oxford



Whole School Food Policy

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 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 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 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, food choices and wasted food to inform policy development and provision.
- To ensure that pupils gain an understanding about food production, where food comes from, sustainability and the idea of Fairtrade and that the school community, when possible, promotes the purchase and use of Fairtrade products.

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:
 - The dining environment: school lunches and packed lunches are eaten in the Hall and are organised into several sittings.
 - The School Meal Company, who provide onsite school meals, comply with all Government nutritional requirements. Where possible, this includes the use of fresh fruit and vegetables each day as a choice for the children. They provide a vegetarian and non-vegetarian option, both of which pay regard to nutritional balance and healthy options.
 - 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.
- We are a 'nut free school' due to the risk of anaphylaxis from exposure.
- 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.
- We have Breakfast and After School Clubs operating on the school premises. We share our food policy with them and ask them to work in a way that supports our aims and objectives. The Breakfast Club offers a healthy and nutritious breakfast with the widest selection possible. And the After School Club provides freshly made sandwiches and vegetables. Staff have Food Hygiene Certificates.
- A cookery club is sometimes run on the school premises.
- Water provided freely throughout the school day via water dispensers in each Key Stage Area and classroom taps.
- Our school involves:
 - The School Health Nurse and the Healthy Oxfordshire Schools programme.
 - Through the School Council and class councils pupils are involved in the development and review of the food policy and menus.
 - 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;
 - 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.
 - 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.

Friday Abstinence

Families will be encouraged to practice the penance of abstaining from meat on Fridays. School Meals on Fridays do not contain meat.

Monitoring and Evaluation

The Senior Lunchtime Supervisor will be responsible for monitoring and evaluating progress through:

- reporting on progress to the school council.
- reviewing policy as appropriate in light of improvement and changes.
- ensuring that the formal curriculum includes food based topics.
- encouraging lunch-time supervisors to make regular checks of packed lunches and that concerns are followed up with parents.
- School Council carrying out a survey about the lunch-time experience including menus, 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.

Date agreed: 13th July 2016

Headteacher:

Date for Review: Summer 2019