



Roman Catholic Diocese of Hexham and
Newcastle

St Mary's RC Primary School: Healthy School Food Policy



Excellence, inspired by Gospel values

Headteacher: Mr David Miller

Chair of Governors: Mrs Michelle Harris

Date: February 2018

Date for Review: February 2020

Healthy School Food Policy

Introduction

St Mary's RC Primary School is committed to ensuring that the children in our care grow into healthy adults, this being the first of the five principal requirements of the Children Act 2004 ('Every Child Matters'), i.e. that they:

- Be healthy;
- Stay safe;
- Enjoy and achieve;
- Make a positive contribution;
- Achieve economic well-being.

Consequently, this school does its utmost to teach children the key points about living a healthy life, including the importance of eating healthy food. Our whole-school 'Healthy School Food Policy' is designed to contribute a vital element to our strategy of creating a school environment in which children can thrive. We believe that it is only through a whole-school approach that the key messages about food and drink can be really effectively conveyed. This document sets out our policy on this.

Aims and Objectives

At St Mary's RC Primary School we aim:

- To help children know and understand the importance of food and drink in a healthy lifestyle.
- To help children learn what healthy food is.
- To give children the skills they need to make the right choices with regard to food and drink.
- To make a positive contribution to children's health and Healthy Schools Status.
- To promote the physical and emotional well-being of all our children.
- To promote consistency between packed lunches and food provided by schools which must adhere to national standards set by the government. Please visit www.schoolfoodtrust.org.uk/nutrientstandards for more information.
- To contribute to the self-evaluation for review by Ofsted.

Why do we need a policy

The government has placed a duty on schools to ensure that every child is healthy and has invested hugely in improved school meals, free fruit for schools and The School Food Trust which encourages healthy eating. The trust recommends we have a policy and this one is based on their model. Eating healthily is important because it will help children to:

- Be fitter and healthier now, and later in life.
- Learn quicker and behave better.

School meals conform to government nutritional guidelines with less sugar, fat and salt and more fresh fruit and vegetables. School lunches also provide a good balance of "complex carbohydrates" such as pasta, rice, bread or potatoes with dairy and other protein foods. There is no reason why a packed lunch cannot provide the same nutrition as a cooked meal. Please visit www.schoolfoodtrust.org.uk for more information.

The Curriculum

We will plan explicit teaching about healthy eating in our formal curriculum. For example, we will teach children about the preparation and cooking of healthy food in design technology classes, while in geography lessons, children will learn where food comes from and how it reaches the shops. In science, we will teach about nutrition and the needs of a healthy body. Through mathematics, we will teach children to measure and calculate size and weight. In English, we will provide opportunities for children to discuss, read and write about health-related issues, such as GM foods, and why some parts of the world have a surplus of food, while other parts have famine. In religious education, children will learn about how food is valued in different societies, and the part food plays in religious custom and practice. In physical education, children will have the opportunity to learn how their body reacts to exercise, and the importance of food and drink to participation in sport and dance. In PSHCE, children will have the opportunity to reflect on food-related issues such as how food is advertised, and how we can enjoy treats without damaging our bodies.

We will also promote healthy eating through the informal curriculum. For example, we will promote healthy eating regularly in assemblies. We will encourage children to participate in school games clubs and sports, and so learn the enjoyment of a healthy lifestyle. We will organise school visits to outdoor pursuit centres, and provide opportunities for children to explore the natural world. Our school site will be fully exploited in the interest of the children's physical and emotional development through playground activities.

The School Environment

We will ensure that our school environment promotes healthy eating. We will not allow children to bring sweets, crisps or chocolate into school at any time. We will encourage children to drink plenty of water by allowing them access to a water bottle for use at any time, continued access to cooled water, and regular opportunities to drink water throughout the day. Children will be encouraged to bring fruit to eat at break times if they wish to have a snack. **They will not be allowed to eat crisps or sweets.**

School Lunches

We will serve only healthy food and drink for our school lunches. All food provided by local authorities in England must meet national nutritional standards. These ensure that children are provided with a healthy, balanced diet. The standards, introduced in September 2006, require the following:

- High-quality meat, poultry or oily fish regularly available

- At least two portions of fruit and vegetables with every meal
- Bread, other cereals and potatoes regularly available.

Additionally, there are controls on the following foods:

- Deep-fried food limited to no more than two portions per week
- Fizzy drinks, crisps, chocolate and other confectioneries removed from school meals.

Packed Lunches

What the school will provide:

- The school will provide facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is readily available at all times.
- The school will work with the pupils to provide attractive and appropriate dining room arrangements
- The school will work with parents to ensure that packed lunches abide by the standards listed below.
- As fridge space is not available in school, pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible to stop the food going off.
- Wherever possible the school will ensure that packed lunch pupils and school dinner pupils will be able to sit and eat together.

Guidance

What packed lunches should include:

- At least one portion of fruit and vegetables every day.
- Meat, fish, or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus etc.) every day
- Oily Fish occasionally
- A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day.
- Dairy food such as milk, cheese, yoghurt, fromage frais or custard everyday
- Only water, still or sparkling, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies.

What packed lunches should not include:

- Snacks such as crisps. Instead, seeds, vegetables and fruit (with no added salt, sugar or fat). Savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice.
- Confectionery such as chocolate bars, chocolate-coated biscuits and sweets.
- Cakes and non-chocolate coated biscuits are allowed occasionally but please encourage your child to eat these only as part of a balanced meal.
- Meat products such as sausage rolls, individual pies, corned meat and sausages/ chipolatas should only be included only occasionally.
- Drinks with a high sugar content and additives (these encourage tooth decay and have little or no nutritional value).

- Nuts or nut based foods due to potential food allergies. (Please see our 'Nut Free Policy' for further information).
- Glass (for safety reasons)

Limited foods which may be included

As part of creating a healthy ethos within the school and promoting the idea of a balanced diet and healthy lunch box, **please limit the items below to just ONE per day.**

1. A small cake
- OR**
2. A pastry item e.g. a brioche or sausage roll

Special diets and allergies

Please be aware of any food allergies. We recommend you visit the www.allergyinschools.co.uk website for accurate, reliable information on managing allergies in schools.

The school also recognises that some pupils may require special diets that do not allow for the standards to be met exactly. In this case parents are urged to be responsible in ensuring that packed lunches are as healthy as possible. For these reasons pupils are also not permitted to swap food items.

Birthdays

Children may bring in a fun-size treat or cake for the other children in the class. **We request that any treats brought into school are carefully checked for the contents of nuts. If nuts are included then unfortunately the school will be unable to distribute the treats.**

Role of Parents and Carers

- We will work closely with parents and carers to ensure that the messages about food and drink we give in school are reinforced and supported at home.
- We expect all parents and carers who send their children to our school to respect our healthy food policy and to support it fully through the food they give their children to bring to school.

Role of the School

- The school will write to all new and existing parents/carers to explain the importance we place on healthy eating, and why we endorse this policy.
- The school will use opportunities such as parents' evenings, newsletters, the school website to promote this policy as part of a whole school approach to healthier eating.
- All school staff, including teaching and catering staff and the school nurse, will be informed of this policy and will support its implementation.
- Packed lunches will be regularly reviewed by teaching staff and the lunchtime assistants.

Evaluation and Reviewing:

Healthy lunches will be rewarded by: congratulatory letters home, stickers, Headteacher's Awards.

Parents and pupils who do not adhere to the Healthy School Food Policy will receive a leaflet in the packed lunch informing them of the Policy. If a child regularly brings a packed lunch that does not conform to the policy then the school will contact the parents to discuss this.

Please note: pupils with special diets will be given due consideration.

National Guidance

The policy was drawn up using a range of national documents including a toolkit and a draft policy from the School Food Trust and Food policy in schools - a strategic policy framework for governing bodies (National Governors' Council, (NGC) 2005).

Publication of the policy

The school will write to all new and existing parents/carers to inform them of the policy via the school newsletter. The policy will be available on the school's website and will be incorporated into the school prospectus alongside the 'Nut Free Policy'. All school staff, including teaching and catering staff, will be informed of this policy and will support its implementation.

Monitoring and Reviewing

The Healthy School Food Policy will be reviewed on a biennial basis.

This policy was reviewed by Governors on: February 16th 2018

Signed:

Name: (Headteacher) Date:

Name: (Chair of Governors) Date: