

# **St. William's RCVA Primary School 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.

The school recognises the important connection between healthy eating and a pupil's ability to learn effectively and achieve high standards in school. It also recognises the role the school can play, as part of the larger community, to promote family health, and sustainable food, including production and farming practices. The school recognises that sharing food is a fundamental experience for all people; a primary way to nurture and celebrate our cultural diversity; and an excellent bridge for building friendships, and inter-generational bonds.

## **Objectives**

To influence healthy eating habits by increasing knowledge and awareness of what constitutes a balanced diet, resulting in happy, healthy, informed individuals.

To ensure pupils are well nourished at school, and that every pupil has access to nutritious food, and an easily available water supply during the school day.

To provide an opportunity for pupils to plan, prepare and cook food in a hygienic environment.

To create an awareness of the diversity of food for cultural, medical, religious requirements, etc.

To make the provision and consumption of food an enjoyable and safe experience in a pleasurable and dedicated environment.

To monitor menus and food choices to promote healthy eating.

To introduce and promote practices within the school to reinforce these aims, and to remove or discourage practices that do not support them.

## **How are our objectives met?**

Food issues are taught in school through: the science and food technology curriculum, cross curricular links, assemblies, creativity projects and visits to the allotment.

The school actively promotes healthier food choices during the day:

- School Meals – healthy options always available, staff members eating with the children make healthy option choices.
- Packed Lunches – set guidance on brought in food (See Appendix A).
- Break times – Foundation and Key Stage 1 fruit schemes, rules on food and drink brought into school (see Appendix B).

- The dining environment – The Eatwell Plate and Five-a-Day Guidance on display in dining hall.
- Water is freely available throughout the school day.

The school works with partner agencies to promote healthy eating and drinking: school catering service, Northumbrian water (Science) and the Parish Community.

The school consults and involves pupils, parents and governors in decisions about food in school: Healthy Eating Survey, School Council and information sent home to parents. Provision of staff support and training on school food: Food Hygiene Certificates for most staff and Healthy Schools training.

The catering staff implement the national Food in Schools Programme in school.

### **Monitoring and Evaluation**

The school will maintain regular consultations with both the catering staff and Durham County. Staff will talk to children about healthy eating in school. Snacks, packed lunches and food choices will be monitored by staff through periodical observation. All school staff are responsible for the monitoring of food choices.

### **Conclusion**

The school wants to encourage a healthy appreciation of all foods and will endeavour to promote healthy eating wherever appropriate.

**Signed** \_\_\_\_\_

**Head Teacher**

**Signed** \_\_\_\_\_

**Chair of Governors**

**Signed** \_\_\_\_\_

**Parent Governor**

**Signed** \_\_\_\_\_

**Chair of School Council**

## Appendix A – Lunches

School dinners are prepared on site and are available to all children. Some parents may wish to opt for a packed lunch, but it is an expectation that they provide a lunch that conforms to the school's food policy.

### Packed Lunches

In line with healthy schools guidelines, a packed lunch should contain a balance of protein, carbohydrates, dairy products and fruit and vegetables.

Example packed lunches could be:

- |                        |                     |                            |
|------------------------|---------------------|----------------------------|
| a. ham/cheese sandwich | b. tuna pasta salad | c. chicken wrap            |
| carrot stick           | cherry tomatoes     | cucumber/peppers           |
| banana                 | nectarine           | tangerine                  |
| small yoghurt/mousse   | cheese stick        | dairy dessert/pot of jelly |
| bottled water          | apple juice         | sugar free cordial         |

An optional extra could be included, e.g. biscuit, cake,

Please note the following foods are to be actively discouraged:

- |                              |                        |
|------------------------------|------------------------|
| Chocolate bars/sweets        | Chocolate spread       |
| Crisps/savoury salted snacks | Fizzy or sugary drinks |

There are no refrigeration facilities for packed lunches, therefore parents may wish to add ice packs to ensure dairy produce, if included, remains fresh.

There may be reasons (for example, medical) why some children need a specific diet. These will have been discussed with the headteacher.

## **Appendix B – Food and Drink Brought into School**

### Break Time Snacks

Key Stage 1 are provided with a piece of fruit provided by the National Fruit Scheme.

Children may bring a snack in for consumption at break time. This should be a piece of fruit/vegetable.

Children under 5 are provided with free milk, however there is an option to buy into the milk scheme from 5 onwards.

Each classroom has a chilled water dispenser. Water bottles can be purchased from the school office.

### Special Occasions

Parents are asked not to send in sweets or cakes to share out on birthdays or following holidays.

On rare occasions, a sweet prize or gift may be given out following competitions, raffles, etc. for example at Easter and Christmas.

Sweets will not be given out as a reward at school.