

ST BERNADETTE'S WHOLE SCHOOL FOOD POLICY (DRAFT)

MISSION STATEMENT

At St Bernadette's Catholic School you will find us caring, hardworking and co-operative. We follow the ways of Jesus, using our talents and gifts to make our school special. We show respect to all and welcome you.

RATIONALE

“ A healthy school promotes physical and emotional health by providing accessible and relevant information and equipping pupils with the skills and attitudes to make informed decisions about their health. It understands the importance of investing in health to assist raising levels of pupil achievement and improving standards. It also recognises the need to provide both physical and social environment that is conducive to learning”

National Healthy School Standard (DFEE 1999)

This policy has been developed to enable St Bernadette's Primary School to develop and maintain a shared philosophy on all aspects of food and drink.

Our school vision statement outlines our commitment to promoting good physical and mental health and to developing a healthier lifestyle.

The policy has been formulated with the Governments "Every Child Matters" and the Children's Act 2004 in mind and follows wide consultation with pupils, parents, staff and governors. We believe that through effective leadership, the school ethos and the curriculum, we can create an environment, which supports a healthy lifestyle.

AIMS OF THE POLICY

- To ensure that we are giving consistent messages about food and health
- To ensure that pupils are well nourished at school and have access to water throughout the day
- To give our pupils the information they need to make healthy choices
- To promote healthy choices to all members of our school community
- To encourage all pupils to take part in the '5 a day' campaign
- To ensure that food provision in school reflects the ethical and medical requirements of pupils and staff e.g., religious, ethnic, vegetarian, medical and allergenic needs
- To ensure that it involves pupils and parents in guiding school policy and practice within school

ROLES AND RESPONSIBILITIES

St Bernadette's recognises the important connection between a healthy, balanced diet and pupils ability to learn effectively and achieve high standards in school. The school has a member of the SMT who co-ordinates all aspects of food in school and a SNAG (School Nutrition Action Group) has been developed to engage the wider school community in policy development.

SETTINGS FOR FOOD POLICY

HEALTHY BREAKFAST CLUB

A healthy breakfast club operates on a daily basis, between 8.15-8.45 am, for all children in school Nur-Y6. It provides an opportunity for pupils to have a healthy breakfast and has a positive affect on concentration, performance, social interaction and punctuality. We particularly encourage children who have no time for breakfast in the mornings at home and offer a variety of healthy options including low sugar/salt fortified cereal, wholemeal toast, fruit, yoghurt, fruit juice and healthy breakfast bars.

FRUIT/SNACK

All our children under 5 are entitled to free milk and others may purchase milk. All Foundation Stage and KS1 children receive a free piece of fruit or veg under the Government's Free Fruit and Vegetable scheme. KS2 children bring in fruit, which they can eat at playtime – no other snack is allowed during break. A healthy Tuck shop is also operated during break times for KS2 children who have a designated day on which they can attend.

WATER

Water is freely available throughout the school to all members of the school community. Every child has been provided with a plastic water bottle to store their water in or a plastic cup to drink from. Regular water breaks are planned into the day and the children are reminded to drink water at break and lunch times. Water bottles and cups are washed and sterilised on a regular basis.

SCHOOL MEALS

A contracted caterer who operates a healthy food policy under their tender provides all our school meals. Under the LA guidelines food provided aims to meet the minimum nutritional standards set down by the Government. Where possible, this includes the use of fresh fruit and vegetables each day and produce, which has a low salt/fat/sugar content. They provide a hot, cold and vegetarian option and ensure that pupils make appropriate choices by offering a carbohydrate, protein and vegetables on their plate on a daily basis.

The school is committed to publicising menu information received from contractors to parents and carers. This information will be available in newsletters, on the school website, on notice boards and on request at the

school office. The school recognises that the catering manager will vary menus depending on the availability of local produce.

PACKED LUNCHES

The school is committed to encouraging parents to provide healthy lunchboxes for children. We do not allow sweets, chocolate bars or fizzy drinks. On Friday the children are allowed to bring in crisps and chocolate in their packed lunch as a treat. Parents are requested to sign the Home/school, which stipulates the above.

Food not eaten in a packed lunch will be taken home by the child to ensure that parents know what their child has or has not eaten. We have healthy lunchbox challenges and competitions to encourage children to eat healthily.

THE DINING ENVIRONMENT

We are committed to providing a welcoming eating environment that encourages the positive social and cultural interaction of children. It is recognised that the physical constraints of the dining room mean that there are limits on the length of time available for serving and eating school meals and packed lunches. Despite this constraint, we aim to provide an ordered environment conducive to mutual respect and good behaviour.

We are also committed to the following: -

- Encouraging children to wash their hands before eating
- Active help for children, particularly in the Foundation stage, who find the physical process of school dinners or packed lunch difficult e.g., carrying trays, opening packets
- Provision of water jugs containing clean water, and cups on every table
- Encouraging all children to eat the food they have been provided with e.g., lunchtime rewards such as stickers and certificates

We undertake surveys of the children to allow them to comment on the dining room environment.

FOOD ACROSS THE CURRICULUM

We aim to use the curriculum as a vehicle for enriching children's experience of food and healthy eating.

The curriculum content will focus on the following: -

- The importance of food groups and the role they play in promoting growth
- The development of strong healthy bodies
- What constitutes a balance diet
- An understanding of cultural diversity
- The development of respect and understanding towards the beliefs and attitudes of others
- How food is produced

The school is committed to the provision of training in practical food education, including food safety and hygiene for staff.

Although food and a healthy diet is specifically taught in Science and Food Technology it is covered in other cross curricular subject areas such as the following: -

LITERACY provides the children with the opportunity to explore poetry, persuasion and argument and narrative work using food and food related issues as a stimulus, e.g. writing to a company to persuade them to use organic products.

NUMERACY can offer the possibility of understanding nutrition labelling, calculating quantities for recipes, weighing and measuring ingredients and problems involving money.

SCIENCE provides an opportunity to learn about food and Healthy Eating through the following topics; - Foundation – Ourselves, Y1 – Tasting, Y2 Health and Growing, Y3 – Teeth, Y4 – Moving and Growing, Y5 – Keeping Healthy, Y6 – Micro-organisms.

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.

RE – through our International week children are able to discuss the role of certain foods in major religions of the world. Children experience different foods associated with Religious festivals.

GEOGRAPHY/HISTORY – Through our International week children have the opportunity to learn about foods from different countries, cultures and traditions. History provides insight into changes in diet and food over time.

PE – Physical Education provides pupils with the opportunity to develop physically and understand the impact of sport, exercise and physical activity on their body.

PHSE – children are encouraged to take responsibility for their own health and well-being and how to develop a healthy lifestyle.

FOOD BEYOND THE CURRICULUM

Visits provide children with activities to enhance their understanding of food e.g., visit to the local supermarket for fruit tasting. We also have a number of visiting speakers, from time to time, e.g., during Healthy Eating week who provide talks, workshops and practical demonstrations with regards to healthy food, diet and nutrition.

We have environmental clubs at certain times of the year, which also grow produce as part of their activity. In addition, a cookery club is planned, to provide an opportunity for children to learn about healthy diet, food preparation and cooking.

PARTNERSHIP WITH PARENTS AND CARERS AND PUPILS

The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Pupils (often through the School Council), parents and carers are regularly consulted on a variety of issues and their views are considered before making decisions. Parents and carers are regularly updated on our food policy through the school newsletter.

PARTNERSHIP WITH THE CATERING DEPARTMENT

The Healthy Eating co-ordinator has regular meetings with the catering manager to develop the shared philosophy on school meals. This effective working partnership ensures that there is a shared vision and a common goal.

ROLE OF THE GOVERNORS

Governors monitor and check that the school policy is upheld and are responsible for developing this policy in consultation with the school community.

MONITORING AND EVALUATION

The Healthy Eating co-ordinator is responsible for evaluating the progress made by the school in implementing and sustaining the aims and objectives of this policy. The subject co-ordinators are responsible for the curriculum development of the food policy. The head teacher is responsible for supporting colleagues in delivery of the food policy. The LA is responsible for ensuring the quality of the food offered as part of the contract with the caterer.

This policy will be reviewed annually to take account of new developments.