

St. Joseph's Catholic Primary School

Policy on Food

*Here at St Joseph's Catholic Primary School, we learn and grow through the love of Jesus.
Our community is a safe, caring and happy place where everyone is supported and valued.
We encourage and challenge everyone to achieve their full potential,
spiritually, academically, morally and socially.
We inspire others with a love of learning and aim for excellence in everything we do.
Through our own faith, we treat one another the way we would like to be treated.
We help every child to be gentle and fair: to always do their best.*

'Learning through the Love of Jesus Christ'

Introduction

Here at St Joseph's we are committed to giving all of our children every opportunity to achieve the highest of standards. We offer a broad and balanced curriculum and have high expectations of all the children. The achievement, attitude and well-being of all our children matter. This policy helps to ensure that this school promotes the individuality of all our children, irrespective of ethnicity, attainment, age, disability, gender or background. We do this by taking account of pupils' varied needs.

St Joseph's is committed to providing a safe and secure environment for its pupils and staff. The governors and staff are committed to promoting British values, including democracy, the rule of law, individual liberty and mutual respect and tolerance of different faiths, cultures and lifestyles.

St Joseph's School is committed to being a healthy school and to promote the health and wellbeing of the school community. As part of this we aim:

- to help our pupils understand the consequences of the choices they make;
- to help children develop the skills they will need to take responsibility for their choices.

Other relevant policies:

- PSHE
- Physical Activity
- Health and Safety

Aim

The aim of this policy is to ensure that all aspects of food and nutrition in the school helps promote the health and well-being of the whole school community

Objectives

At St Joseph's we ensure that food provided across the school day is consistent with our aim and meets the mandatory DFE standards. Pupils are able to make healthy food choices through the provision of consistent and up-to-date nutrition information and the development of appropriate skills and attitudes. The whole school community is involved in the implementation of this policy.

Food Provision across the school day

The food provided within school meets, or exceeds, all statutory requirements for school meals.

Break time

Date: September 2016

Date of next review: Summer 2020

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In KS1 we benefit from being part of the *School Fruit and Vegetable Scheme* so the children have a piece of fresh fruit or vegetable available to them each break time. They are not required to bring in any other food. This ensures that all children have a healthy snack, eat at least one portion of fruit or vegetable a day, and reduces the amount of litter.

Children in KS2 can bring in a piece of fruit/vegetable. Children are encouraged to drink the fresh water provided.

School lunches

We offer hot lunches provided by Edens, to children who qualify for free school meals and any children who wish to pay for this service. Edens ensure that the meals they provide meet the DFE nutrient and food-based standards. Children have a choice of at least two meals and there is always a vegetarian option available. Children are encouraged to drink the fresh water provided.

Packed lunches

We believe that packed lunches should form part of child's well-balanced diet. We do not allow children to have fizzy drinks, sweets or (solely) chocolate bars. We encourage every child to have a portion of fruit or vegetables. This policy is wholly supported by our parents/carers. Edwards & Ward will provide children who are entitled to free school meals with a packed lunch if they are to be out of school on an educational visit.

Dining environment

We believe that a pleasant eating environment contributes to the children enjoying their meal. The Midday Meals Supervisors ensure that the dining area is clean and comfortable for the children before they begin their lunch break. All lunchtime staff follow clear and consistent guidelines on children's behaviour whilst eating, to allow for a calm, hygienic and social atmosphere.

Water Provision

Pupils are encouraged to drink water throughout the day and teachers act as role models. They are asked to bring named water bottles and encouraged to take them home daily and wash them in hot soapy water. All classrooms have fresh water available throughout the day and there are drinking fountains in the playground.

Teaching about food and nutrition

The overall aim of our teaching about food and nutrition is to help children learn about, and to enjoy food and to engender a positive attitude to trying new foods and eating well. Our children are given many opportunities to learn about, prepare and taste food through learning in science, Design Technology, PSHE and the EYFS curriculum.

Equal Opportunities and Inclusion

Edens provide a vegetarian packed lunch which meets the requirements for any children who are vegetarian or who cannot eat certain types of meat for religious reasons. Any concerns that staff have about a certain child, regarding food provided from home and/or eating habits, are shared with the class teacher who will decide on what action, if any, should be taken and the most sensitive way to go about this. The school nurse will be involved where appropriate.

Children with particular dietary needs will be catered for carefully and sensitively during any activity which involves eating food in school (other than break or lunch times) e.g. cooking lessons, food tasting and Christmas parties.

As we have children in school with allergies, we have a strictly no nuts policy in school. It is the responsibility of the parents/carers to ensure that staff are informed about allergies.

Staff training

All staff have epipen training and are trained in what to do should a child be suffering from anaphylactic shock. There are photographs of the children who have allergies in the food preparation area. These children are also named on class medical lists.

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