

WHOLE SCHOOL FOOD POLICY



St Mary's C of E School

"DON'T LET ANYONE LOOK DOWN ON YOU
BECAUSE YOU ARE YOUNG. BE AN EXAMPLE TO
ALL BELIEVERS IN WHAT YOU SAY, IN THE WAY
YOU LIVE, IN YOUR LOVE, YOUR FAITH AND YOUR PURITY."

1 TIMOTHY 4:12

THE SUNRISE CURRICULUM

<p><i>Approved by:</i></p>	<p><i>Full Governing Board on 7th July 2021</i></p>
<p><i>Next Review Due By:</i></p>	<p><i>September 2024</i></p>

1. Policy Statement

At St Mary's Church of England School, we recognise the importance of healthy food and know that good nutrition is central to good physical and mental health both short term and long term. We value the health and wellbeing of our pupils and we are committed to giving our pupils consistent messages about all aspects of health, to enable them to take responsibility for the choices they make and be informed of possible risks and benefits.

The school supports healthy eating through Universal Infant Free School Meals, the daily fruit for pupils in KS1, students entitled to free school meals, implementation of the School Food Standards, and through our curriculum teaching. We understand the importance of healthy eating as part of the personal development and welfare of our pupils and the need to actively counter the poor health outcomes of poor diet.

2. Aims

- a. To ensure that all aspects of food and nutrition in school promote the health and wellbeing of pupils, staff, and visitors in our school.
- b. To give pupils the information and skills they need to make healthy choices.
- c. To continue to actively support and model health eating and drinking throughout the school day.
- d. To ensure that food provision in school reflects the requirements of pupils and staff.
- e. To make the consumption of food an enjoyable experience.
- f. To promote positive eating behaviours and habits.
- g. To ensure that all packed lunches (consumed in school or on school trips) and school lunches provide pupils with healthy, nutritious food that is at least in accordance with the School Foods Standards.

3. Objectives

- a. To continue to promote healthy eating by giving our students the information about food and diet and by providing them with the skills needed to make informed choices.

- b. To promote health awareness.
- c. To review the curriculum annually and ensure that information relating to food and nutrition being delivered is consistent and up to date.
- d. To promote healthy lunches in school and facilitate healthy food and drink choices.
- e. To work with parents, carers and children on ensuring that when packed lunches are provided the content of them is as healthy as possible.
- f. To ensure that a member of staff has a basic food hygiene qualification and informs and monitors staff as appropriate.
- g. To deliver healthy eating and drinking messages throughout school.
- h. To make a positive contribution to children's health, reducing risk of obesity, illness and tooth decay.
- i. To make clear what food and food products are appropriate or inappropriate for school consumption.

4. Implementation

This policy applies to all students and staff for all food brought into school, for eating within school or on school trips.

It has been produced after consultation with children, staff, parents and governors.

5. Policy

a. Lunches

- St Mary's will provide appropriate facilities for pupils eating both hot school dinners and packed lunches.
- The school will ensure that free and fresh drinking water is available at all times.
- The school will work with parents and carers to encourage healthy packed lunches.
- Wherever possible, the school will enable pupils eating packed lunches and pupils eating hot school dinners to sit together.

b. Packed Lunches

- At St Mary's we encourage packed lunches to include at least one portion of fruit and vegetables every day; a protein source every

day; a starchy food every day; oily fish at least once every three weeks where possible; a dairy food source every day; a small dessert item (within the daily sugar recommendations); a savoury snack and a drink of water/small fruit juice.

- The school will ensure that free and fresh drinking water is available at all times.

c. Restricted Lunch Items

- The school encourages pastry items such as sausage rolls and pies no more than once a week.

d. Prohibited Lunch Items

- No fizzy drinks or energy drinks.

e. Breaktime Snacks

- Children can bring in some fresh fruit, dried whole fruit or vegetables for their mid-morning snack.
- Prohibited snack items are crisps, confectionery, chocolate-coated products, yogurts, cakes, biscuits and cereal bars.

6. Special Diets and Allergies

The school is aware of food allergies and special diets and has a clear procedure in place to manage them in school.

More information can be found from the following:

<http://www.allergyuk.org/information-and-advice>

<http://www.gov.uk/government/publications/supporting-pupils-at-school-with-medical-conditions>

7. Drinking during the school day

We as a school recognise the importance of drinking for children's health, development and their ability to concentrate on learning. Wherever possible children's water bottles should be filled with water. We understand that some children will not drink water. In this situation, we prioritise children drinking through the day as the most important factor and will allow a small amount of sugar free squash to be added to water. If your child requires this we would appreciate, if possible, the use of a non-transparent water bottle.

Other drinks such as fizzy drinks, fruit juice, milk, energy drinks and squash with added sugar are prohibited from water bottles.

8. *Birthday Treats or Edible Gifts for Celebrations*

We understand that at special times children would like to celebrate their birthdays or other special occasions with their peers. St Mary's would like to support parental choice regarding sweet treats and sugar consumption as raised by Parent Group. We recognise that in a class of 30 children the frequency of the sharing of sweets can accumulate. As a result, if you choose to send a small item to celebrate an event, we ask that nonedible items are shared with peers instead.

9. *Sharing the Policy*

The school will ensure that all parents and carers are aware of the policy by sharing information via the school website.

The school will use opportunities such as Parent Group and Meet the Teacher events to promote and emphasise this policy as part of a whole school approach to healthy eating, health and wellbeing.

This policy will be shared with all school staff and governors.

Please contact the school to discuss any queries relating to this policy.