

**ST PATRICK'S CATHOLIC PRIMARY SCHOOL,
A VOLUNTARY ACADEMY**



**Whole School Food
POLICY**

Review date: Autumn Term 2017

Reviewed: May 2021

Next Review: May 2022

INTRODUCTION

In our school we are committed to giving all our pupils consistent messages about all aspects of health to help them understand the impact of particular behaviours and encourage them to take responsibility for the choices they make. This policy should be read alongside the school's SRE and PSHE Policies.

The school supports the '5 a day' campaign to encourage children to eat 5 portions of fruit and vegetables a day, which has been shown to reduce the onset of certain life-threatening conditions as well as being helpful in tackling and preventing childhood obesity.

We have used the following approach to identify what areas we need to change to develop a more healthy approach to the issue of food in our school:

How well are we doing?

How well should we be doing?

What more should we aim to achieve?

What must we do to make it happen?

What action should we take and how do we review progress?

RATIONALE

St. Patrick's is a healthy school. It is important that we consider all elements of our work to ensure that we promote health awareness in all members of the school community. We can provide a valuable role model to pupils and their families with regard to food and healthy eating patterns.

Through effective leadership, the school ethos and the curriculum, all school staff can bring together all elements of the school day to create an environment which supports a healthy lifestyle.

AIMS AND OBJECTIVES

- To ensure that we are giving consistent messages about food and health
- To give our pupils the information they need to make healthy choices
- To promote health awareness
- To contribute to the healthy physical development of all members of our school community
- To encourage all children to take part in the '5 a day' campaign

SNACK

All our under 5s are entitled to free milk. All other children have the opportunity to buy milk everyday. All FS and KS1 classes have a break time snack of fruit to all children.

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SCHOOL LUNCHES AND PACKED LUNCHES

All our school meals are provided by a contracted caterer who has a healthy food policy as part of their tender. Many children bring packed lunch to school. We regularly include newsletter items about the contents of these and we do not allow sweets or fizzy drinks.

WATER FOR ALL

Cooled water is freely available throughout the school day to all members of the school community. No water fountains are located inside toilet blocks. Every child has been provided with a free bottle to store their water in. Children may drink their water at any time except during the 15 minute assembly. Regular water and brain breaks are built into the school day and curriculum by class teachers.

FOOD ACROSS THE CURRICULUM

In FS, KS1 and KS2, there are a number of opportunities for pupils to develop knowledge and understanding of health, including healthy eating patterns and practical skills that are needed to understand where food comes from such as shopping, preparing and cooking food.

Literacy provides children with the opportunity to explore poetry, persuasion, argument and narrative work using food and food related issues as a stimulus. Maths can offer the possibility of understanding nutrition labelling, calculating quantities for recipes, weighing and measuring ingredients.

Science provides an opportunity to learn about the types of food available, their nutritional composition, digestion and the function of different nutrients in contributing to health and how the body responds to exercise.

RE provides the opportunity to discuss the role of certain foods in the major religions of the world. Children experience different foods associated with religious festivals. ICT can afford pupils the opportunity to research food issues using the internet and other electronic resources. Pupils design packaging and adverts to promote healthy food choices.

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.

PSHE encourages young people to take responsibility for their own health and well-being, teaches them how to develop a healthy lifestyle and addresses issues such as body image. Pupils are able to discuss issues of interest to young people, eg advertising and sustainable development.

Geography provides a focus on the natural world and changing environment, offering the chance to consider the impact our consumer choices have on people across the

world who rely on growing food as their source of income. History provides insight into changes in diet and food over time.

Physical Education provides pupils with the opportunity to develop physically and to understand the practical impact of sport, exercise and other physical activity such as dance and walking.

PARTNERSHIP WITH PARENTS AND CARERS

Parents and carers are regularly updated on our water and packed lunch policies through school and class newsletters. We ask parents not to send in fizzy drinks and we remind them that only water may be drunk during the school day, except at lunch when children may drink juice or squash. Foods containing NUTS are NOT permitted on school premises.

ROLE OF THE GOVERNORS

Governors monitor and check that the school policy is upheld and can also offer guidance where a member of the body has particular expertise in this area.

MONITORING AND REVIEW

The LA are responsible for ensuring the quality of the food offered as part of the contract with the caterer. Our current provider is ASPENS.

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

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