

**St Marys Catholic Primary School**

*'Learning together in Faith and Love'*

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## **Whole Food School Policy**

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## **Introduction**

This policy covers all food provided and consumed in school including before, during and after school and on school trips and in extra-curricular events.

## **Why a policy is needed?**

At St Mary's we recognise the important part a healthy diet plays for a child's wellbeing and their ability to learn effectively and achieve.

We believe that the school, in partnership with parents and carers, can make a major contribution to improving children and young people's health by increasing their knowledge and understanding of food and helping them to make healthy food choices.

This policy explains;

- How we promote healthy eating
- What we do to provide healthy balanced food throughout the school day
- How we help pupils eat healthily
- What we teach so that pupils know how to make healthy food choices

## **Our approach to improving pupils' health through healthy eating.**

We aim to:

- Increase knowledge and awareness of a healthy diet through workshops and our PSHE and Science curriculum.
- Provide safe, tasty, and nutritious food that promotes health
- Enable all pupils to have a healthy school meal
- Make healthy eating enjoyable and the norm
- Provide safe, easily accessible water during the school day.
- Promote healthy eating/healthy food choices and discouraging unhealthy eating/unhealthy food choices
- Be a role model for healthy eating
- Monitor healthy choices, including packed lunches
- Use a range of opportunities to promote healthy eating
- Ensure consistent messages regarding healthy eating are reinforced throughout the school day

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We have been recognised as a RBKC healthy school and our food policy reflects this.

## **Responsibility:**

It is the responsibility of all staff including teaching, support staff and catering staff to implement the food policy and to actively act as role models to demonstrate positive attitudes to healthy eating and to develop pupils' awareness and understanding of how to make healthy food choices.

Senior Members of staff lead on the development and monitoring of the WSFP and liaise with the lunchtime meals supervisor, Chef, kitchen staff and food contractor. The PSHE lead (PE subject leader) is responsible for what is taught about healthy eating and practical food education in the curriculum. This is evident through our PSHE and Science planning.

Our Chef and kitchen staff are responsible for providing high quality food that complies with the national nutritional standards for school food and contributing to a welcoming and positive eating environment. Parents can access the catering menu on our school website and this is shared with the children in advance.

## **Key contacts:**

PSHE and Citizenship Lead: Ms Buerthe

Science Leader: Ms Coleman

Lead Governor: TBC

Healthy School Co-ordinator: Mr Canning (PE, Healthy Schools & Growth Mindset)

Chef Manager: Willy Verstraeten

## **This policy will contribute towards other policies in the following way**

Behaviour	We use non-food related rewards for positive behaviour
PSHE	Healthy food and choices and practical food education is included in the curriculum
Science	Healthy eating and nutrition is part of the science curriculum
Equality	We take account of the needs of all our children, including those with disabilities and allergies

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## **Development of the policy**

This school policy takes account of national guidance produced by the School Food Plan, Children's Food Trust, Change4life and information from the Department of Health and NHS.

## **Teaching about healthy eating and cooking in the curriculum**

Food, its production and preparation is an important part of the curriculum for all pupils and is taught across the curriculum through science, PSHE and PE. We ensure that pupils are taught cooking from Reception up to Year 6, in line with the new national curriculum and emphasise safety issues.

## **School lunches**

All our school meals are prepared and provided on site, in accordance with the School Food Standards. A copy of the weekly menu is on display in the dining area, reception area and school website. The dining area has a calm and positive atmosphere where children socialise and enjoy the dining experience. Staff monitor food choices and encourage pupils to try new foods, having regular discussions with parents about this. We work with families who are eligible for free school meals to encourage them to take this up and in KS1 we encourage all parents to take this up.

Class teachers join their pupils periodically for meals and use this to monitor and encourage healthy eating as well as develop their personal and social skills.

## **Payment Terms for School Meals**

The following payment terms are available to all parents:

- **Half termly payment in advance**
- **Weekly in advance**

School Meals are currently charged at **£2.20** per day. If we do not receive payment we will send a reminder letter, which will give you a further week to pay for the meals. If we have not received payment within that week you may have to provide your child with a packed lunch until payment can be made. We may also refer your debt to a recovery agency who will manage the debt collection on behalf of the school.

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## Arrangements for Paying

School Meals money can be paid into the office Monday- Wednesday morning from 8:00am – 10:00am or after school. If you are paying by cash it would be most helpful if you have the exact amount with you. Alternatively, you could leave a cheque made payable to "St Mary's Catholic Primary School."

There is also the option to make payment on-line by registering with School Gateway. [www.schoolgateway/login](http://www.schoolgateway/login)

## Refunds/Credits for absence

Please note no refunds or credits can be given for absences as the school will already have ordered and paid for food. The cost of meals also includes payment of catering staff and the servicing of all the catering equipment.

## Free School Meals

A child is entitled to Free School Meals if the family is in receipt of:

- \* Income Support
- \* Income Based Job Seekers Allowance
- \* Child Tax Credit (TC602 form), if you are in receipt of Working Tax Credit you are **not** entitled to free school meals

The Free School Meals application forms are available from the school office. You will also need to provide written proof of your eligibility.

**PLEASE NOTE PUPILS MUST HAVE A SCHOOL MEAL OR A PACKED LUNCH. A COMBINATION OF THE TWO IS NOT PERMITTED.**

## Change of Lunch Provision

In order to keep costs down you are permitted to change your child's lunch provision once each term only. We will take into account any dietary needs of your child.

## Packed Lunches

Appendix A: Packed lunch policy

## Snacks

As part of the Government initiative all FS and KS1 (Reception to Year 2) classes include a morning break time snack of fruit and vegetables, which is provided

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by the school. As part of promoting healthy eating children encourage each other to eat the fruit and vegetables.

Children are given responsibility for passing the fruit to others and for helping to clear it away. We encourage KS2 children to bring a small piece of fruit to eat during their morning break. Only healthy snacks are allowed at break time. Fizzy drinks, sweets, crisps and chocolate biscuits are not allowed in school or on school trips.

## **Breakfast club and after school clubs**

The Breakfast club is offered to all pupils and we actively encourage pupils who are more vulnerable to attend. The food offered at breakfast and after school clubs is varied and healthy. We request that any food brought onto the school premises by pupils to after school clubs is consistent with the guidance given in the packed lunch policy and conforms to the school food standards for food other than lunches.

## **Nut allergies**

We are a nut free school but we cannot guarantee that food products are totally nut free. Parents are asked to refrain from providing food products, which may contain nuts, in packed lunches or any other food brought into the school and children with a nut and/or peanut allergy have an individual management plan. Staff are trained to recognise and manage allergic reactions.

## **Partnership with parents and carers**

We inform and involve parents and carers about healthy eating through coffee mornings, school website and newsletters. The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Each must reinforce the other. This is not always easy but our school is well placed to lead by example.

Parents and carers are updated on our policies through school newsletters and on the school website. We ask parents and carers not to send food or drinks which conflict with our food policy and we remind them that only water, low sugar fruit juices or milk be consumed during the school day.

During out of school events, the school will encourage parents and carers to consider the food policy and packed lunch policy in the range of food and drinks offered. Parents are also informed of the school meals on offer through the school website.

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Parents are given information about the annual national weight measurement programme that children in Reception and Year 6 take part in and we give information to parents about RBKC's weight management services where applicable.

Parents are made aware of that we are a healthy school through the school website and newsletters and how our approach to healthy eating is in keeping with this.

## **Rewards**

We reward children for healthy eating with stickers.

## **Events and Celebrations**

We want to give children the opportunity to celebrate their birthdays but in order to reduce the amount of high fat, sugar and salt foods children eat, parents and carers are not permitted to send in birthday cakes or foods that do not comply with our food policy. If parents want to bring something in to celebrate birthdays we will ask that healthy foods such as fruit or non-food items such as stickers, a special book for the class or colouring pencils are considered as alternative options, instead of cakes or sweets. We celebrate birthdays with special cards, favourite songs and stories and other activities to help make children feel special on their birthday. We also ask that parents send in a library book which will be inscribed with your child's name as being donated.

We have a number of fundraising opportunities throughout the year and limit cake sales to roughly one per term. A healthy alternative is provided at all cake sales. We aim to have alternative ways to fundraise such as selling food produce, selling children's art work and sponsoring children's activities.

## **Water for all**

During school meal times only drinks which comply with the School Food guidelines may be consumed including water, low sugar fruit juice and milk. If children bring in a sugary drink they will be asked to take it home and we talk to parents and carers and remind them of the food policy.

We have four water fountains in the playgrounds and children are encouraged to drink water regularly throughout the day and have water bottles in class. Cooled water is available to staff and visitors in the staff room and front reception.

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## **Curriculum assessment and monitoring**

Children's learning about healthy eating is assessed in line with the school's assessment policy through science and PSHE. A review of what is taught includes feedback from staff and pupils.

## **Monitoring food provision**

The school is responsible for ensuring the quality of the food offered for school meals. We consult regularly with pupils, parents and carers and staff and involve them in reviewing the school meals. The results are used to evaluate the impact of the food policy and to further improve the school meals.

We will monitor food waste when appropriate and take relevant measures to reduce food waste.

## **Disseminating the policy**

Key information from this policy will be incorporated into the following documents

- Staff Handbook
- Governor Handbook
- School website

A full copy of this policy is freely available to parents on request. Copies are supplied to other professionals whose work relates to healthy eating or who may be involved in its delivery.

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## **Appendix A: Packed lunch Policy**

### **Aim**

To ensure that all packed lunches brought from home and consumed in school (or on school trips) provide the pupil with healthy and nutritious food that is similar to food served in schools which is in line with The School Food Standards. This policy applies to all pupils and parents providing packed lunches to be consumed within school or on school trips during school hours.

### **Why was this policy formulated?**

- To make a positive contribution to children's health and reflect a Healthy School
- To promote consistency between packed lunches and food provided by schools which must adhere to national food standards set by the government.

### **Packed lunches should include:**

- At least one portion of fruit and one portion of vegetables every day.
- Meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus or falafel) every day
- Oily fish, such as salmon, at least once every three weeks.
- A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day aim for wholegrain varieties.
- Dairy food such as milk, cheese, yoghurt, fromage frais, soya products everyday
- Only water, (pure fruit juice, semi-skimmed or skimmed milk, smoothies, yoghurt or milk drinks are permitted)
- If a pudding is included we ask that it is fruit based, this is in line with the fruit based pudding that children with school meals receive, examples are- fruit salads or tinned fruit with yoghurt or custard, fruity rice puddings (eg. Muller Rice), fruit smoothies and fruit based crumbles
- Savoury crackers or breadsticks served with fruit, vegetables or dairy food

### **Packed lunches should not include:**

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- Snacks such as crisps. Instead, seeds, vegetables and fruit (with no added sugar or fat).
- Confectionery such as chocolate bars, chocolate-coated biscuits, chocolate spread, sweets and chewing gum.
- Meat products such as sausage roll, individual pies, corned meat and sausage/chipolatas should be included only occasionally (no more than twice a week)
- Fizzy or sugary drinks.

## **Special diets and allergies**

The school recognises that some pupils may require special diets that do not allow for the standards to be met exactly. In this case parents and carers are urged to be responsible in ensuring that packed lunches are as healthy as possible. For these reasons pupils are also not permitted to swap food items.

## **Packed Lunch Containers**

Pupils and parents/carers are responsible for providing a packed lunch container where food items can be stored securely and appropriately until the lunchtime period. Pupils and parents/carers are encouraged to bring packed lunches in reusable plastic containers, rather than disposable plastic bags and bottles.

Foods are at risk of bad bacteria if they are prepared and stored in warm temperature, so it is advised that an ice pack is included in the food container.

## **Monitoring packed lunches**

To promote healthy eating we will regularly monitor the content of packed lunches and involve pupils and staff. We will talk to parents and carers where necessary and offer advice and guidance on bringing healthy packed lunches. If children consistently bring packed lunches that do not adhere to these guidelines a letter will be sent home with a copy of this policy. The school have recently taken part in a packed lunch audit to monitor the food consumed from packed lunches.

**Updated:** September 2016

Date for Review: **Autumn 2017**