

SCHOOL FOOD POLICY 2020-2021



Together with Jesus, we grow in love



HOLY FAMILY CATHOLIC PRIMARY SCHOOL

Updated November 2020

Agreed by Governors _____

Review date: September 2021

At Holy Family Catholic Primary School is dedicated to providing an environment that promotes healthy eating and enabling pupils to make informed choices about the food they eat. This will be achieved by the whole school approach to food and nutrition documented in this whole school food policy.

The school food policy and healthy eating strategy is co-ordinated by Miss S McGhee.

OBJECTIVES

1. To educate pupils about healthy eating and drinking.
2. To help pupils identify healthy foods and drinks and to encourage them to eat a balanced diet.
3. To alert pupils to the dangers of an unhealthy diet.
4. To provide pupils with healthy food and drinks in school.
5. To encourage parents and pupils to support our work by bringing healthy lunches and snacks when they provide their own food.

Policy formation and consultation

This is a working policy and the consultation process consists of the Head teacher, the healthy school coordinator and the chair of governors at the school

Rationale

- We believe that every adult at our school can play a part in making sure that the children develop positive attitudes to food, make informed choices and enjoy eating healthily.
- We want the children to understand that good, nutritious food is essential to their ability to learn as well as to their long term health and development.
- We want the children to apply their knowledge about food and make healthy choices both in and out of school.
- We want children to enjoy cooking and learn certain core skills by the time they leave the school.
- We believe that food has a place across the curriculum and has a role in developing young people's social skills.

Aims

The School recognises the important connection between a healthy diet and a pupil's ability to learn effectively and achieve high standards in school. The school also recognises the role the school can play, as part of the wider community, to promote family health.

The school aims to:

- Improve the health of pupils and staff, and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet, and hygienic food preparation and storage methods.
- Ensure pupils are well nourished at school and that every pupil has access to safe, tasty and nutritious food and a safe, easily available water supply during the school day.
- Present consistent, informed messages about healthy eating within school through all school practices.
- Improve the dental health of pupils through the inclusion of dental health education within the planned PSHE programme.

- Ensure that food provision in the school reflects the medical and ethical requirements of pupils and staff, for example medical allergenic, religious, ethnic and vegetarian needs.
- Ensure the provision and consumption of food is an enjoyable and safe experience.

These aims will be addressed through:

1. **Equal opportunities**

In healthy eating, as in all other areas of the curriculum, we recognise the value of the individual and strive to provide equal access of opportunity for all.

2. **Curriculum**

Food and nutrition is taught at an appropriate level throughout each key stage. In EYFS, KS1 and KS2, there are a number of opportunities for pupils to develop knowledge and understanding of health, including healthy eating, food provenance and practical skills such as shopping, preparing and cooking predominantly savoury food. We use many different areas of the curriculum to teach about food such as:

Food Technology as part of Design Technology 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 wellbeing, teaches them how to develop a healthy lifestyle and addresses issues such as body image.

Literacy provides children with the opportunity to explore poetry, persuasion, argument and narrative work using food and food-related issues as a stimulus, reading, understanding and writing recipes and using descriptive words to talk about opinions of food.

Maths can offer the possibility of understanding nutrition labelling, calculating quantities for recipes, weighing, measuring and dividing ingredients.

Science provides an opportunity to learn about the food groups, their nutritional composition, digestion and the function of different nutrients in contributing to health. As well as how ingredients react when baking for example, yeast in bread.

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.

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. This subject also gives children the opportunity to discuss different cultures and customs, and the food eaten in different countries around the world.

ICT can afford pupils the opportunity to research food issues using the internet and other electronic resources. Pupils can design packaging and adverts to promote healthy food choices or to create food labels with nutritional breakdown of recipes they have made.

Teaching methods

Effective teaching requires pupils to develop their understanding of healthy eating issues and appropriate skills and attitudes to assist them in making informed decisions. Teaching methods adopted in the classroom offer a rich variety of opportunities for participatory learning and include debating issues, group discussions and role-play. These decisions are made by teachers.

Leading by example

All adults within school have a key role in influencing pupils' knowledge, skills and attitudes about food, so it is important that they are familiar with healthy eating guidelines.

Visitors in the classroom

This school values and appreciates the valuable contribution of outside agencies. We believe it is the responsibility of the school to ensure that the contributions made by visitors to the classroom reflect our own philosophy and approach to the subject. The status of visitors to the school is always checked ensuring that the content of the visitor's talk is suitable for the ages of the pupils. The school's code of practice for visiting speakers is adopted.

Resources

Resources for the teaching of healthy eating in PSHE have been selected to complement the delivery of the curriculum in other subject areas. These are stored in the school resource cupboard. Samples from some of these resources are displayed in the PSHE teacher's folder and are clearly linked to the term's programme of work. The school also has a set of equipment and utensils used for practical cookery which are used throughout all stages and all pupils will have the opportunity to use this equipment as they progress through our school. Books are available for pupils in the library.

Evaluation of pupils learning

The healthy eating and food and nutrition aspects of the National Curriculum are assessed and evaluated through activities, which have been built into the programme, as part of the planning process.

3. Food throughout the day

The school governors and Head Teacher have overall responsibility for food within the school and throughout the school day. However, all members of staff within Holy Family Catholic Primary School work together to monitor and evaluate this topic and support each other and the children.

Before and After School

We discourage parents from providing sweets, crisps, chocolate and fizzy drinks.

Breakfasts

Breakfast is an important meal that should provide 25% of a child's energy requirements and contribute significantly to their vitamin and mineral requirements.

The school operates a no-fee breakfast club, funded by Greggs bakery, that provides a nutritious meal for pupils before the school day begins. The breakfast menu includes:

- Cereal
- Toast
- Juice
- Hot choices e.g. beans, sausages
- Fruit
-

School Meal Provision

We conform to the new food standards which includes all food sold or served in schools: breakfast, mid-morning break, lunch and after-school clubs.

The school's lunches are catered for by our own catering team, led by Mrs D Laverty. Food prepared by the school catering team meets the National Food Standards for School Lunches and this is checked during school food audits with support from CMC catering. Meals are planned on a 3-week menu rota, include fish every Friday and a meat free day. The catering team adapt menus when celebration days take place e.g. Spanish day.

The current cost for a school lunch is £1.80 per day. The government provides Universal Infant Free School Meals (Reception -Y2) as well as funding for all children who are eligible for free school meals.

Families who accrue debt, in relation to free school meals, are contacted and a payment plan is arranged to support with the eradication of debt.

Free School Meals

- The school promotes application for Free School Meals for those families that may be entitled to this benefit.
 - This message is reinforced at parent's inductions and events.
 - The uptake of Free School Meals is monitored termly.
 - There is no stigma to Free School Meals as only those children entitled are known to adult staff.
 - Those entitled to Free School Meals have the same entitlement as those who pay.
 - Liverpool has an online system to register for free school meals
 - If parents/carers need any support in applying for free school meals, please contact the school office and assistance will be offered
- <http://liverpool.gov.uk/schools-and-learning/grants-and-funding/free-school-meals/>

Packed Lunches

- Children who bring packed lunches eat in the dining hall
- The school encourages the children to eat a healthy packed lunch which includes fruit, yoghurts and starchy items such as sandwiches, baps or wraps.
- The school sends out letters at the beginning of the school year, reminding parents that no fizzy drinks are allowed in their children's packed lunches.
- The school aims to reach a point where no children have chocolate, crisps or sugary drinks in their packed lunches.
- The school aims to support parents in making healthy choices when preparing packed lunches.
- The School Council regularly talk about healthier packed lunches and options for changes in the school meal menu.
- Children's eating is monitored by lunchtime staff, supervisors and teaching staff whilst in the hall.
- Children are asked to take home all food that has not been eaten to allow parents to monitor their child's consumption
- Parents are encouraged to report any concerns with the class teacher. and likewise teachers may discuss any concerns or issues with parents

Lunchtime provision

Our school lunches are provided in house by our own catering manager Mrs D Lavery and from time to time we will have taster sessions so parents/carers are able to view the quality of the food and what food is available to the children. The school meals are audited by an independent professional Healthy Eating Officer. Halal meat is offered as required.

Dining Room Environment

- Pupils taking a hot meal or bringing a packed lunch, all sit in the dining room and our aim is to make sure that to eat their lunch and do not need to rush.
- We encourage our pupils to play an active part in improving the dining hall environment by taking their ideas to the school council and then involving the whole class group in the decisions taken.
- Lunchtime supervisors have been trained in behaviour management and safeguarding and follow the school ethos.

Snacks

- Children are encouraged to eat a healthy snack.
- Children are allowed to eat fruit.
- We ask parents to limit high sugar, fat and salty snacks.

Drinks and Water

The school recognises that hydration plays an important part of development.

- Children are encouraged to drink plain water throughout the school day.
- Juice is not allowed as a drink in classrooms, only water.
- Milk is available to all children at the school.

Special diets, allergies, diet related disorders

- Parents are asked to inform the school if a pupil suffers from any medical allergy, identifying the foods to which s/he reacts and the usual symptoms of the reaction.
- Pupils with allergies are also identified to kitchen, staff and on the office noticeboards.
- All staff members are aware of the school's medical, and health and safety procedures.
- The catering staff have been trained up to the Food Information Regulations 2014 – Allergen labelling and are on site to discuss any allergenic ingredients that may be in the dishes/recipes. Please make an appointment through school to meet our catering manager to discuss allergens or any other medically diagnosed conditions that affect food consumption

Special occasions (birthdays religious celebrations etc)

- As a school we recognise the benefit of birthday celebrations for children. However, we do not allow families to send birthday cakes or sweets to share with class mates. This is due to food allergies and the promotion of healthy eating.

Staff Room

- Teachers should demonstrate a healthy attitude to food in school ensuring that only healthy food is visible to children.

Rewards and Celebrations

- Under no circumstances will sweets, chocolate, crisps or fizzy drinks be used as a reward for outstanding work and/or behaviour.
- The school allows some less healthy food to be consumed in the event of an annual class Christmas party and/or end of year class party. This is at the discretion of the Headteacher.

Participation in national and local events and initiatives

- Food may be the medium used to celebrate international and local events such as Chinese New Year, Diwali, great British breakfast, and national scouse day

Monitoring and evaluation

- This is a working policy – this draft will go to consultation with the whole school community; including children, parents, school staff, catering staff, governors, school nurse and Healthy Schools Officer.
- The Healthy Schools Coordinator will develop the policy accordingly.
- The designated catering contractor is responsible for ensuring that the quality of food offered is of a high standard and compliant with legislation.
- This policy will be reviewed annually to take account of new developments.
- The policy will be accessible to everyone, including children, parents and extended staff, online and by request of a hard copy.

Appendix 1

School Meals

The school provides lunchtime school meals for all children attending full time school.

Many children will be entitled to a school meal free of charge, dependant on the family circumstance.

If you are required to pay for your child/ren's meals these will be charged at a daily rate of £1.80.

School will collect the dinner money each Monday for the forthcoming week, and would ask that this is sent into school in an envelope clearly marked with the child's name and class.

The school can also offer access to Liverpool's on line checking system for parents so that eligibility for free school meals can be accessed immediately.

Non Payment of school dinner money

Parents/carers/guardians are reminded that if you are not in receipt of free school meals then meals need to be paid for at least one week in advance.

If anyone is experiencing any financial difficulty they are invited to come into school to discuss the situation before non-payment becomes an issue.

Non-payment of school meals by parents/carers or guardians will result in a debt for school and has a knock-on effect on the school's financial performance.

The school's governing body has a legal responsibility to follow up all outstanding debts through the local authority's official debt recovery service.

In the event of non-payment of school meals for at least 5 days, schools will not continue to provide a hot meal for the child/ren.

Parents will be asked to provide a packed lunch for consumption during the lunchtime or to take the child/ren home for lunch until any outstanding payment is made in full to the school.