



Whole School Food & Nutrition Policy

Introduction

St. Cecilia's Catholic Infant & Nursery 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 policy was formulated through consultation between members of staff, governors, parents and pupils.

Food Policy Co-ordinator

This school food policy and healthy eating strategy is co-ordinated Claire Thistleton

Food Policy Aims

The main aims of our school food policy are:

1. To enable pupils to make healthy food choices through our provision and the development of appropriate skills and attitudes
2. To provide healthy food choices throughout the school day
3. To ensure that we are giving consistent messages about food and health
4. To encourage all children to take part in the '5-A-DAY' campaign

These aims will be addressed through the following areas:

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 and KS1, there are a number of opportunities for pupils to develop knowledge and understanding of health, including healthy-eating patterns and practical skills such as shopping, preparing and cooking food.

Literacy provides children with the opportunity to explore poetry, persuasion, argument and narrative work using food and health related issues as a stimulus.

Maths can offer the possibility of understanding nutrition labelling, shopping, 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.

PHSE 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.

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.

Leading by example and staff training

Teachers, caterers and the school nurse 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.

3. Food and Drink provision throughout the school day

Breakfast and Afterschool Club

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

The school operates Breakfast and Afterschool Clubs that provide nutritious food for pupils before and after the school day. The menu includes:

- **A range of cereals, specifically selected for their nutritional value and low sugar and salt content.**
- **Wholemeal toast**
- **Fruit**
- **Milk or water**

- **Healthy Snacks**

National Food Standards for School Lunches

Food prepared by the school catering team meets the National Food Standards for School Lunches and is provided by our catering company 'Food for Thought'. These meals include one portion of fruit and one portion of vegetables, each day as a choice for the children. They provide hot and cold options and the children are also encouraged to use the salad bar and try something new each day. Menus are readily available for parents on a half-termly basis. **Water is provided with lunches for all and children are not permitted to bring juice or drinks other than water for lunchtime or snack time.**

Snacking

The school understands that snacks can be an important part of the diet of children and young people and can contribute positively towards a balanced diet.

All our children are entitled to free milk and have a daily healthy snack. All classes have a break time snack of fruit and milk.

The school does not allow any other snacks during break time

Drinking Water

The National Food Standards for Healthy School Lunches recommend that drinking water should be available to all pupils, everyday, and free of charge.

All children must bring a water bottle to school and are encouraged to drink water throughout the day.

Juice, flavoured water and any drink other than water are not permitted at school.

Children may drink their water at any time except during assembly/collective worship.

4. Food and Drink brought into school

School Lunches

Packed Lunches - Parents are informed regularly about what a healthy packed lunch should consist of and what we do not allow. Sweets and chocolate bars **are not** to be included in packed lunches. The children will be provided with water at lunchtime and therefore do not need to bring a drink with their packed lunch.

School lunches are free to all children and we would encourage all children to have a school lunch instead of a packed lunch.

School caterers offer a vegetarian option at lunch every day.

5. Special Dietary Requirements

The school provides food in accordance with pupils' religious beliefs and cultural practices.

School caterers are made aware of any food allergies/food intolerance and requests for special diets are submitted according to an agreed process. It is the responsibility of Parents/Carers to ensure that the Class Teacher is aware of such allergies/intolerances so that the Catering Team can be made aware.

6. Food Safety

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include: ensuring that adequate storage and washing facilities are available; that food handlers undergo appropriate food hygiene training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. Our school is regularly inspected by the Local Authority Environmental Health Team.

7. The Lunchtime Environment

The school has an organised system for the children to dine in the dinner hall. This allows opportunities for the lunchtime staff to closely monitor the children's food choices and assist them with their healthy options. This gives the children the opportunity to sample a variety of healthy foods. The lunchtime staff promote a calm, relaxed and pleasant atmosphere for the children to eat in and seating times are staggered to reduce noise in the hall.

We encourage children to eat towards their 5 portions of fruit and vegetables a day. Children are also encouraged to try new foods.

MONITORING AND EVALUATION

The policy will be reviewed periodically.

REVIEW

Date policy implemented: **12.07.2018**

Ratified by Full Governing Body: **12.07.2018**

Date for next review : **12.07.2020**

Signed (Chair of Governors)

Signed..... (Headteacher)