



## Holy Family Catholic School

### Whole-School Food Policy

#### 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 PSHCE, drug, and sex and relationship policies.

The school supports the '5-A-DAY' campaign to encourage children to eat five portions of fruit and vegetables a day because research shows that 'healthy eating' can reduce the onset of certain life-threatening conditions, as well as being helpful in tackling and preventing childhood obesity.

Children under 5 in our school receive **free milk** daily.

All other children are offered **free milk** at morning playtime.

Children in Nursery, Reception, Year1 and Year2 receive **free fruit** every day; this is funded by the Government.

All Key Stage 2 children (Year 3 to Year 6) also receive **free fruit** at morning playtime.

At Holy Family we operate a 'Non Meat' kitchen – all meals are therefore vegetarian or include quorn.

Fish dishes are compliant with The Marine Conservation Society (MCS).

Fruit and Vegetables are sourced via the 'Red Tractor' scheme where foods are sourced within a 20 mile radius of our school.

Children in Reception, Year 1 and Year 2 are provided with a **FREE** Universal School Meal. Free school meals are also provided to children whose parents are in receipt of Income Support, Jobseekers Allowance or a certain level of Child Tax Credit.

#### Rationale

Holy Family continually strives to be 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.

A SNAG (School Nutrition Action Group) has been formed to review and improve our school food service and the lunchtime experience. The representatives include the children, headteacher, school business manager, cook, lunchtime supervisors & parents.

#### 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
- To provide cooking experiences for all children across the year
- To provide information on nutrition and the nutritional values of different foods.

### **Breakfast club**

The breakfast club operates on a daily basis in the school for all children from 8.05 till 8.35. Toast (& beans), cereal and fruit juice are provided at a daily cost of £1.00. There is no charge for children eligible for free school meals.

### **Morning Break**

EYFS and KS1 pupils are provided with **free milk** or water and **free fruit**.  
KS2 children are provided with **free fruit** and offered **free milk**.

### **School lunches and packed lunches**

All our school meals are provided by a contracted caterer whose healthy-food policy as part of their tender ensures we meet the statutory nutritional standards. Fresh seasonal vegetables and/or fruit are provided each day as a choice for the children and in addition a daily fresh salad bar. The children are provided with a hot (or cold option), both of which pay regard to nutritional balance and healthy options. Milk is available at lunchtime in a labelled jug.

Some children bring packed lunch to school. The school provides facilities for pupils to bring sandwiches in and free drinking water is available at all times. Our school works with parents to ensure that packed lunches abide by the standards listed below. As fridge space is not available in school, pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible to stop the food going off.

- 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, and falafel) every day.
- Oily fish, such as salmon, at least every three weeks.
- Starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other types of cereals every day.
- Dairy food such as milk, cheese, yoghurt, fromage frais or custard everyday.
- Still Water only

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

- Snacks such as crisps, instead include seeds, vegetables and fruit, (with no added salt sugar or fat)
- Confectionary such as chocolate bars, chocolate-coated biscuits and sweets. **Non-chocolate cakes and biscuits are allowed once a week on Fridays,** but encourage your child to eat these only as part of a balanced meal.

- Meat products such as sausage rolls, individual pies and sausages should be included only occasionally.

### **Water for all**

Cooled water is freely available throughout the school day to all members of the school community. Children bring in their own water bottles and are encouraged to take them home every Friday to be thoroughly washed. Class teachers build regular water breaks into the school day and children are actively encouraged to drink water regularly because of the need to remain hydrated.

### **Food across the Curriculum**

In FS, KS 1 and KS 2, 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.

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, e.g. advertising and sustainable development.

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. Children take part in 2 hours of Physical activities per week during curriculum time. Physical activities after school clubs operate on every day of the week.

School visits provide pupils with activities to enhance their physical development, e.g. to activity centres, competitions and tournaments.

### **Assessment, evaluation and reviewing**

Packed lunches will be regularly reviewed by teaching staff and lunchtime supervisors.

Parents and pupils who do not adhere to the packed lunch policy will receive a reminder leaflet in the packed lunch informing them of the policy.

Please note: pupils with special diets will be given due consideration and this should be discussed with the school cook and/or headteacher.

### **Partnership with parents and carers**

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 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.

**Special events eg school fete's, religious celebrations etc.**, the school will encourage parents and carers to consider the food policy in the range of refreshments offered for sale to the children.

### **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 Head Teacher is responsible for ensuring that the food served is in accordance with this policy. Key Stage managers and subject managers are responsible for the curriculum development of the food policy. The Head teacher and PSHE co coordinator are responsible for supporting colleagues in the delivery of the food policy.

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

Revised Summer 2016

Signed Chair of Governors \_\_\_\_\_

30<sup>th</sup> June 2016