

## **ST JOSEPH'S CATHOLIC PRIMARY SCHOOL WHOLE SCHOOL HEALTHY EATING POLICY**

### **Mission Statement**

St Joseph's vision is that together we are the architects of the future, building lives on the firm foundations of the gospel.

Inspired by Christian values we aim to provide love and security within a curriculum designed to meet the complex needs of all individuals, in order to prepare them to take their place in the ever changing world of today and tomorrow.

### **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.

### **Rationale**

- To encourage children to have a healthy diet.
- To inform adults about healthy eating in school.
- To have a healthy school community.

### **Aims**

- To encourage healthy eating habits:
  - eat more fruit and vegetables
  - eat less sugar and fat.
- To learn about the effects of healthy eating in science and through our Learning Challenge Curriculum
- To reduce levels of obesity.

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

At St Joseph'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 Learning Challenge 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

We have been recognised as a healthy school in the past and our food policy reflects this.

### **Responsibility**

It is the responsibility of all staff including teaching, support staff, catering staff and governors 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 policy and liaise with the lunchtime meals supervisor, cook, kitchen staff and food contractor. The Assistant Headteacher for Curriculum, Teaching and Learning is responsible for what is taught about healthy eating and practical food education in the curriculum. This is evident through our Learning Challenge and Science planning.

Caterers 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 view the catering menu for the term on the school website and this is shared with the children in advance.

This policy will contribute towards other policies in the following way

Behaviour	We use non-food related rewards for positive behaviour
Learning Challenge	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

### **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, the Learning Challenge 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.

### **Training staff to deliver practical cooking lessons**

Staff are involved in food preparation and cookery lessons, developing their understanding in food related issues including food hygiene. All food preparation is healthy.

### **School lunches**

All our school meals are provided by a contracted caterer Harrisons, who act in accordance with the School Food Standards. A copy of the daily menu is on display in the dining area and discussed with children. 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 & KS2 we encourage all parents to take up universal free school meals. 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.

### **Packed Lunches**

See below Appendix A: Packed lunch policy.

### **Healthy Snacks**

All children in EYFS and KS1 receive a free piece of fruit or vegetable every morning as part of the Governments School Fruit and Vegetable Scheme. 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. For all children only healthy snacks are allowed at break time. Fizzy drinks, sweets, crisps and chocolate biscuits are not allowed in school or on school trips.

### **Milk**

Milk is promoted as a healthy drink and provided free for children under five in the Foundation Stage and offered to all children who are eligible for FSM. Milk is provided by Coolmilk and all parents can register and pay for their child to receive a carton of milk each day at school. [www.coolmilk.com](http://www.coolmilk.com).

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

The Breakfast club is offered to all pupils and we actively encourage pupils who are more disadvantaged to attend. The food offered at breakfast and after school clubs is 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 health care 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 conflicts with our food policy and we remind them that only water 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 website. Parents are given information about the annual national weight measurement programme that children in Reception and Year 6 take part in. Parents are made aware of that we are a healthy school through the website and newsletters and how our approach to healthy eating is in keeping with this.

### **Rewards**

We reward children for healthy eating with stickers and certificates when appropriate.

## **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, we request that parents and carers do not to send in birthday cakes or foods that do not comply with our food policy. If parents do want to bring something in to celebrate birthdays (such as party bags), these must be provided at the end of the school day when children are collected and where parents can supervise any food contents.

## **Water for all**

During school meal times only drinks which comply with the School Food Plan guidelines may be consumed including water 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 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.

## **Curriculum assessment and monitoring**

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

## **Monitoring food provision**

Wandsworth Council is responsible for ensuring the quality of the food offered for school meals, as part of the contract with Harrisons. We consult regularly with pupils and staff and annually with parents and carers to involve them in reviewing the school meals (which may include "Taster sessions"). 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.

## **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:**

- Snacks such as crisps
- 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.
- Food products that include nuts

**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.

**POLICY REVIEW TERM:** BIENNIAL

**Policy Reviewed:** June 2024

**Next Review:** June 2026