

**St Mary's C.E. (A) School**



# **St. Mary's C.E. (A) Primary School**

Greenfield

## **Food Policy 2017**

'We enjoy learning and achieving in a Christian environment'

## **GREENFIELD ST. MARY'S C.E.(A) PRIMARY SCHOOL**

### **WHOLE SCHOOL FOOD POLICY 2017**

#### **Mission Statement:**

'We enjoy learning and achieving in a Christian environment'

#### **Every Child Matters at St. Mary's**

St. Mary's wants every child to be healthy, stay safe, enjoy and achieve, make a positive contribution and achieve economic well-being. This policy has been written with careful consideration of the Every Child Matters Agenda.

#### **Healthy School Statement**

St. Mary's is a Healthy School with healthy attitudes embedded in the curriculum and extra-curricular activities. Children are encouraged to be active and maintain healthy relationships with their peers and adults as well as making choices about healthy lifestyles.

#### **Building Learning Power Statement**

At St. Mary's we encourage all pupils to build their own learning power. Building Learning Power emphasises the development of lifelong learning values and skills. We aim to ensure that all children develop persistence and curiosity for learning and become adventurous risk takers who are not afraid of the 'don't know' state of mind. At St. Mary's children will develop the ability to take responsibility for their own learning and self assess and be able to articulate themselves as a learner. They will have the opportunity to develop the ability to know what is worth learning, know how to face confusion and know the best learning tool for the job.

#### **Equality Statement**

This policy and procedure is subject to The Equality Act 2010 which recognises the following categories of individual as Protected Characteristics: Age, Gender Reassignment, Marriage and Civil Partnership, Pregnancy and Maternity, Race, Religion and Belief, Sex (gender), Sexual orientation and Disability.

#### **Introduction**

This document outline our policy on the aims, principles and strategies for the teaching and learning of whole school food related issues at St Mary's C.E. (A) Primary School. It was created by the whole staff in Spring 2014 and is reviewed on a 3 year basis in accordance with the Policy Review Cycle, as outlined in the School Development Plan. This Policy will next be reviewed in the Spring Term 2020. This Policy was approved by the Governing Body on.....

## **Aims**

St Mary's Primary School aims to provide an environment that promotes the health and well-being of pupils, parents and staff by ensuring that all food provision and food messages are healthy and consistent. St Mary's Primary School staff recognizes and are committed to the fact that healthier children learn more effectively.

## **Aims:**

Proper nutrition is essential for good health and effective learning.

We aim to:

- provide a consistent programme of cross-curricular nutrition education that enables pupils to make informed choices without guilt or anxiety.
- provide a 'whole school, whole day' approach to nutrition that makes the 'healthier choices, easier choices'.
- work in partnership with catering staff to ensure that nutritional standards are implemented by providing attractive, value for money meals that are appropriate to local needs.
- work in partnership to achieve a pleasant and sociable dining experience which enhances the social development of each pupil.
- Involve pupils and parents in all decision making.

## **We aim to promote healthy & balanced eating by:**

- encouraging pupils to choose a variety of foods to ensure a balanced intake in line with the national nutrition guide – 'The Balance of Good Health' and the new nutritional standards..
- encouraging foods which are rich in vitamins, iron and calcium, in particular fruit, vegetables, meat, beans, bread and low fat dairy products.
- encouraging starchy foods as a source of energy (such as bread, pasta, rice and potatoes) rather than fatty foods.
- encouraging fruit juices, lower fat milk and sugar-free drinks.
- discouraging sugary drinks and less healthy snacks between meals.

## **Objectives and Desirable Outcomes**

We hope to accomplish our aims through food education, including the development of skills such as cooking and growing some of the food served in school and core academic content in the classroom.

We shall work towards the following objectives:

- to increase pupils' knowledge of food production, manufacturing, distribution and marketing practices, and its impact on both health and the environment

- to 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
- to ensure the food provision in school reflects the ethical and medical requirements of all pupils and staff, e.g. religious, ethnic, vegetarian, medical and allergic needs
- to encourage parents/carers who provide food and drink for consumption at school (packed lunches, snacks, etc.) to meet the same standards as food provided by the school
- to encourage carers who provide food and drink before and after school to meet the same standards as that provided by the school (breakfast/after school clubs, study support/out of hours activities, etc)
- to make the provision and consumption of food an enjoyable, social and safe experience for all
- to encourage children to develop appropriate skills for choosing and preparing healthy meals
- to ensure adequate provision for children who have specific dietary requirements in relation to a medical condition (this may conflict with healthy eating principles), e.g. cystic fibrosis, Gauchers Syndrome
- to introduce and promote practices within the school that reinforce our aims, and to remove or discourage practices which negate them

Desirable outcomes:

- staff are trained in practical food education
- pupils choose healthy and nutritious food across the school day and enjoy it
- pupils are encouraged to identify the amount of physical activity they take part in and choose food accordingly
- the whole school is aware of how they are transforming school food
- there is a reduction in behavioural incidents in the eating areas
- the school meets the new school food standards
- pupils can plan and cook healthy food
- pupils eat snacks which are not rich in salt, sugar and fat
- there is increased fruit and vegetable consumption
- all pupils achieve a healthy body

### **Staff Development**

All staff, including support and catering staff, need access to professional development and support relating to food, nutrition and basic food hygiene. A range of provision will need to be identified that meets staff needs across a range of roles and responsibilities.

Areas of staff expertise and individual staff development needs will be identified through existing staff development systems. This will be ascertained through a staff audit and the relevant training personnel approached.

## **Food throughout the School Day**

Children are encouraged to buy a book for their class rather than bring sweets etc. on their birthdays.

Children and staff have continuous access to clean drinking water. Milk is provided free of charge to Foundation Stage and Key Stage 1 children and school runs a Key Stage 2 milk scheme through which milk can be purchased on a half-termly basis. Foundation Stage and Key Stage 1 children are provided with a piece of fruit at break time as part of the authority's scheme and Key Stage 2 children are encouraged to bring healthy snacks for their own consumption, e.g. fresh fruit, bread sticks, rice cakes or vegetables. The school has no vending machines or access to any other snacks. Drinking water is provided in all classes, on tap for the children drink water throughout the day. Each child is given a School Water Bottle on an annual basis and parents have the option to buy replacements of these throughout the year if they so wish.

## **School Meals**

- food is provided by Oldham Council catering Department
- free school meals are provided to all children in Reception, Class 1 and Class 2 should parents wish to take up this offer
- there will be a maximum of two fried items a week on the menu
- oily fish is to be made available on the menu
- all desserts will contain some amount of fruit
- fresh fruit and salad are to be made available every day
- food will be made from as many fresh ingredients as possible, minimising the use of processed food (ingredients which have already been altered)
- wherever possible organic and locally sourced food is used
- wholemeal flour is to be used
- cartoned drinks contain only fruit juice and spring water

The menu is available on the school website [www.greenfieldstmary.oldham.sch.uk](http://www.greenfieldstmary.oldham.sch.uk) and parents are up-dated regularly via the school newsletter.

Staff encourage children to choose a balanced meal through the use of praise, stickers and weekly awards given during celebration assembly.

We aim to have the highest standards in school meals with staff receiving the following awards:-

- Food for Life Catering Gold Award
- Assurrd Food Standards Award
- Certified Sustainable Seafood Award
- Gold Egg Award

### **Special Occasions**

On special occasions, such as Christmas parties children may be offered crisps, cake, juice etc. However, it will be made clear that this is a treat and over-indulgence should be discouraged. Children should not be bought sweets or chocolate as presents. At Easter, children may be given a treat such as chocolate eggs in order to celebrate the festival in a traditional manner. Multicultural food is encouraged during special festivals, Cultural Diversity Week and School Meals. During SATs week all year 6 pupils are offered a free healthy breakfast should they wish to participate in this.

### **Food and the Curriculum**

We will ensure that the taught curriculum and food provision throughout the school day present a consistent message. There are opportunities to explore issues around food in many subject areas, especially Science, PSHE, Geography and Design Technology. We undertake to capitalize on these opportunities in order to:

- bring the subject "alive" through curriculum links and projects that provide ongoing contact with outside agencies
- develop an understanding of the role food plays in cultural diversity and knowledge of food in other cultures
- help to promote and raise awareness of environmentally sustainable food production methods and socially responsible food marketing practices

Both curricular and extra-curricular activities will help pupils develop an understanding of food issues, including: growing; hygiene and safety; preparation; nutrition; healthy lifestyles; and the food industries.

For more information on Food in the Curriculum, please see individual Schemes of Work available from class teachers. Further information for teaching staff, including on-line lesson plans and resources, can be found at [www.schoolfoodtrust.org.uk](http://www.schoolfoodtrust.org.uk)

### **Health Days**

One aspect of our Health Days is to promote Healthy food choices. This is done through a variety of methods, such as visitors, cooking, learning about diet and food hygiene and promoting healthy and sustainable packed lunches.

### **Assessment, Recording and Reporting**

Pupils' knowledge, skills and attitudes to food are assessed within PSHE, Science, Geography and Design Technology in line with the whole school assessment policy and are reported to parents via the annual report.

### **Partnerships with the Wider Community**

The school values working in partnership with parents/carers and with the wider school community and sees it as an essential part of promoting healthy lifestyles. Partnership working will be promoted through policy development, home-school agreements, School Council, working with food and drink suppliers, health professionals, the

authority's Healthy Schools Staff, the school's contribution to the community, work with parents, health days etc.

### **Allergies**

All staff, parents, children and visitors need to be aware that we have children in school with severe allergies, especially to NUTS and KIWI fruit. Nuts or products containing nuts are never to be brought into school. If a person eats nuts inadvertently they should drink several glasses of water and stay away from the identified children (photographs of these children are displayed on the staffroom wall and can be found in class registers).

When cooking or preparing food with or for children, staff should ensure they are informed of any allergies.

All children who have allergies are outlined in the weekly staff briefing and information can be found in each class register.

### **Equality of Opportunity**

In accordance with school and Local Authority policy, a commitment to equal opportunities and inclusion will be built into all aspects of food and drink provision.

Written:	Spring 2014
Last Review:	Spring 2017
Next Review:	Spring 2020
Approved by:	Louise Alcock, Chair of Resources and Premises Committee
Date:	8 <sup>th</sup> March 2017