

Food Policy

Introduction

At St Anne's Catholic Primary School we are committed to giving all our pupils consistent messages about all aspects of health to enable them to understand the impact of particular behaviours and ultimately encourage them to take responsibility for the choices they make. This policy should be read alongside the school's PSHCE, Drug and Sex & Relationship Policies.

Our school supports the '5 a day' campaign to encourage children to eat 5 portions of fruit and vegetables each day, which has been shown to reduce the onset of certain life-threatening conditions as well as being helpful in tackling and preventing childhood obesity.

We have used the following questions to identify what areas we need to change in order to develop a more healthy approach to the issue of food in our school:

- How well are we doing?
- How well should we be doing?
- What more should we aim to achieve?
- What must we do to make it happen?
- What action should we take and how do we review progress?

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Rationale

St Anne's Catholic Primary is a healthy school. It is important that we consider all aspects of our work to ensure that we promote health awareness in each and every member of our school community. As staff we can sometimes provide a valuable role model to pupils and their families with regard to food and healthy eating patterns.

Through effective leadership, ethos and the curriculum, we can bring together all elements of the school day to create an environment which supports a healthy lifestyle.

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

Settings for Food Policy

Snack

Our Foundation Stage and Key Stage 1 classes include an afternoon break time in which washed fruit is shared with all children. Different children are given responsibility for passing the fruit to others and for helping to clear away. We provide this by taking part in the Government initiative to provide all Key Stage 1 children with free fruit and vegetables during the day, which will mean the snack can also be offered at afternoon play and then onto Key Stage 2 classes. Key Stage 2 children are encouraged to bring or purchase fruit or a healthy snack from the kitchen which they eat at break time – other snacks are discouraged.

School lunches and packed lunches

All our school meals are provided by CBS who have a healthy food policy as part of their tender. Where possible, this includes the use of fresh fruit and vegetables each day as a choice for the children. They provide a hot and cold option, both of which pay regard to nutritional balance and healthy options.

A small number of children bring a packed lunch to school. We regularly include newsletter items about our school meals, the menu changes and also how best to ensure that packed lunches provided from home are also healthy and nutritious

Water for all

Cooled water is freely available throughout the school day to all members of the school community. Every child is expected to purchase a school water bottle to store their water in. Children may drink their water at any time except during our collective worship. Regular water and brain breaks are built into the school day by class teachers. Foundation Stage and Key Stage 1 children are also reminded to drink water during their snack time.

Food across the Curriculum

In Foundation Stage, Key Stage 1 and Key Stage 2, there are many opportunities for pupils to further 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.

Literacy provides children with the opportunity to explore poetry, persuasion, argument and narrative work using food and food related issues as a stimulus, e.g. writing to a company to persuade them to use non-GM foods in children's food and drink etc.

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Maths can offer the possibility of understanding nutrition labelling, 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 and the part they play in religious festivals. Children also experience different foods associated with religious festivals, e.g. Passover

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, e.g. bread making

PSHCE 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.

Music can provide pupils with knowledge about different properties of cooked and uncooked foods where pulses and grains are used in un pitched / un tuned percussion instruments.

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. History provides insight into changes in diet and food over time.

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.

School visits provide pupils with activities to enhance their physical development e.g. outdoor centres

Out of hours learning also includes an organic gardening club with an allotment site.

Partnership with parents and carers

The partnership between home and school is vital in shaping how children and young people behave, particularly where health is concerned. Each must reinforce and support the other. Parents and carers are regularly updated on water and various lunch issues through school letters and newsletters. We ask parents not to send in fizzy drinks and we remind them that only water may be

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drunk during the school day, except at lunch when children may drink juice or squash.

During out of school events, e.g. school discos 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

Senior managers and subject leaders are responsible for the curriculum development of the Food Policy. The Headteacher and PSHCE co-ordinator are responsible for supporting colleagues in the delivery of the Food Policy. The LEA is responsible for ensuring the quality of the food offered as part of the contract with the caterer.

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

Agreed by Governors:

Date:

Review date: