

St. Martin's Catholic Primary School



Healthy Eating Policy

This policy should be read in the light of our:

- ❖ **Our Mission** to foster the personal development and academic achievement of each child by providing a caring and creative environment that adheres to the foundations and values of the Catholic Faith.
- ❖ **Our Vision** to inspire all to lead, through love and service, the life of purpose and excellence that God wants for us.

Approved by Committee:

April 15

Approved by FGB

July 15

Next Review date:

January 18

Healthy Eating Policy

Introduction

St Martin's Primary School is committed to encouraging and developing positive attitudes towards food and a healthy diet. In accordance with the Every Child Matters agenda 2004, and to support the 5 outcomes for children, promoting a healthy life style is integral to our curriculum and we recognise the importance of offering our pupils the opportunity to make informed choices about what, when, where and why they eat.

As a school we know that food is fundamental to the quality of a child's life, not just in providing essential nutrition but in communicating and sharing positive values, attitudes and experiences with each other.

We believe that adults (staff, parents and carers) should be good role models and should support our pupils in understanding how balanced nutrition contributes to a person's health, happiness and general well-being.

This policy should be read in conjunction with the policy of Chartwells – (our in house caterers)

1. Aims and Objectives

- To improve the health of pupils, staff and the whole school community by helping to influence eating habits through increasing knowledge and awareness of food issues including what constitutes a healthy diet.
- 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 that food provision in the school acknowledges the ethical and medical requirements of staff and pupils e.g. religious, vegetarian, medical and allergenic needs.
- To introduce and promote practices within the school to reinforce these aims and to remove or discourage practices that negate them.
- To recognise that healthy eating does not mean NO treats but it does mean having them at appropriate times and not too often.

2. Organisation - Curriculum

- We regard healthy eating education as a whole-school issue, and we believe that opportunities to teach about the importance of living a healthy lifestyle occur throughout the curriculum.
- Healthy eating education forms an important part of our school's curriculum. The importance of balanced nutrition and healthy food choices is taught through PSHE curriculum.
- All pupils will learn about safe food preparation if they are involved in cookery activity in school and will learn about where food has come from. Pupils learn about the components of a healthy diet through the FT curriculum.

3. Organisation – Management of Eating

- All children are encouraged to bring in a water bottle so they can have access to water throughout the day.
- Chocolate, sweets, biscuits, crisps, and cakes are actively discouraged as everyday snacks in school as are chewing gum and fizzy drinks and „energy“ drinks which all have an impact the pupil's ability to learn.

- Because we recognise that there is no such thing as “bad food”, we teach the children to enjoy treats in moderation.
- Birthdays, and special events are also times where food contributes to a sense of celebration and sharing. On these occasions foods which are not classed as “healthy” may be offered, but the staff will remind the children that this is an “occasional” treat and not “every day food”.
- The school community is aware of the possibility of food allergies within the school population, particularly nut allergies. Parents or carers of pupils who are on special diets for medical or religious reasons, or who have allergies, will be asked to provide as much information as possible about which foods are suitable or foods which must be avoided. This information will be displayed in the staff room and in the school kitchen.
- The school, however, does not claim to be a “nut free school”. Further, advice from allergies web-sites suggest that it is in the interest of pupils’ longer term safety, that they learn to be aware of the risks of cross contamination and that they learn to manage the risks themselves.
- No pupil is made to finish all the food that they are offered because we know that appetites vary from person to person. However, we do actively encourage the pupils to “try a little bit more” if they can to ensure that they are not hungry later on in the day.

4. School Meals

- The hot meals service is offered through Chartwells Catering Service and school staff work closely with the school cook to ensure the healthiest possible diet is provided.
- Each day a choice of salads and fresh fruit are offered as possible choices. There are strict guide lines determining the meals that are available through the course of the week and these are in accordance with the Healthy Food Standards in Schools that came into force in 2006, updated by subsequent changes in the regulations.
- The weekly school lunch menu is displayed in the school hall for pupils and parents to view. The weekly lunch menu is also sent home on a termly basis for parents and children to discuss meal choices.
- The Executive Head/Head of School monitors the quality of the meals on a regular basis and children are encouraged to give regular feedback on the quality and variety of the food as well.

5. Chartwells in partnership with St Martin’s Primary School Lunchtime “Manifesto”. We:

- respect the pupils as valued customers
- give the pupils time and space to eat in a calm and attractive environment
- help the pupils to see that enjoying food and eating meals with others contributes to a happy lifestyle, promoting the idea that lunch times are a happy, social occasion
- encourage the pupils to find out more about achieving a healthy balance
- encourage the pupils to try new foods and flavours in a supportive environment
- promote school food to pupils and parents
- listen to and accept constructive feedback and respond accordingly

6. The role of Parents:

The school is aware that the primary role model in children’s healthy eating education lies with parents. We wish to build a positive and supportive relationship with the parents of pupils at our school through mutual understanding, trust and co-operation.

In promoting this objective **we will:**

- inform parents about the school healthy eating education policy and practice;
- encourage parents to be involved in reviewing school policy and making modifications to it as necessary
- inform parents about the best practice known with regard to healthy eating so that the parents can support the key messages being given to children at the school.

7. The role of the Governing Body:

- The Governing Body recognises its responsibility for setting a strategic framework for the School's Healthy Eating Policy and for monitoring its implementation, recognising that a healthy lunch assists children's ability to make good use of their learning time in the afternoon.
- The Governing Body supports the Executive Head/Head of School in following guidelines from Chartwells and external agencies as regards what constitutes "healthy eating".
- The Governing Body reserves the right to monitor the content of children's packed lunches to check they comply with healthy eating principles and to communicate with parents/carers any concerns identified.

8. Monitoring and Evaluation:

- The effective implementation of this policy will be monitored by the Executive Head/Head of School, Chartwells and the Governing Body.
- The policy will be evaluated after 2 years through a survey of the views of the whole school community, particularly the views of pupils.

Review January 18