

# ST. MARGARET CLITHEROW ROMAN CATHOLIC PRIMARY SCHOOL



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## **Food Policy** **(School Policy)**

**Ownership:** Curriculum Committee

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To be read in conjunction with the following policies:

Curriculum Statement

Drug, Alcohol and Tobacco Policy

Health and Safety

Supporting pupils with medical conditions

Pupils in St Margaret Clitherow Catholic Primary School are happy, confident and very proud of their school. They clearly understand their mission statement, 'Jesus lives in us, our families, our school, our church, our world. Jesus is our guide, let us follow Him.' They can quote scripture to give examples of how they do their best to follow Jesus every day. Pupils explain that if they ever feel worried about something they are confident that adults will help them in a discreet and caring way. They are fully aware of their responsibilities towards the more vulnerable members of society and can reference Catholic social teaching when discussing their work with the local foodbank.

**Catholic Schools Inspectorate October 2024**

Pupils enjoy school. They respond well to the high expectations of staff. Pupils strive to do their best and achieve well. Pupils are extremely kind and caring. They frequently give up their free time to help each other. Lessons are free from disruption and lunchtimes are a buzz of happy and harmonious play.

**Ofsted May 2024**

*Jesus lives in us, our families, our school, our Church, our world. Jesus is our guide, let us follow Him*

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## 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 Curriculum Statement, Health and Safety, Drug, Alcohol and Tobacco Policy and Supporting Pupils with Medical Conditions Policy.

The school supports the '5 a day' campaign to encourage children to eat 5 portions of fruit and vegetables a day in line with local child health data.

We have used the following approach to identify what areas we need to change 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?

Food containing nuts are not permitted due to possible allergies.

## Rationale

St Margaret Clitherow is a health promoting school. It is important that all aspects of the whole curriculum explicitly and implicitly promotes healthy food choices and eating patterns.

## 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 and understanding of a healthy lifestyle.
- To contribute to the healthy physical development of all members of our school community.
- To encourage all children to take part in health promoting events and activities. E.g. '5 a day' campaign.

## Milk

Due to the change in new school food standards, we are now able to offer **all** children the opportunity to have milk during the school day. Milk is offered at a reduced price as a result of European Community subsidy and is beneficial to children's health and physical development. Milk provides protein, calcium and vitamins B2 and B12, which are essential for growing children.

Children who are 4 years old for the whole term are entitled to free milk. This includes Nursery and Reception children.

Parents/Carers of children who have successfully applied for **Free School Meals** and are currently eligible are entitled to receive free milk (**not** Universal Infant Free School Meals which children in Reception to Year 2 are entitled to).

## Snack

All EYFS and KS1 classes include a morning break time snack of fruit/vegetables for all children, which is shared in a family setting for all class members. Children are given responsibility for passing the fruit to others and for helping to clear away. KS2 children bring in fruit which they eat at playtime – no other snack is allowed during break. Food containing nuts are not permitted in the school due to possible allergies.

## School lunches and packed lunches including school trips

All our school meals are provided by a contracted caterer who has a healthy food policy as part of their tender and provides a pupil choice option. This includes the offer 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. There is always a vegetarian option.

We respond to and accommodate different dietary needs. We may on occasion ask parents for support in various aspects eg., in the case of nut allergies.

Many children bring a packed lunch to school. Parents, Staff and Governors have worked together to prepare a leaflet advising parents on the contents of a healthy packed lunch. This leaflet is available from the school office. Food containing nuts are not permitted due to possible allergies.

## Water for all

Cool water is freely available throughout the school day to all members of the school community. Children may drink their water at any time except during an assembly and teaching input. Regular water and brain breaks are built into the school day and curriculum by class teachers. EYFS and KS1 children are also reminded to drink water at their snack time, which is provided in named plastic beakers.

## Food across the Curriculum

In Early Years Foundation Stage, KS1 and KS2, 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.

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

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. 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.

Personal, Social and Health Education (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, eg advertising and sustainable development.

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.

### **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.

All parents are invited to come along and sample a free school meal. The office should be advised when this invitation is accepted so that the catering staff can be informed accordingly.

We were pleased to receive a letter from a Year Three parent who attended lunch and wrote *“It was a positive, and as a parent, re-assuring experience. The food was tasty, varied and nutritious given the range of vegetables. I also noticed the children were all happily eating up their meals!”*

Parents and carers are regularly updated on our water and packed lunch policies through the school website and leaflets. We ask parents not to send in fizzy drinks and we remind them that only water may be drunk during the school day, except at lunch when children may drink juice or squash.

### **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 a particular expertise in this area.

### **Monitoring and review**

KS Leaders and Subject leaders are responsible for the curriculum development of the Food Policy. The Headteacher is responsible for supporting colleagues in the delivery of the Food Policy. The LA are responsible for ensuring the quality of food offered as part of the contract with the caterer.

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