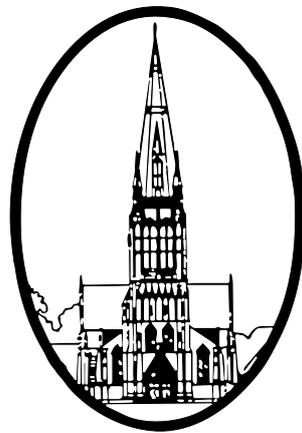


# St. Mary's C. of E. Primary School

St Mary's... feeding the mind, body and spirit so we can be the best we can be."



## Food Policy

Revised: July 2021

Review date: July 2024

## Mission Statement and Values

*St Mary's... feeding the mind, body and spirit so we can be the best we can be."*

We foster everyone's potential and hunger for learning and belonging by nurturing the heart, body and mind. Inspired by opportunities for, and stories of sharing meals with friends and strangers, we seek to serve up a wonderful diet of kindness, sharing, hospitality and truth.

Sit around the table at St Mary's and you will discover a warm welcome and a great community!

Values for feeding and growing ourselves, others and the wider community

**Kindness** – to ourselves, each other and the wider community and environment

**Truth** – in the choices we make and our dealings with family, friends, school and the community

**Courage** – to stand up for what is right, overcome our fears and aspire to make a positive change

**Hope** – that inspires us to look forward in confidence and with positivity

**Love** – our concern for the good of others

## 1 Introduction

Feeding the mind, body and spirit is at the heart of all we do, therefore as part of the diet we offer at St Mary's, this policy is central to promoting healthy eating, enabling pupils to make informed food choices and a healthy start in life. This will be achieved by a whole school approach to food provision and food education. This policy was formulated through consultation between members of staff, governors, parents, pupils, and our school nurse.

## 2 Aims

The main aims of our school food policy are:

- To provide a range of healthy food choices throughout the school day and in line with the School Food Standards
- To support pupils to make healthy food choices and be better prepared to learn and achieve

- To ensure a consistent approach to healthy eating across the school community including pupils, staff and parents/carer

### 3 Food throughout the school day

#### 3.1 Breakfast

Eating breakfast is important for everyone but especially for our children. Please ensure your children have had a healthy breakfast before they arrive at school. Eating a healthy breakfast will increase energy levels and help improve concentration.

The school runs a daily breakfast club for pupils from 8.00am – 8.50am for those families that need morning childcare. Breakfast is served up until 8.30am so please drop your child off before this time to make sure they have time to eat.

Breakfast includes wholemeal toast and healthy cereals and a fruit juice or water.

#### 3.2 School Lunches

School meals are provided by Ashlyn's and served in the dining hall. The school meals meet the mandatory requirements of the School Food Standards.

School meals are planned on a 3 week cycle and always contain a meat / fish and vegetarian option. Various salads are also available daily at the salad bar. The school meals menu can be found on our school website.

#### 3.3 Packed Lunches

The school's packed lunch policy is developed using guidance from the Children's Food Trust. The guidance aims to support pupils to have a balanced lunch and best prepare them for learning in the afternoon.

Packed lunches should aim to include:

- Some starchy foods such as bread (sliced bread, pitta bread, wraps, bagels), pasta, potatoes, couscous; choose wholegrain where possible
- 1 portion of fruit and 1 portion of vegetables or salad
- Dairy food such as cheese or yoghurt
- Meat, fish, or another source of protein such as eggs, beans and pulses, hummus, fala fel
- Oily fish e.g. sardines or salmon

Packed lunches in school or on trips should not include:

- Crisps
- Sweets or chocolate

- Any items containing chocolate or sweets included in bars, biscuits, cakes or yoghurts/desserts
- Nuts

The school provides water for all pupils at lunchtime; therefore there is no need for packed lunches to include a drink.

### 3.4 Snacks

The school understands that healthy snacks can be an important part of the diet of young people.

In the Early Years (nursery and reception), snacks are provided during the morning and include: carrots, apples and other fruits and vegetables

In Years 1 - 6, children can bring 1 piece of fruit or vegetable to eat as a snack at break time if they wish. School does not allow nuts as a snack.

### 3.5 Drinks

The school is a *water only school*, with the exception of the free milk entitlement for all Early Years pupils and fruit juice provided at breakfast club. Water is provided in the classroom and in the playground at break times and in the dining hall, so that children can keep hydrated throughout the day.

Children may bring water bottles to school containing water, however it will be the responsibility of parents and children to ensure these are taken home daily to be cleaned.

### 3.6 School trips

A packed lunch will be provided by the school, for all children who usually have a FREE school meal if requested by parents (by returning slip from trip letter). Children are welcome to bring their own packed lunches on trips; however, these lunches must adhere to the same food and drink guidance described above.

## 4 Rewards and special occasions

### 4.1 Rewards

The school may allow healthy snacks to be used as a reward for example, popcorn during house team rewards. However in general practice other methods of positive reinforcement (not food) are used in school.

## 4.2 Celebrations

The school recognises the importance of celebrating birthdays and special occasions. For birthday celebrations, all children will: have a song in class and wear a birthday sash / badge (if they wish). ~~Due to the number of allergies school does not accept any food as a way of celebration.~~ Instead we would ask if a book can be donated to the class, of which will be labelled and read to the whole class. This book will then be available for others to take home and read, knowing that it was donated on your child's birthday.

4.3 For celebration events, we welcome a variety of foods, from different cultures, for children to try. Class teachers will provide parents/carers with suggestion lists of celebration food to ensure that we have a wide variety of food choices available.

4.4 Occasional fund-raising events may include the sale of treat food such as cakes or ice lollies; however we will also encourage donations from parents of other healthier foods choices too.

4.5 We ask that donations do not include nuts or for ingredients to be identified where possible.

## 5 Curricular and extra-curricular activity

5.1 Food and nutrition is taught at an appropriate level throughout the school in science, PSHE (Personal Social Health Education) and Design Technology (cooking and nutrition). The Eatwell model is used throughout the school (see appendix 1) as a model of understanding a balanced diet.

5.2 Cooking is often used in the curriculum. Where cooking takes place in school we will endeavour to choose healthier options as often as possible and depending on the activity / link to the curriculum.

## 6 Special dietary requirements

6.1 The school does everything possible to accommodate pupils' specialist dietary requirements including allergies, intolerances, religious or cultural practices.

If your child has a dietary requirement that is medical or religious please make a time to meet with a staff member to discuss this. Individual care plans are created for pupils with food allergies and the lead member of staff for this is our Inclusion Manager.

Pupil's food allergies are displayed in relevant places around the school including the medical room and the kitchen.

6.2 Due to a number of children and adults with allergies to nuts, St Mary's is a nut free school. Please refrain from providing nuts in lunches or snacks.

## 7 Expectations of staff and visitors

7.1 The school expects staff to contribute to and support this food policy across the school day. Staff and visitors are expected to model good practice / behaviour around food and drink and in line with the policy, when in the company of pupils.

7.2 Staff and visitors are invited to purchase healthy school lunches. Please see the school office for details.

## 8 Parents, carers and family members

Our relationships with parents/carers is very important and we aim to support them with information and advice around food, so that they are best prepared to make healthy choices for their families.

Information about activities will be shared throughout the year for family members to attend.

### St Mary's Equalities and Vulnerability Statement

Our school vision and spiritual values promote inclusion and equality and tackle discrimination. We have high expectations for all our pupils irrespective of their age, disability, gender including gender reassignment, race, religion or belief, sex or sexual orientation. This is in line with the Equality Act 2010.

Our school spiritual values of Kindness, Truth, Courage, Hope and Love underpin all that we do. As a school we understand that the community we serve is a diverse one. Our community can be vulnerable for different reasons and these are not always visible. We as a staff team are aware of the different factors that can impact on our community, families and a child's well-being. These could include living with or having any of the following factors:

- Special educational needs (SEND) or an Educational and Healthcare Plan (EHCP)
- Social worker involvement
- Being a looked after child (LAC)
- Family members with chronic or serious illness

- Living in temporary accommodation
- Being a young carer

However, this is not an exhaustive list and we recognise that everyone needs to be treated as an individual and their personal situations taken into account to ensure that all get equal access to education and opportunities.

# The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



Public Health England in association with the Welsh Government, the Scottish Government and the Food Standards Agency in Northern Ireland