



**Food in School  
Procedure & Guidelines**

Reporting to the Governors' Welfare and  
Inclusion Committee  
Date: October 2021  
Review Date: Every 4 years (Autumn term)

**Our Mission Statement**

Our mission is to be a happy, caring and compassionate Catholic community where each child's gifts are developed to the full and the foundations for lifelong learning are laid down. Everyone will be supported, nurtured and inspired to be the very best they can be and to persevere to overcome life's challenges.

With God's help, we will educate our children to live safely and responsibly, to care for His wonderful creation and to live their lives through the example of Jesus and the values of the Gospel.

**Jesus said, "Love one another as I have loved you."**

At St Dunstan's Catholic Primary School every effort is made to create a Christian, caring family based on our Mission Statement, where everyone is valued. We believe children should respect themselves, each other and all adults within our community and God's world in which we live.

**Aim**

To ensure food and nutrition in school promotes the health and well being of pupils, staff and visitors as well as all aspects of school life.

**Objectives**

This whole school food policy is part of St Dunstan's Catholic Primary School

On-going maintenance for the Healthy School's Programme.

Through the implementation of this policy we will ensure:

- The improvement and sustainability of the well being of the whole school community through increasing knowledge and understanding of what it is to be healthy.
- Our pupils make healthy food and drink choices throughout the school day (including after school and residential activity) and develop the appropriate skills for these decisions.

- That food provided in school reflects the ethical, dietary and medical needs of children and staff.
- Consistent food and health messages are delivered to the children through the curriculum and special events.
- The consumption of food is an enjoyable, social and a safe experience for all.
- The whole school community contribute to the development of healthy schools and curriculum programmes
- To promote and meet the Healthy School's Programme
- Parents/carers providing food for consumption at school meet the same standards as food provided by the school.

### **The curriculum**

In EYFS, 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.

RSHE	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.
Food Technology	Food technology, preparation, recipes and cooking, food safety, where food comes from.
English	Instructions, recipes, understanding information
Maths	Working out weights and measures,
Science	Healthy lifestyles, effect of heat on food, bacteria, how plants grow, hygiene, an understanding of where our food comes from
PE	opportunities to develop physically and to understand the practical impact of sport, exercise and other physical activity such as dance and walking
Art	Drawing, healthy eating posts and designing using different media to promote messages
Geography	Where food comes from, sustainability and links to animals, 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 that rely on growing food as their source of income.
RE	Rich diversity of other cultures and food from different cultures
History	How people used to eat. An insight into changes in diet and food over time. Food introduced into this country.

### **Staffing and 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 Performance Management
- Healthy eating messages are promoted on a daily basis by staff setting an example.
- Food safety and hygiene are modelled and promoted by staff at all times.
- Staff talk to parents about the importance of healthy eating and lunchboxes at new intake parents' meetings and are given reminders in the newsletter.
- Parents are informed about food in school and expectations.

- **Early Birds' Breakfast Club & Play and Stay Club**

The Early Birds' Breakfast Club and Play & Stay Club are run by fully trained school staff. The clubs meet national food standards, providing a healthy breakfast and healthy snacks, as well as an opportunity for children to play games, read books and complete homework.

### **Break Times**

- At morning break in KS1 each child is provided with a portion of washed fruit/vegetable each day as part of 'Free Fruit for Schools' scheme.
- In EYFS the children have access to fruit and milk at snack time when they sit as a class.
- Children can have milk at break time in both KS1 and KS2.
- In KS2, children are allowed to bring in their own fresh fruit/vegetables or dried fruit as a snack.

### **School lunches and packed lunches**

- A contracted caterer who has a healthy food policy as part of their tender provides all our school meals. Where possible, this includes the use of fresh fruit and vegetables each day as a choice for the children. They provide a hot option, both of which pay regard to nutritional balance and healthy options.
- For children who bring packed lunches to school we regularly include newsletter items about the contents of these and we do not allow sweets, chocolate bars or fizzy drinks. For families who are struggling with the content of lunchboxes, school staff will call to make suggestions and offer the school lunchbox leaflet.
- The above information is also applied to packed lunches taken on school visits.

### **Water Provision**

- Water is freely available throughout the school day to all members of the school community.
- Children can access water through water fountains and are allowed to have a clear, sports capped bottle of water in school that they can access through the day.

### **Prizes, Rewards, Birthdays**

- Sweets/biscuits/crisps etc are NOT provided as rewards but are given as a treat at parties (Christmas and Y6 Leavers BBQ). Healthy Treats are also provided as an alternative.
- We ask that children do not bring in sweets or treats to school to celebrate their birthdays.

### **Partnership with parents/carers**

- The partnership of home and school is critical in shaping how children behave, particularly where health is concerned. Each must reinforce the other. Our school is well placed to lead by example.
- Parents/carers are the key stakeholders in encouraging them to ensure food and nutrition in school promote the health and well being of pupils, staff and visitors as well as all aspects of school life.
- Parents/carers are regularly updated on our water and packed lunch policies through school newsletters. 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.

- Parents/carers are kept up to date with national and local health initiatives.

### **Monitoring and Review**

- It is the responsibility of the Governors to approve and monitor the policy. They should also ensure that it is implemented and upheld successfully. Guidance is also offered when a member of the body has expertise in the area
- The healthy schools co-ordinator is responsible for monitoring the policy-on a day-to-day basis- with the help of all staff and the Senior Leadership Team.
- Curriculum leaders are responsible for the curriculum development of the food policy.
- The Local Authority is responsible for ensuring the quality of food provided as part of the contract with the caterer.
- The policy will be reviewed every 4 years to take account of new developments and standards (or more frequently if needed)
- Children's knowledge, skills and attitudes to food are assessed within the curriculum. We will create opportunities for discussion with children through Pupil Voice. This will be extended to staff, parents and governors through normal channels of communication.
- The effectiveness of this policy is judged according to the strength of the written, oral and observed evidence to demonstrate the achievement of stated objectives and outcomes.