

Saint Elizabeth's Catholic Voluntary Academy

Whole School Food Policy

Why do we have a food policy?

- To ensure that all aspects of food and nutrition in school promote the health and well being of pupils, staff and visitors to our school.
- To make it clear that this school actively supports healthy eating throughout the school day because there is an important connection between a balanced diet & a student's ability to learn effectively.
- To ensure the school plays its part in the larger community by helping to promote family health, and sustainable food and farming practices.

What do we want to achieve?

- To ensure 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 the provision and consumption of food is an enjoyable and safe experience.
- To ensure that the whole school community understands that a balanced diet is recommended.
- To increase pupil, parent & staff knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet, and hygienic food preparation and storage methods.
- To ensure that food provision in the school reflects the ethical and medical requirements of staff and pupils e.g. religious, ethnic, 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.

How our Food Policy is implemented.

1. School Ethos
2. Curriculum
3. Water
4. Breakfast Club/ After School Club
5. Break time
6. Lunchtime
7. Staff & Visitors
8. School Visits
9. Community Involvement

School Ethos

The importance of a balanced diet is consistently communicated throughout the school day including trips & events. Staff are also encouraged to participate & model balanced eating as a valuable part of daily life.

It will be made clear that the emphasis placed on a balanced diet is to enable safe & effective learning as well as providing a foundation for good health.

Curriculum

PSHEE, Geography, Science, Food Technology, RE & Languages may all contribute to the curriculum delivery of food education based on the principles laid out in *What do we want to achieve?*

Curriculum delivery will involve practical food experience delivered by trained staff & will be adequately resourced.

It may be appropriate for a wide variety of foods to be prepared & consumed within the curriculum or at a celebration. At such times food hygiene principles are followed. It is recognised that eating together is a fundamental experience for all people; a primary way to nurture and celebrate our cultural diversity; and an excellent bridge for building friendships, and inter-generational bonds. The context of a balanced diet makes this entirely appropriate provided everyone's dietary needs are met. An attempt will be made to avoid foods containing high levels of fat, sugar & salt.

Water

All pupils & staff have water freely available at all times & are able to refill bottles easily. Certain classrooms/subjects may wish to manage the intake of water for safety or behaviour management issues. This is acceptable as long as the principle above is fundamentally upheld.

Breakfast Club/After School Club

The food offered is consistent with the school policy & monitored by the Head.

Break time

At break times our pupils are only allowed to consume fruit. Water is encouraged at breaks as well as in the classroom. This is to ensure that pupils return to the classroom prepared & refreshed for learning. It will also help us to limit litter & control the environment to make it safe for pupils with a nut allergy.

Lunchtime

Lunches meet/exceed the national guidance. All pupils have a choice enabling them to eat healthily. Meeting the government's food-based standards;

- More fruit and vegetables (at least 2 servings)
- More oily fish (at least once every 3 weeks)
- Bread available at lunch every day
- Free fresh drinking water should be available at all times (also in place for packed lunch eaters)
- Healthier drinks (restrictions apply)
- No confectionary
- No savoury snacks
- No salt and condiments restricted
- No more than 2 deep fried foods in 1 week
- Manufactured meat products restricted (must meet minimum meat content)

Pupils are encouraged to taste & eat new foods.

Staff, time & seating arrangements are sympathetic to a positive social eating environment for those buying lunches & those eating a packed meal.

Packed lunches are monitored & the curriculum encourages healthy sandwiches etc. Appropriate storage arrangements are made. If there is no fridge space, pupils are encouraged to bring insulated bags with freezer bags. Information is provided to parents on balanced lunchboxes through leaflets and news letters.

Any alterations to provision are communicated clearly after a full consultation process has taken place with staff & students.

Staff & Visitors

Staff will be encouraged to model the food policy.

Visitors will be offered healthy refreshments or at least a choice which contains a healthy option.

School Visits

Food served on trips will be consistent with school policy. Guidance on packed meals will be given encouraging a healthy balanced choice.

Community Involvement

At all stages the wider community will be involved in developing & implementing this policy. This will ensure that work is sustainable & that best practice is communicated. For example; practical healthy lunchbox advice at a parent event or school councils generated healthy snacks list issued by them to parents.

Equal Opportunities

Provision is allowed for special diets e.g. medical, cultural, vegetarian & for appropriate serving.

Free packed & cooked lunch provision will be handled sensitively.

Personnel

The Head is responsible for food in school.

Monitoring and Evaluation

The Head will monitor the effectiveness of this policy ensuring that training & resources are appropriate & up to date.

Policy Development & Review

This policy document was produced in consultation with the entire school community, including pupils, parents, school staff including the catering staff, Governors, LA representatives, community dietitian, school community nurse and local Healthy School Standards representative.

This document is freely available to the entire school community. It has also been made available on the school web-site.

This policy will be reviewed on a bi-annual basis.

Review date - April 2018