

ST. PAUL'S CATHOLIC PRIMARY SCHOOL

FOOD POLICY

Reviewed: January 2018

Review date: January 2020

Introduction

In our school we are committed to giving 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.

Rationale

Our school is an accredited healthy school. It is important that we consider all elements of our work to ensure that we promote health awareness in every member of the school community. We want to provide a valuable role model to pupils and their families with regard to food and healthy eating patterns.

Through effective leadership, the school ethos and the curriculum, all staff can bring together all elements of the school day to create an environment that supports a healthy lifestyle.

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
- To contribute to the healthy physical development of all members of our school community

Snacks

Foundation and Key Stage 1 children are provided with a morning snack of a portion of fruit or vegetable through the National School Fruit and Vegetable Scheme. We participate in this Government initiative to provide all infants with free fruit and vegetables each school day.

We recommend that all children bring in a healthy snack to eat at break times; we suggest healthy options such as fruit, vegetable sticks, low fat crackers and or yoghurt. We discourage crisps and sugar based snacks such as biscuits and cereal bars.

School Milk

All Foundation children are entitled to free school milk up to the age of 5. School milk is excellent as a mid-morning drink, it provides a nutritional boost and

keeps children hydrated between breakfast and lunch, helping them to concentrate and learn.

Water for all

It is important that children drink enough throughout the day so that they don't become dehydrated or tired. Water is freely available and children are encouraged to drink it. Each child is given their own water bottle, on starting at the school, they are expected to take this home to clean and refill it daily.

The Dining Environment

Children and staff at St. Paul's Catholic Primary School have the choice of either purchasing a school meal or bringing in a packed lunch from home.

Children all eat together in the school hall. We are committed to providing a welcoming eating environment that encourages positive social interaction between pupils and staff.

The Head teacher is responsible for ensuring that the school meal providers, Plymouth City Council, offer a wide range of nutritious and attractive meals that meet Government standards. Therefore our meals are fresh, nutritionally balanced, seasonal, organic and made from local produce.

From September 2014, all children in Reception, and Key Stage 1 are entitled to receive a free school meal each day, this is called a universal free school meal.

Our Mealtime Assistants offer help for children who find the physical process of school dinners difficult, and encourage the development of good table manners.

Food Hygiene

Children are always reminded about the importance of hand washing before eating or handling food.

Monitoring

The Headteacher, classroom, and lunchtime staff monitor this policy on a day to day basis to ensure that the aims and objectives are sustained.

Signed: (Headteacher)

Date: