

# St John Bosco Catholic Primary School

## Food Policy

### **Introduction:**

We are committed to giving our pupils consistent messages about all aspects of health and to encourage them to take responsibility for the choices they make.

The school supports the '5 a day' campaign to encourage children to eat 5 portions of fruit and vegetables a day, which has been shown to reduce the onset of certain life-threatening conditions as well as being helpful in tackling and preventing childhood obesity.

### **Rationale**

Our School is a healthy school. It is important that we consider all elements of our work to ensure that we promote health awareness in all members of the school community. We can 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 school staff can bring together the elements of the school day to create an environment which supports a healthy lifestyle.

### **Aims:**

- 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 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 contribute to the healthy physical development of all members of our school community.
- To encourage all children to take part in the '5 a day' campaign.
- To make the provision and consumption of food an enjoyable and safe experience.

-To introduce and promote practices within the school to reinforce these aims, and to remove or discourage practices that negate them.

**Objectives: What do we want to achieve?**

To integrate these aims into all aspects of school life, in particular food provision within the school ,the curriculum and pastoral and social activities.

To ensure that this policy is both accepted and embraced by Governors, school management, teachers and support staff, pupils, parents Food providers, the school's wider community.

Review the formal curriculum to ensure information relating to food and nutrition in different curriculum areas in consistent and up-to-date.

Establish a food week in school to promote healthy eating and drinking messages.

Ensure that the all adults with responsibility for food has basic food hygiene training.

**Setting for Food Policy**

**Snack:** All KS1 classes participate in the Government fruit and vegetable initiative that provides all infants with free fruit and vegetables during the day. The snack is offered at morning and afternoon play, 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. Both KS1 and KS2 children bring fruit which they eat at playtime, they can also buy snacks from our school kitchen which offers toast and juice.

**School lunches and packed lunches:** All our school meals are provided by a contracted caterer who has a healthy food policy as part of their tender. Where possible, this includes the use 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.

Many children bring packed lunch to school. We do not allow sweets, chocolate bars or fizzy drinks.

**Water for all:** Cooled water is freely available throughout the school day to all members of the school community. A water fountain has recently been installed in the hall and another is located on the playground. Children are actively encouraged to bring in water bottles. Children may drink their water at any time.

**Monitoring and Evaluation:** How do we know our objectives are being met? Report on progress to School Council and review policy annually in light of improvements and changes.

**Notes:**

The school has been awarded the Bronze Healthy School Award

**Reviewed in January 16**

**Review Date: January 18**