



# Mount Carmel

## R.C. HIGH SCHOOL



### **School Food Policy**

Last review date: July 2025 - Mr B Georgy

Next review date: July 2026 – Mr B Georgy

*A Family of Faith & Learning*

## **RATIONALE**

We recognise that there is an important link between healthy eating and personal well-being. It is vital that all members of the school community have a healthy diet which enables them to grow physically, emotionally, socially and morally. Ensuring a healthy approach to food and drink can support learning in the classroom and extra-curricular activities here at Mount Carmel.

## **Aim**

To enable pupils, staff and visitors to understand the importance of a healthy diet as being a key factor in ensuring a healthy lifestyle. Mount Carmel aims to ensure that all members of the school community know how and why to make healthy choices within school, home and in the community.

## **Objectives**

For pupils, staff and members of the school community: To ensure:

1. Information regarding a healthy diet is high profile in school, on prominent displays in the Twelve Star Diner and other areas in school
2. Consistent messages about food and drink are delivered across the curriculum and throughout the school environment
3. The Twelve Star Diner environment is well organised and supervised to encourage positive social interactions during meal times for pupils and staff, to promote a positive dining experience
4. Pupils and staff are encouraged to stay hydrated throughout the school day and staff to be role models
5. That parents are encouraged to provide healthy food and drink choices for their child at break and lunch to ensure a healthy balanced diet

## **Curriculum**

Food associated lessons are compulsory for all 11-14 year olds as part of Design and Technology. Food associated curriculum is covered in PSHCE, RE, PE and Science lessons within Mount Carmel.

## **School Meals**

School Food Standards are adhered to throughout the school day by our catering department.

Reasonable adjustments are made for pupils with particular requirements, for example to reflect medical, dietary and cultural needs.

Pupils can choose a main meal and dessert or main meal and a drink to ensure healthy choices at lunchtime. A dessert will not be sold to pupils without the purchase of a savoury dish; this includes sandwiches, salad and hot main meals. School meals are promoted through the school website

Mount Carmel operates a cashless contactless fingerprint and card system and an online payment system for parents to ensure easier payment for school meals.

School encourages uptake of the Pupil Premium allowance to enable pupils to have a school meal.

School has signed up to the national School Food Champion project run by the Design and Technology Association to support specific actions identified in the School Food Plan aiming to increase school meal take up.

## **Drinks Policy**

The consumption of still drinks are encouraged throughout the school day. Pupils are allowed to have water bottles out on display during lessons, except in Science and ICT lessons. Increased consumption is encouraged during physical activity and during hot weather. Water fountains are situated around the school building. Other drinks are available before school, during break and at dinner time which are on sale for consumption in The Twelve Star Diner and Pod area. These are all acceptable under the School Food Standards initiative.

## **Packed Lunches**

School provides a hot lunch service (as well as other choices), to ensure that all pupils are able to eat at least one hot meal every day. It is recognised that some may prefer to bring a packed lunch option. We encourage healthy packed lunches in line with the Food Standards. We encourage the use of ice blocks and/or insulated bags to keep the food fresh. Pupils with packed lunches eat these with the other pupils who are purchasing food. Pupils are encouraged to use the recycling and non-recycling bins for their rubbish.

## **Prohibited foods in and around school are:**

1. Energy drinks and fizzy drinks (except fruit juice based fizzy drinks that meet the Food Standards)

If these items are found then they will be confiscated till the end of the school day and parents notified

## **Dining Room Environment including Queuing**

The school recognises the importance effective lunchtime supervision and organisation to ensure pupils behave appropriately and we promote the development of good eating habits/social skills in the 12 Star dining area. All supervising staff are aware of the school behaviour policy.

## **Uptake of School Meals**

Mount Carmel recognises the importance of school meal provision and actively encourages pupils to take a school lunch through:

1. Consultation of pupils regarding overall dining experience
2. Working with the pupil council
3. Informing parents of what food and drinks are available through the school website
4. Reviewing queuing for food and drink

## **Pupil Involvement**

Pupils are consulted and involved in decision making regarding the provision of school meals

## **Food outside of the regular school day**

School follows the guidelines for the food standards. Celebrations, parties and religious or cultural occasions and fundraising events do not apply, as they are one off events which is acceptable within the standards.

## **Vending Machines**

There are deliberately no vending machines at Mount Carmel.