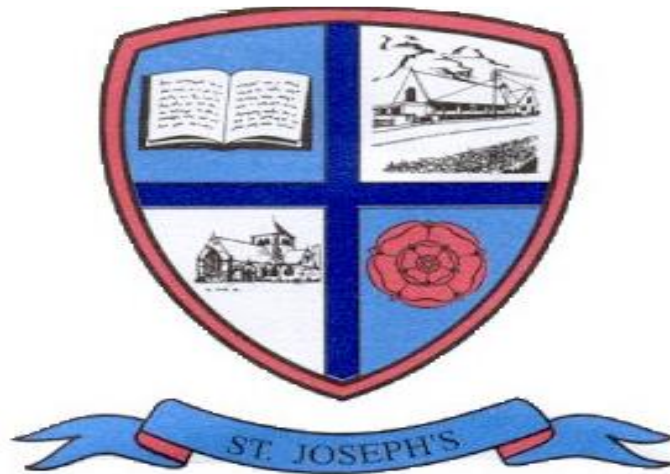


ST JOSEPH'S CATHOLIC PRIMARY SCHOOL



FOOD AND DRINK POLICY INCLUDING HEALTHY EATING

**Reviewed January 2023
To be reviewed January 2025**



ST JOSEPH'S CATHOLIC PRIMARY SCHOOL, WRIGHTINGTON
FOOD AND DRINK POLICY INCLUDING HEALTHY EATING

Rationale:

We believe that education about health issues is very important for the development of our pupils both now and for the future.

We acknowledge the important link between a healthy diet and the ability to learn effectively. We also recognise that school can play a significant role, as part of the larger community, to promote healthy issues. This is fully embraced in our school aims and ethos, which express that we are a learning community, and all learn together. As a result, we would aspire to improve the health of the school community by teaching ways to establish and maintain life long healthy eating habits.

We recognise that it is important for the whole school to use consistent messages around healthy eating. Therefore, our message is:

There is no such thing as bad foods just poor diets. We need to eat more fruit and vegetables but some foods, like crisps and sweets need to be eaten in moderation.

Aims:

Proper nutrition is essential for good health and effective learning.

We aim to:

- provide a consistent programme of cross-curricular nutrition education that enables pupils to make informed choices without guilt or anxiety;
- provide a 'whole school, whole day' approach to nutrition that makes the 'healthier choices, easier choices';

- work in partnership with catering staff to ensure that nutritional standards are implemented by providing attractive, value for money meals that are appropriate to local needs;
- work in partnership to achieve a pleasant and sociable dining experience which enhances the social development of each pupil;
involve pupils and parents in decision making.

We aim to promote healthy & balanced eating by:

- encouraging pupils to choose a variety of foods to ensure a balanced intake in line with the national nutrition guide – ‘The Balance of Good Health’ and the new nutritional standards;
- encouraging foods which are rich in vitamins, iron and calcium, in particular fruit, vegetables, meat, beans, bread and low-fat dairy products;
- encouraging starchy foods as a source of energy (such as bread, pasta, rice and potatoes) rather than fatty foods;
- encouraging water, fruit juices, lower fat milk and sugar-free drinks;
- discouraging sugary drinks and less healthy snacks between meals;
- the launch of Healthy Heroes during Health Week;
- ensure Healthy Eating is promoted during annual Health Week

Objectives:

To work towards ensuring that this policy is both accepted and embraced by:

- governors
- school management
- teachers and support staff
- pupils
- parents
- food providers
- the wider school community

To integrate these aims into all aspects of school life, in particular

- food provision within school
- the curriculum
- pastoral and social activities
- before and after school club ‘Club Joey’s’

Links to other policies:

Several policies link to this whole school food and drink policy, including:

- curriculum policies such as Science, DT and PSHEE through which healthy eating messages are taught;
- teaching and learning policy, particularly the fact that well nourished and hydrated pupils learn better;
- behaviour management policy which identifies the link between behaviour and food and sets out the reward systems used within school. This school does not use food as a reward;
- health and safety policy which clearly sets out how food is stored, prepared and cooked on the premises, including cooking within the classroom.

PROVISION OF FOOD AND DRINK ACROSS THE SCHOOL DAY

Mid-morning snack:

This is provided by the kitchen Staff at a minimal cost. Choices are toast or fruit. It is provided for free to our Pupil Premium children.

Afternoon Snack:

In consultation with parents it has been agreed that the only snack children can bring to school is fresh fruit. We are involved in the School Fruit and Vegetable Scheme. Every child in the infants is encouraged to have an extra piece of fruit or vegetables each day. This is eaten during afternoon break time.

Drinks Policy:

Children are encouraged to drink plenty of water regularly at school particularly after PE, active play and in hot weather. Water dispensers are installed around school and the children are encouraged on a regular basis to use bottles, initially provided by the PTFA, washed and refilled at home daily. These can be refilled at the fountains if necessary. The messages about the importance of drinking water are reinforced on a regular basis.

Milk

Milk is provided each day for free for FSM children and for those who are under 5 for the whole term. All children can order milk, if they wish.

Packed Lunches:

A guidance leaflet (**Appendix 1**) is issued to parents on induction and is in the school prospectus. This was developed in consultation with parents on the content of packed lunches. For example:

- Packed lunches should include some fruit or vegetable.
- Sweets, sugary drinks and chocolate should not be included.
- Diluted fruit juice in a screw top bottle is cheaper and easier to manage than prepared drinks.

The school provides a suitable storage area for lunch boxes. All waste and uneaten food should be returned in the lunch box so that parents know what has been eaten.

School meals:

We believe that the subtle messages that pupils receive about food and health from the daily life of school are as important as those given during lessons, e.g. school menus, peer pressure to eat certain snacks in packed lunches. By working together, we promote healthier eating habits. We have a 'Cold Cart' to encourage healthy choices when children prefer a sandwich lunch. All children can pre order their meal from the varied menu provided.

School lunchtime menus are decided by the LCCG (Lancashire County Council Catering Group). Local preferences are considered within the framework of the nutritional standards. Termly theme days are linked to curriculum areas or calendar events, e.g. Easter lunch, Mothers Day lunch.

All children are given a portion of vegetables and fruit as part of their meals. They are encouraged to try some, even if it is a small portion. Due to the large difference in calorie requirements between infants and juniors, portion sizes are adjusted accordingly. The school recognises the particular value of school meals to children from low-income families. The system for free school meals is actively promoted to parents by the school and a non-discriminatory process is emphasised.

Universal free school meals:

From September 2014 all pupils in reception, year 1 and year 2 in state-funded schools in England should be offered a free school meal (FSM). This includes academies, free schools, pupil referral units and alternative provision as well as maintained schools.

Dining room environment:

The school recognises the importance of lunchtime organisation on the behaviour of pupils and the value of promoting social skills.

Teachers, caterers and lunchtime organiser's work together to create a good dining room ambience and the development of appropriate table manners.

A free school meal is funded by the school for teachers who do a dinner duty and eat with the pupils. Non-teaching staff are supported by the school behaviour policy.

All reception children are encouraged to have school meals to support the development of social skills and to promote acceptance of a wide range of foods.

Liaison with secondary schools provides an opportunity for the smooth transition to a biometric cafeteria system.

Club Joey's:

The after-school club runs until 6.00pm and offers all pupils who attend a healthy snack, e.g. Bread sticks, crackers.

Healthy eating messages are also encouraged through out of hours clubs run through school. Club Joey's has worked hard to maintain the school's Healthy Eating message. **(Appendix 2)**

Treats and Rewards:

To ensure consistent messages, sweets should be treats and not used as rewards.

Sponsorship/ incentive schemes:

The school will carefully consider the use of any promotional scheme and will not encourage children to collect tokens from foods, which should only be eaten in moderation (e.g. foods high in fat, salt and sugar).

Curriculum, teaching and learning:

Key healthy eating messages will be taught within Science, DT, relevant class topics and PSHEE. They will also be delivered through assemblies and theme days/ weeks.

A balanced and healthy diet is promoted across the curriculum. Pupils are given the opportunity to apply this to school meals/ packed lunches. Pupils are given the opportunity to taste, touch, smell and feel a variety of foods.

Opportunities are taken wherever possible to encourage pupils to taste multi-cultural aspects of food through cross curricular subjects including Geography, History and RE and are linked with school meal theme days.

Children with Special Needs:

Inclusion is seen as fundamental to both the planning and delivery of work relating to healthy eating. The work is matched to the age and maturity of the pupils and due regard is given to children with SEN requirements. School also recognises that some children require specialist diets, including nut allergies, diabetes and Celiac. The schemes of work are sensitive to this and the teachers will be aware of any children within their class who this may apply to. Information is requested from parents on admission and whenever food is sampled within school, a letter is sent home informing them of this. Prior to residential trips, a form is sent home which includes information on dietary needs.

Healthcare management plans for children with special dietary requirements, are displayed on the 'Health and Safety' notice board in the staff room, ensuring that all staff are aware of these children.

Parental Involvement:

All new parents are given a summary of the school Healthy Eating policy plus a range of information leaflets on healthier eating. Information about school catering is provided at parents' evenings and in school newsletters e.g. menus, theme days, and free school meals.

The school nurse speaks to parents during induction into school in the foundation stage. Information about healthy packed lunches and snacks is discussed at these meetings.

Food Hygiene:

Children are reminded on a regular basis about the importance of hand washing before eating and improved facilities are being installed to reinforce this message. Hand washing Guidance (**Appendix 3**) is displayed in each Toilet Block along with child friendly posters.

Whenever children are to sample or handle food in the classroom, there are a number of rules which should be followed:

- Clean all work surfaces to be used with anti-bacterial spray and a new cloth;
- If necessary, cover work surfaces with disposable/ plastic tablecloths before starting the task;
- Ensure all utensils have been thoroughly cleaned beforehand;
- Always wash hands using soap before any preparation/ sampling tasks;
- Ensure sleeves are “rolled up” and disposable plastic aprons are worn for all food preparation;
- Keep the group/s manageable and use support assistants where necessary;
- When sampling always let individuals have their own spoon/ cup etc;
- Allow plenty of space to work, with all “classroom items” away from food and utensils;
- Encourage thorough washing up after the tasks and return utensils to where they are stored;
- Dispose of finished/ unwanted food after the task;
- Remove disposable items and wash down work surfaces thoroughly.

Careful consideration is given to the correct storage of food within school. This includes the storage of packed lunch boxes, away from radiators. Parents are encouraged to send packed lunches in cooler bag style packed lunch boxes. This also includes the correct storage of fruit and vegetables from the School Fruit and Vegetable Scheme. School follows the guidance set out within this scheme.

Monitoring and assessing the policy:

The whole school Healthy Eating policy is monitored by the subject leader and senior management team. It will be reviewed as required, with views of the whole school community taken into consideration, including those of the pupils. The uptake of healthier options at lunchtimes and break times will be monitored and reviewed.

Written work carried out will be monitored in line with the school's monitoring procedures to ensure that the correct knowledge, understanding and skills are being developed and attitudes and values are explored. In line with the school's teaching and learning policy, at the beginning and the end of topics, children will be encouraged to reflect on what they already know and what they have learnt, e.g. a thought shower as in RE. Their views will help to shape the future of the healthy eating programme within school.

Appendix 1

PACKED LUNCH INFORMATION FOR PARENTS:

Parents/ carers are reminded that a packed lunch needs to be wrapped and kept cold, as lack of refrigeration until lunchtime can lead to growth of harmful bacteria.

Parents/ carers are encouraged to use an insulated box or bag. We will work with children and young people to provide attractive and appropriate dining room arrangements. Wherever possible we will ensure that packed lunch pupils and school lunch pupils will be able to sit and eat together. We will work with parents/ carers to ensure that packed lunches abide by the standards below:

Packed lunches should include:

- At least one portion of fruit and one portion of vegetables every day;
- Meat, fish or other source of non-dairy protein (e.g. Lentils, kidney beans, chick peas, humus, peanut butter and falafel) every day;
- Oily fish, such as salmon, at least once every three weeks;
- A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other types of cereal every day;
- Dairy food such as milk, cheese, yoghurt, fromage frais or custard every day;
- Only water, still or sparkling, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies.

Packed lunches should not include:

- Snacks such as crisps. Instead, include nuts, seeds, vegetables and fruit (with no added salt, sugar or fat). Savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice;
- Confectionery such as chocolate bars, chocolate coated biscuits and sweets. Cakes and biscuits are allowed but encourage your child to eat these only as part of a balanced meal;
- Meat products such as sausage rolls, individual pies, corned meat and sausages/ chipolatas should be included only occasionally.

FOOD HYGIENE:

Whenever children and young people are to sample or handle food in the classroom, there are a number of rules which should be followed:

- Clean all work surfaces to be used with anti-bacterial spray and a new jay cloth;
- If necessary, cover work surfaces with disposable/ plastic tablecloths before starting the task;

- **Ensure all utensils have been thoroughly cleaned beforehand;**
- **Always wash hands using soap before any preparation/ sampling tasks;**
- **Ensure sleeves are 'rolled up' and disposable plastic aprons are worn for all food preparation;**
- **Keep the group/s manageable and use support assistants where necessary;**
- **When sampling always let individuals have their own spoon/cup/plate etc;**
- **Allow plenty of space to work, with all the 'classroom items' away from food and utensils;**
- **Encourage thorough washing up after the tasks and return utensils to where they are stored;**
- **Dispose of finished/ unwanted food after the task;**
- **Remove disposable items and wash down work surfaces thoroughly;**
- **Safe food storage.**

CLUB JOEY'S
HEALTHY EATING POLICY

Children have access to a well-balanced and healthy diet which takes account of ethnic, cultural and dietary requirements- including food allergies. Care Club staff are aware of children with healthcare plans and what their needs are.

Aims:

- To develop good eating habits and a knowledge of basic and more unusual foods.

We aim to promote healthy & balanced eating by:

Providing a menu which includes:

- Milk, water, 'no sugar' diluting juices.
- Bread/ toast/ bread sticks
- Sandwiches using low fat spread/ jam/ cheese.
- Fruit – oranges, apples, grapes, bananas, kiwi, pineapple- and dried fruit.

The children enjoy the opportunity to taste and try different food from other countries. This is introduced via cultural/ religious festivals: Chinese foods, Indian sweets, Italian food, Pancakes, Haggis, neeps and tatties.

The occasional treat of a sweet or a birthday cake. This however is seen as a treat and not a regular occurrence.

Approved Hand Washing



1 Rinse Hands with **HOT WATER**

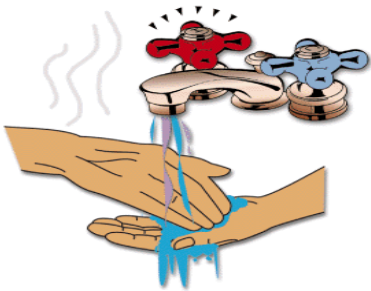


2 Apply Enough Soap to **Thoroughly** Wash Hands

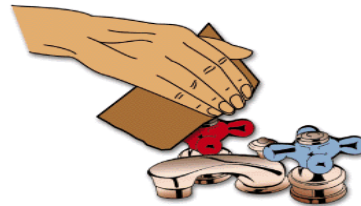


3 Wash Hands up to Elbows, Between Fingers and Under Fingernails for a **Minimum of 20 Seconds**

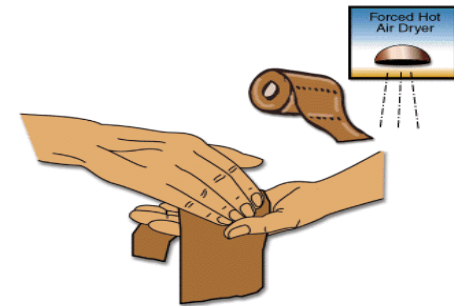
20 seconds



4 Rinse Soap off **Thoroughly**



5 Use **Paper Towel** to Turn Water Off
Usar toallas de papel para cerrar el agua



6 Dry Your Hands **Completely** Using Paper Towels or Forced Air Dryer

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