LONDON BOROUGH OF HAVERING

ST. URSULA'S CATHOLIC PRIMARY SCHOOL

"With God at the heart of our St. Ursula's family, we welcome all as we learn and grow together"

WHOLE SCHOOL FOOD POLICY

Autumn 2026

St Ursula's Catholic Primary School

Whole School Food Policy

Mission Statement:

"With God at the heart of our St Ursula's family, we welcome all as we learn and grow together"

The school is dedicated to providing an environment that promotes healthy eating and enables pupils to make informed choices about the food they eat and to promote the health and wellbeing of the school community. This will be achieved by the whole school approach to food and nutrition documented in the Whole School Food Policy. This policy was formulated through consultation between members of staff, governors, parents, pupils, and the Havering Health improvement specialist.

Rationale

St. Ursula's Catholic Primary School was awarded OUTREACH status in Science in 2019 and 2023 – The science curriculum ensures that units of work are completed each year to ensure that children are being taught about healthy eating. This is also discussed and taught in PE lessons.

Messages about food and nutrition are taught in the curriculum and are echoed and reinforced by the type of food and drink provided in school through our catering and food provision. These approaches are planned and systematic, involve teachers, caterers, parents and pupils, and encompass the overall ethos and environment of the school. Ofsted has noted that a whole school approach to food policy is likely to be more effective if it is embedded into the development planning, rather than being seen as a separate issue. It is important that we consider all elements of our work to ensure that we promote health awareness in all members of our diverse school community.

This policy supports the National Healthy Schools Programme (NHSP) with a focus on healthy eating (and drinking).

Aim

- To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes.

- To provide healthy food choices throughout the school day.

Objectives

- To provide a curriculum that teaches children to understand the importance of food and drink in a healthy lifestyle.
- To ensure that food and nutrition information across the curriculum, and in extra curricular activities, is consistent and up-to-date.
- To provide children with the skills and independence to make the right choices, with regard to food and drink.
- To promote the physical and emotional well-being of all our children.
- To ensure that food provided across the school day is consistent with our healthy living ethos.
- To ensure that the whole school community is involved in the implementation of this policy.

Break times

As part of the school's promotion of healthy eating, children are encouraged to bring in a piece of fruit to eat at mid-morning break. Children may have fresh drinking water from their individual water bottle (not single-use plastic) or from one of the water fountains in school. Unhealthy snacks are not permitted on the school premises.

School lunches

Havering Catering Services provide a 'Healthy Options' fixed price menu that guarantees a nutritionally balanced meal that complies with and usually exceeds the Government National Nutritional Standards for school lunches. The meal consists of a main course or a protein item with a choice of potatoes, bread or pasta, hot vegetables or salad, and a dessert of the day or yoghurt, fruit or cheese and biscuits.

No less than two portions of fruit and vegetables / salad are provided during lunch. The school has a salad bar that provides freshly prepared salad each day. Water is always available. During the term a number of themed menus are available for the children to extend their food choices.

Excellent relationships are established between the Headteacher and staff of the school with our Kitchen Supervisor who acts as a link with Havering Catering Services and the parents of St Ursula's.

Packed Lunches

Children have an option to bring in a packed lunch provided by their parents. The school actively promotes an awareness of healthy eating, unhealthy snacks are not permitted.

The Role of the Mid-Day Supervisors (MDS)

The MDSs are employed by the school to support the supervision of the children in the dining hall and during the lunchtime period. MDS staff support the children during their meal by helping them cut their food if they are having difficulty or by giving assistance in opening wrappers or lids. We encourage good table manners and social behaviour at meal times, as such, MDSs encourage children to use their knife and fork correctly.

At all times, the staff encourage children to be independent and encourage the children to make healthy choices.

MDSs sensitively monitor that children are eating their meal well and are eating much of what their parents have provided in their packed lunches and not throwing away food unnecessarily. On the occasion when a child is provided with food that is not permitted, children are asked to eat the food provided by their parent, and depending on the age and development of the child, they will be sensitively reminded of the school policy.

In all cases, the MDS staff will inform the Headteacher or the Head of KS1 / Head of KS2, who will monitor the situation. In cases of persistent refusal to follow the school policy, the Headteacher will speak directly to parents and if necessary will take formal disciplinary action according to the school's code of conduct on the occasion where there is a breach of policy.

The Dining Environment

The School Leadership Team regularly supervises the children in the dining hall to promote high expectations of good behaviour. Pupils are encouraged to have good table manners and display a positive social interaction with their peers.

They receive verbal praise and are rewarded with 'Lunch Time' awards by the Midday Supervisors for their good behaviour. All children use plates and bowls, rather than 'flight trays'. Children are encouraged to clear their plates carefully. Water is always available on each table. In the Junior Hall, the tables are round 'family' tables which promote conversation and social interaction.

Monitoring of Food Provision and Food Choices

The London Borough of Havering send regular information regarding school dinners including the Summer and Winter Menus, allergy charts, product information and a copy of the nutrient analysis for each menu cycle as evidence that they meet the DCSF nutrient and food-based standards.

Water Provision

Pupils are encouraged to drink water throughout the day. They are encouraged to bring their own named water bottle (not single-use plastic) into school every day and to take them home daily to clean and refill with fresh water. We have several water fountains that are available for all children to use throughout the school day, plus classrooms now have taps with drinking water. Water jugs are available on the dining tables at lunchtime for all children to help themselves to.

Food and Nutrition in our Curriculum

The overall aim of our teaching about food and nutrition is to help children learn about, and to enjoy food. Food and nutrition is taught across the curriculum.

Curriculum Area	**Input**
CLC	To prepare and cook healthy food.
CLC	To explore where food comes from and how it reaches the shops.
Science	To explore nutrition and the need for a healthy body.
Maths	To measure and calculate the size and weight of ingredients.
English	To discuss, read and write about health-related issues.
Religious	To explore how food is valued in different societies and the part food plays in religious custom and practice.
PE	To explore how the body reacts to exercise, and the importance of food and drink to participation in sport and dance.

Healthy eating is promoted through the informal curriculum. For example, we promote healthy eating regularly in assemblies. We encourage children to participate in school games clubs and sports, and so learn the enjoyment of a healthy lifestyle. We organise a Year 6 Residential trip to an outdoor/activity pursuit centre. Our school site is maintained and fully exploited in the interest of the children's physical and emotional development through playground activities – we now have an astro-turf to encourage outdoor play.

Inclusion

Any children with special diets or specific care plans are fully catered for. All staff are made aware of any children with allergies, especially children with Epi pens. School caterers offer a vegetarian option at lunch every day.

Continuing Professional Development of Staff

The Borough provide Inset / training for catering staff as and when necessary. All teaching staff attend a Hygiene Training Course and are awarded a Level 1 Food Hygiene Course certificate.

Vegetable patch: Grow – Cook – Eat

Pupils at St. Ursula's are given the opportunity to grow vegetables in the school vegetable patch. Each class has an indoor greenhouse where seeds are planted. Once they are ready, the vegetable plants are transferred to the vegetable patch and are then harvested, cleaned and cooked by the school kitchen and served to the children at lunch. The running of Grow-Cook-Eat is overseen by the school's Green Club.

Partnerships -

- School Council
- School Nurse
- School Health Advisor
- School Governors
- Havering Sports Cluster
- Keep Britain Tidy
- Farm to fork

Other relevant policies include

- PSHE
- Drug Education
- Sex and Relationship Education
- PE
- Science

St Ursula's school policies are approved and electronically signed. If you require a signed paper copy please contact the school office.