

Margaret Roper Catholic Primary School



Caring, Learning, and Achieving together as part of God's Family.



Healthy Food at School Policy



Policy Statement

Margaret Roper School is a health promoting school. Our basic intention is to help each child and young person to realise his or her potential.

Our aims are to:

- Create a happy school environment in which pupils are valued irrespective of race, religion or gender
- To help children and young people to learn courtesy, good manners and respect and consideration for others
- To promote a school ethos and environment which encourages a healthy lifestyle

We believe that an active lifestyle and a well balanced diet can enhance the health of children and young people. There are several government policies and initiatives to help improve the diets of children and young people, e.g. Every Child Matters, The Food in Schools Programme, The National Healthy Schools Programme, School Fruit and Vegetable Scheme, 5 A Day. The Whole School Food Policy enables Margaret Roper School to support these policies and initiatives by developing and maintaining a shared philosophy on all aspects of food and drink. It provides a public statement that demonstrates how Margaret Roper School cares for and makes a positive contribution to the health and welfare of pupils, staff and other stakeholders.

School Food Audit

All parents, pupils and staff were consulted on our Lunch Box Policy.

Following implementation of our new school meals service, where the whole school has taken responsibility for providing in-house catering, an audit of this provision will take place in the Winter Term 2016.

Aim of the Whole School Food Policy

To influence, improve and promote the health and well being of the whole school community by equipping pupils and their families with knowledge and skills that will help them establish and maintain lifelong healthy eating habits. This policy shall assist us to provide high quality food education and food service and ensure consistency in food messages throughout the school day.

Our Objectives

To ensure that the objectives are fully integrated into all aspects of school life and are accepted and embraced by all members of the school community. Margaret Roper School will ensure that:

School Curriculum

- The curriculum relates to food and nutrition in different subject areas and that it is consistent and up to date.
- Opportunities are provided for pupils to prepare and cook fresh ingredients.
- Pupils are given the opportunity to learn about available food types, their nutritional composition, digestion and the function of different nutrients in contributing to health and how the body responds to exercise.
- Pupils are encouraged to take responsibility for their own health and well-being, to develop a healthy lifestyle and to learn about different types of food in the context of a balanced diet using 'The Eatwell Plate'.
- Pupils are given the opportunity to discuss issues of interest to young people e.g. advertising, sustainable development.
- Where possible, pupils are given the opportunity to learn about the growing and farming of food, its impact on the environment and to eat and cook with vegetables that they have grown themselves.
- Where possible, opportunities are created for pupils to engage with local producers and food businesses in order to help them become intelligent and responsible food consumers.
- The school actively promotes its multicultural and diverse community through food events and celebrations.

The Eating Environment

A welcoming eating environment is provided that is appropriate to the children and young people who use it.

This is enhanced by the following:

- Attractive, colourful crockery and cutlery
- Freely available jugs of water and paper napkins on each table
- Golden table takes place once a week
- Noise levels are monitored
- Children opting for baguettes and having packed lunches are permitted to eat lunch outside on occasions when weather permits.
- Parents are actively encouraged to come and eat with children and staff on special events such as sports day.

School Food and Drink Provision

- School dinners meet the government's food based and nutritional standards as set out by the School Food Trust (SFT)
- School food served to children at breakfast club, mid-morning break, lunch, after school club food, tuck shops and canteen food meet the government's food based and nutritional standards set out by the SFT.
- Water is served with all meals and pupils will be encouraged to drink water throughout the school day.
- Healthy snacks are also served at morning break suitable for season - fruit juice and soup for example
- Menus are made available to pupils and parents via ParentPay.
- Parents and carers are involved in developing a healthy approach to packed lunches and snacks in school, are encouraged to provide their children with food that is healthy and are provided with information on what constitutes a healthy packed (See - Packed Lunch Policy)

Rewards, Special Occasions and School Ethos

- Food is not used for rewards or for end-of-term presents to pupils.
- During out of school events e.g. school discos and seasonal celebrations the school will encourage parents and carers to consider the School Food Policy in the range of refreshments offered to children.
- In keeping with the school's Catholic Ethos, the school has introduced Fish on Friday's.

Communication

- Consultation and communication with parents and carers is actively encouraged through informal and formal meetings, phone calls, questionnaires, curriculum evenings, display boards etc.
- Consultation and communication with pupils is actively encouraged on a regular basis and whenever this policy is reviewed, through our School Council, suggestion boxes, circle time and questionnaires.
- Consultation and communication with Governors regularly occurs through formal and informal meetings and briefings.

Quality Assurance

- Staff offering practical cookery skills sessions are aware of basic food hygiene procedures
- Outside visitors are made aware of the policy and ethos of the school towards healthy eating before planning their sessions
- Expert advice is sought for matters outside of basic healthy eating advice to ensure an evidence based approach to nutrition within the school.
- Catering Staff are encouraged to be involved in the life of the school, are invited to meet with the School Council and are given opportunities for continuous professional development.

People with Key Responsibilities for Food in Schools

An effective structure will be established to oversee the development, implementation and monitoring of this policy

Mr DJ Mooney Head Teacher	<ul style="list-style-type: none"> • Overall responsibility for food in school and policy development • Overall responsibility for ensuring providers of food on school premises are aware of the policy • selection and training of staff
Eat Dot Catering Support Catering Company	<ul style="list-style-type: none"> • Menus, • Nutritional analysis
Mrs S Howard School Cook	<ul style="list-style-type: none"> • Managing the kitchen staff team; • Preparation, cooking and serving of school lunches including meeting the needs of children with special dietary requirements. • Ensuring all hygiene standards for food provision are adhered to
Governors	<ul style="list-style-type: none"> • Overseeing and coordinating food issues. • Annual review of policy and monitoring of implementation.
Mrs V O'Byrne Healthy Schools Coordinator	<ul style="list-style-type: none"> • Overseeing and coordinating nutrition education for pupils and identifying and meeting training needs of teachers
Mrs C Jennings Senior Lunchtime Supervisor	<ul style="list-style-type: none"> • Assists with responsibilities for school meals and other related issues at lunchtime.
Mrs K McLoughlin	<ul style="list-style-type: none"> • Ensuring that food offered at breakfast and after school clubs meets the government's food based and nutritional

Breakfast Club Manager	requirements and balances with the main lunchtime menu.
Curriculum Leaders (PSHE, DT & Science)	<ul style="list-style-type: none"> Ensuring the curriculum supports healthy eating and to monitor planning and observe lessons in support of this.
All teaching and non-teaching staff	<ul style="list-style-type: none"> To follow healthy eating guidelines in delivering the curriculum and in the provision of tuck and snacks.

Monitoring and Evaluation

Our computerised cashless accounting system enables the kitchen to monitor pupils' choices and incorporate this into menu planning. Observations of the food choices available are made by those with responsibility for overseeing food in school. Any modifications seen as necessary and any other relevant issues are discussed with the caterers, pupils, parents and teachers. This monitoring and evaluation is carried out termly, this includes reviewing children's choices to ensure children are eating a diverse range of foods.

Lunchtime supervisors monitor what pupils are having in their packed lunches. If pupils are noted to consistently choose/bring unhealthy packed lunches, parents are contacted to discuss and encourage other options. (See Packed Lunch Policy)

Parents are reminded termly that they can monitor their child's food choices via ParentPay.

Pupils with Special Dietary & Medical Needs

On enrolling their child at school, and as a part of the admissions procedure, parents/carers are required to complete a form detailing any special dietary or medical needs their child may have. Such requirements/needs are discussed with the parents/carers, members of staff responsible for the child and the caterers. A record is kept for information detailing how the needs/requirements are to be met and any relevant information is entered and stored on the computerised accounting system.

Pupils with medical dietary needs and cultural diets are recognised by the catering staff through use of the computerised cashless system, which ensures that the pupils concerned have received the correct meal at the till point.

Related Policies & Documentation

- Behaviour and Rewards policy
- Physical Activity policy
- Health and Safety Policy
- Equal Opportunities and Inclusion
- Working with External Agencies Guidelines
- PSHE policy
- Healthy Schools Evidence Folder

Definitions and Terminology

Healthy Eating	The balance of good health, “The Eatwell Plate” (in the Appendix provides a diagrammatic definition)
Vegetarian	A person who chooses not to eat meat, fish or poultry.
Vegan	A person who chooses to omit all animal products from the diet, including meat, fish, poultry, eggs, cheese and dairy.
Food Allergy	Sensitivity towards specific food items

Governors monitor and check that this policy is being upheld on annual basis.

Approved by (Governor)	Ethos Committee /FGB
Date of policy implementation	9 th February 2017
Date of policy review	Spring Term 2018

A copy of this policy is placed in the prospectus and on the school’s website.