

St Joseph's Whole School Food Policy

Introduction

In our school we are committed to giving all our pupils consistent messages about all aspects of health to help them understand the impact of particular behaviours and encourage them to take responsibility for the choices they make. This policy should be read alongside the school's PSHCE, Drug and Sex & Relationship Policies.

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

St. Joseph's 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 all elements of the school day to create an environment which supports a healthy lifestyle.

Aims and Objectives

- 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 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

Breakfast club

Breakfast Club (at Ward Jackson School) operates on a daily basis available to all the children. They are offered a wide range of healthy breakfast options. Cereals etc.

Snack

All our under 5s are entitled to free milk which is organised by the Nursery teacher. All FS and KS1 classes include a breaktime snack of fruit to all children, KS2 children bring fruit which they eat at playtime – no other snack is allowed during break.

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 regularly include newsletter items about the contents of these and we do not allow sweets, chocolate bars (although we do allow chocolate covered biscuits at present) or fizzy drinks.

Water for all

Cooled water is freely available throughout the school day to all members of the school community. Children may drink their water at any time

Food across the Curriculum

In FS, KS1 and KS2, there are a number of opportunities for pupils to develop knowledge and understanding of health, including healthy eating patterns and practical skills that are needed to understand where food comes from such as shopping, preparing and cooking food.

Healthy eating is promoted, where appropriate, in all curriculum areas.

Partnership with parents and carers

The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Each must reinforce the other. This is not always easy but our school is well placed to lead by example.

Parents and carers are regularly updated on our water and packed lunch policies through school and class newsletters. We ask parents not to send in fizzy drinks and we remind them that only water may be drunk

during the school day, except at lunch when children may drink juice or squash.

Role of the Governors

Governors monitor and check that the school policy is upheld and can also offer guidance where a member of the body has particular expertise in this area.

Monitoring and review

The Breakfast Club Manager is responsible for ensuring that the food served is in accordance with this policy. KS Managers and Subject Managers are responsible for the curriculum development of the Food Policy. The Headteacher and PSHE Manager are responsible for supporting colleagues in the delivery of the Food Policy. The LEA are responsible for ensuring the quality of the food offered as part of the contract with the caterer.

This policy will be reviewed annually to take account of new developments.

Policy Autumn 2006 AH, CE & MMH

Reviewed Autumn 2008 AH AND MMH

Signed **Chair of Governors**

Date