



St Anne's School

Food and Nutrition Policy



Policy Agreed by.....
Date Agreed:.....
Review Date:.....

Background information to the school

St Anne's Catholic Primary presently has 462 girls and boys aged 7-11 on roll who come from the residential area of Edgehill.

Policy formation and consultation

The policy will be reviewed annually by the PSHE coordinator and curriculum committee.

Rationale

At St Anne's we recognise the importance of a healthy life-style and diet, and understand that establishing a balanced diet in childhood helps establish a healthy eating habits for life. We also recognise the important connection between a healthy diet and a pupil's ability to learn effectively and achieve high standards in school. The school also recognises the role the school can play, as part of the wider community, to promote family health.

Aims

The school aims to:

- Improve the health of pupils and staff, and their families by helping to influence their healthy eating habits through increasing their knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet, and hygienic food preparation and storage methods.
- Ensure pupils are well nourished at school, and that every pupil has access to safe, tasty and nutritious food, and a safe, easily available water supply during the school day.
- Present consistent, informed messages about healthy eating within school through all school practices.

- Ensure that food provision in the school reflects the medical and ethical requirements of pupils and staff for example medical, allergenic, religious, ethnic and vegetarian needs.
- Ensure the provision and consumption of food is an enjoyable and safe experience.

Objectives

- Work towards these aims in partnership with the parents.
- Ensure that food and nutrition education forms part of the formal curriculum through science, R.E, geography, PSHE and Citizenship, and DT.
- Ensure that FSM will be a two course meal with a drink available that complies with current regulations.
- Ensure that children at school receive the best food and nutrition possible within the education framework.
- Source our food locally and prepare all our food in house.
- Care for the ethical and religious needs of the majority of our students.
- Ensure that staff treat the children respect and dignity.
- Provide blankets so children can have picnic lunches from the deli bar in summer.
- Provide kitchen staff with photos of children who have allergies.

Food Through the School Day

Breakfasts

We set our standards for breakfast club as high as at lunchtimes. Our school breakfast consists of one portion of fruit (this can be fruit juice), some form of complex/wholegrain carbohydrate, some dairy produce and is low in sugar and salt. Pupils are able to enjoy their breakfast in a pleasant environment seated at a table whilst chatting to their friends.

School Meal Provision

Our school catering manager is on site daily from 7.30am and prepares all our food in house every day. Hot meals, jacket potatoes and a range of fresh vegetables and salad are available from our 'Hot Meal' counter while sandwiches, wraps and a broad selection of salad items are available from our 'Deli Bar'. Menus are on display in the school, on external notice boards and on our website. Themed school meal weeks are also provided throughout the year.

Parents are welcome to drop in unannounced to what lunchtime at St Anne's is like. They are also invited to menu taster sessions.

The school council is regularly asked to report on school dinner provision. They consider the organisation of the dining room experience and the food provided. The KS2 children in the school eat off plates rather than trays and with the help of laminated cues, the children pay a big part in clearing the dishes away.

Free School Meals

St Anne's encourages all the families entitled to free school meal provision to access this assistance. Monitoring of uptake is undertaken confidentially.

Arrangements with Catering Providers

Our kitchen operates under the guidance of RPJ3 Group Facilities and Food Service Consultancy. They provide us with training and support, and check that our menus are compliant with food standards.

Dining room supervisors are supported with an in-service training programme which includes sessions on food and nutrition awareness (including allergies), hygiene and behaviour strategies. Catering staff monitor the temperature of food daily.

Packed lunches

Within packed lunches, we encourage parents to provide a carbohydrate item, a desert item (preferably fruit-based) and a drink (water or pure orange juice – o more than 150ml). We request that parents include an ice pack if the child is having yoghurt. We ask parents to respect this recommendation as high sugar and high fat items can have an adverse effect on learning in the afternoons. Healthy packed lunch suggestions are available on request. All packed lunches are stored away from direct sunlight at a cool temperature.

Dining Room Environment

Our most recent Ofsted report said, "Pupils' behaviour is exemplary in the classroom and around school. The pupils are very proud of their school". This can be seen in the children's behaviour in our dining room.

At St Anne's we are fortunate enough to have a space that is used only as a dining room. We believe it is important to provide a relaxed and social environment during lunchtimes. Pupils will be able to feel more refreshed and ready to learn. We aim to make sure the children have time to eat their lunch and do not need to rush. Children in year 6 are encouraged to support children in the dining hall by sitting with them, helping them try new food and promoting good manners and conversation and supporting them when clearing them away. Where possible at least one member of staff dines with the children in the dinner hall.

Snacks

Healthy snacks of fresh or dried fruit or vegetables are provided for KS1 children at break time. Children in KS2 are encouraged to bring similar snacks. Sweets, crisps or biscuits are not allowed during playtime.

Drinks and Water

All pupils have access to drinking water at all times during the school day. Pupils are also encouraged to carry water around with them and consumption is permitted both in class, and during break and lunchtimes. We request that all parents provide a water vessel for their child, which will be sent home daily for cleaning.

Special diets, allergies, diet related disorders

Parents inform the school if a pupil suffers from an allergy, identifying the foods to which s/he reacts and the usual symptoms of the reaction. To ensure the staff (including supply staff) are aware of pupils allergies, a list of class health problems is kept in each teachers planning file. Photos of pupils with allergies are also displayed on kitchen, staff and office notice boards. All staff members are aware of the school's medical, health and safety procedures. Our school catering manager is on site from 8am and will answer any queries relating to the Allergen Labelling Regulations.

Religious and Ethical Diets

To ensure that we do not cause offence, we provide a daily vegetarian option for all our non-meat eaters.

We welcome parents to bring birthday cakes into school. We would always ask children to take cake home to eat. Any cakes being brought into school need to be nut free.

On special occasions the school may hold parties or celebrations for the children. Parents/carers may be asked to contribute food to these events. Food provided by parents/carers must be in its original packaging where the ingredients are clearly labelled – or in the case of homemade items (e.g. sandwiches) the contents should be clearly listed and should only include items as requested by the school.

Staff Room

All staff are familiar with the school food and nutrition policy and are committed to delivering a clear and consistent message about the benefits of a healthy, balanced diet. This will be done through the curriculum, our weekly cookery lessons and after school cookery clubs.

Curriculum

Learning Opportunities

- **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.
- **Literacy** provides children with the opportunity to explore poetry, persuasion, argument and narrative work using food and food related issues as a stimulus, eg writing to a company to persuade them to use less sugar and salt in children's food and drink etc.
- **Maths** can offer the possibility of understanding nutrition labelling, calculating quantities for recipes, weighing and measuring ingredients.
- **Science** provides an opportunity to learn about the types of food available, their nutritional composition, digestion and the function of different nutrients in contributing to health and how the body responds to exercise.
- **RE** provides the opportunity to discuss the role of certain foods in the major religions of the world. Children experience different foods associated with religious festivals.
- **ICT** can afford pupils the opportunity to research food issues using the internet and other electronic resources. Pupils design packaging and adverts to promote healthy food choices.
- **Food Technology as part of DT** provides the opportunity to learn about where food comes from and apply healthy eating messages through practical work with food, including preparation and cooking. We have adapted our DT policy to ensure that each class prepares at least 1 healthy dish as part of their DT work. These include pizzas, fruit salads and fruit crumbles.
- **PSHE** encourages young people to take responsibility for their own health and well-being, teaches them how to develop a healthy lifestyle and addresses issues such as body image. Pupils are able to discuss issues of interest to young people, eg advertising and sustainable development.
- **Music** can provide pupils with knowledge about different properties of cooked and uncooked foods where pulses and grains are used in unpitched percussion instruments.
- **Geography** provides a focus on the natural world and changing environment, offering the chance to consider the impact our consumer choices have on people across the world who rely on growing food as their source of income. History provides insight into changes in diet and food over time.
- **Physical Education** provides pupils with the opportunity to develop physically and to understand the practical impact of sport, exercise and other physical activity such as dance and walking.
- **School visits** provide pupils with activities to enhance their physical development eg to activity centres.
- **After school clubs** includes cookery and gardening clubs from time to time.

In addition to normal curriculum time, each year we have a dedicated week for the whole school which is designated as Healthy School

week. This includes many fun activities which are designed to promote knowledge of healthy eating such as making pizzas, fruit salads, bread, healthy drinks such as smoothies etc.

Extra Curricular Activities

Our gardening club work in our school allotments. Children plant fruit, vegetables and herbs from seed. Once fully grown, the children dig up their produce, giving some to our cookery club and selling more outside school to parents and the wider community. The money raised is used to maintain our allotments.

We have after school cookery clubs for KS1 and KS2 in which the children have the opportunity to prepare and cook healthy and nutritious food, but also have the chance to see how much sugar goes into some less healthy foods e.g. chocolate brownies. Children also use some of the herbs and vegetables grow in our school allotment.

These clubs are run by members of our staff who ensure that risk assessments and Health and Safety procedures are being adhered to.

These are the groups that we work with:

- School Food Group or School Nutrition Action Group (S.N.A.G)
- School Council
- Any Health Professional involvement e.g. Dietician, School Health Advisor
- Extended Schools involvement
- How we work with Parents and Carers
- Role of the Governors

St Anne's has close links with our local Tesco store who provide the children with fresh fruit and water on our sports days or after events such as The Giant Walking Bus or for fund raising events such as sponsored runs.

Monitoring and Evaluation

We will establish an effective structure to oversee the development, implementation and monitoring of this policy.

Consultation should be ensured throughout the process with priority given to the view of pupils. This will be achieved by:

- Seeking the assistance of the School Council in discussing issues and proposals
- Surveying children both informally on a day to day basis and formally throughout class as part of Healthy School Initiatives
- Seeking feedback on particular promotions initiated by the contractor

Food and nutrition elements within the science curriculum will be formally assessed. Class teachers are required to complete an evaluation sheet for each lesson. The evaluation sheet will be provided and analysed by our science coordinator.

The policy will be reviewed every 3 years using a consultative process, which identifies staff, pupil and parent feedback on food nutrition provision and education within the whole school community.

Conclusion

We wish to create and maintain a school ethos and environment which encourages a healthy lifestyle for our children, staff and families. We will shape, use and develop our curriculum to achieve this. We will ensure that the food and drink available across the school day reinforces this healthy lifestyle message. We will encourage balance in food choices. We shall provide high-quality physical education and school sport and promote physical activity as part of a lifelong healthy lifestyle and to promote an understanding of the full range of issues and behaviours which impact upon lifelong health.