

ST JAMES' HEALTHY EATING POLICY

This policy has the School's Motto at its heart.

**Faith in action,
Growing together,
Walking in the footsteps of Christ**

St James' R.C. Primary School actively supports healthy eating and drinking throughout the school day, ensuring that all aspects of food and nutrition in school promote the health and well-being of pupils, staff and visitors to our school. A healthy and balanced diet is essential for ensuring that children grow up into healthy adults and aids their ability to learn.

This policy covers school lunches, Before and After School clubs, packed lunches and break time snacks. The Head Teacher is the person with overall responsibility for all aspects of food in our school.

The aims of this policy are:

- To ensure that we are giving consistent messages about food and health
- To ensure that information relating to food and nutrition in different subjects is consistent and provides opportunities to learn about different food types in the context of a balanced diet
- To ensure that the consumption of food items at break times comprises either fruit or vegetables
- To ensure that the school lunch service meet the current Government nutritional standards
- To ensure that there is easy access to free and clean drinking water throughout the day
- To ensure that snacks and lunch time food brought in from home promote a healthy lifestyle
- To ensure that there are opportunities to enable pupils to learn about how to grow fresh fruit and vegetables.

Things to know about the provision:-

- 'Nourish' is the school's contract company and it is bound by the National Food Standards to provide the pupils' with a healthy main meal
- The pupils are encouraged by the catering staff and Midday Supervisors to make healthy choices
- Healthy packed lunches are encouraged through the School Council, the curriculum, newsletters and information meetings with parents
- Water is provided and pupils are encouraged to bring named water bottles to school in order to access water at other times
- Drinking fountains and water machines are provided

- Pupils are taught about the health benefits of water
- After physical activity and during hot weather, children are encouraged to drink more water. The plastic bottles they bring to school must contain only plain water
- Water bottles should be taken home daily to be washed.
- Children grow vegetables and fruits and are encouraged to cook and eat these
- Cooking is part of the curriculum an emphasis is placed on creating healthy meals
- The school actively partakes in the Fruit and Vegetable Scheme
- Sweets should not be given as rewards for achievement, good behaviour or effort – alternative rewards will be discussed with pupils. Small sweets provided by parents, such as ‘Haribos’, can be shared as a birthday treat.

These food standards do not apply to:

- Parties or celebrations to mark religious or cultural occasions
- Fundraising events

Break times

Fruit is provided for KS1 under the Fruit and Vegetable Scheme.

Children may bring in fruit or dried fruit. Fruit strips are not permitted as they contain a lot of sugar. No crisps, sweets or chocolate are allowed.

All children have access to water.

Packed lunches

This is seen as a pleasurable time, a social occasion in which the children are encouraged to sit down together and to enjoy their lunch.

- Pupils are encouraged to bring packed lunches in bags with cooling packs when the weather is warm. Hot or warm food is not permitted.
- The packed lunch is to contain no chocolate, crisps or confectionary items.
- The packed lunch should contain at least one piece of fruit or vegetable.
- Children can bring water only.
- Any food left in lunchboxes will be sent home.
- There will be no swapping of food.
- Fruit to be consumed at break should be separate from lunch ie. in a separate container/bag.

This will be monitored by the Midday Supervisors and items will be returned in the lunch box if they are confectionary items or fruit drinks.

Choice Friday

Pupils have the opportunity to bring in crisps or a chocolate biscuit as a treat, at the parents discretion.

School Lunches – ‘Nourish’ will:

- Ensure lunch menus comply with the school lunch nutritional standards

- Cater for special diets, at no additional cost, when requested on medical, cultural or religious reasons
- Promote and market healthy school meals in our schools, help pupils make healthy choices and listen to School Council Representations.

The school and the providers continue to work closely to improve the quality and uptake of school meals.

Before And After School Clubs

Pupils attending breakfast and after school clubs are served healthy meals.

Curriculum:

Healthy eating will be encouraged across the curriculum.

Art: Observational drawing of fruit, healthy eating posters
 DT: Food preparation and cooking
 English: Recipes
 Maths: Weights and measures
 PE: Exercise
 Science: Healthy lifestyles, effects of heat on food, bacteria, how plants grow
 Geography: Sustainability
 History: How people used to eat

In addition:

Children will have timetabled opportunities to cook and prepare food.
 Healthy eating messages will be taught as part of looking after yourself.
 Healthy eating will form part of the School Development and Improvement Plan.
 There will be consistent messages across the curriculum about healthy eating.
 All children will learn and apply the principles of food hygiene.
 Children will be encouraged to learn and apply the principles of a balanced diet and how diet affects health.

Monitoring and Evaluation

This policy will be updated in line with any new developments in the school and/or any new government guidance.

It was last reviewed in: September 2018

It will next be reviewed in: September 2021

This statement of policy was approved by the Governing Body at their meeting on:-

Date: _____

Signed:

_____ (Chairperson)

_____ (Head teacher)

