

ST. ALOYSIUS CATHOLIC JUNIOR SCHOOL
WHOLE SCHOOL FOOD POLICY

INTRODUCTION

Our Mission Statement and general aims set out the school's ethos and values:

Through Jesus, we learn, love and grow together

AIMS AND OBJECTIVES

The Governors and staff of St Aloysius' Catholic Junior School understand that all children need a healthy and nutritious diet. Our Food Policy sets out to promote the health and wellbeing of each child and adult in our school.

- ✓ To improve the health of pupils, staff and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes a healthy diet and hygienic food preparation.
- ✓ To 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.
- ✓ To ensure that food provision in school reflects the ethical and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian, medical and allergenic needs.
- ✓ To make the provision and consumption of food an enjoyable and safe experience.
- ✓ To introduce and promote practices within the school to reinforce these aims and remove or discourage practices that negate them.

RESPONSIBILITY

The PSHCE (Personal Social Health and Citizenship Education) Subject Leader is responsible for developing and monitoring the Whole School Food Policy (WSFP). This is achieved through consultation with the Head Teacher, SLT, lunchtime meals supervisor and food contractor.

It is the responsibility of all members of our school community to ensure that the WSFP is implemented.

Parents, pupils and staff have been consulted in the drawing up of this policy.

FOOD WITHIN THE CURRICULUM

Food and the area of healthy living is an important part of all curriculum areas.

Maths

This creates the opportunity for children to weigh and measure various food quantities, calculate ingredients including ratio and proportion, understand food labels and nutritional value.

Literacy

Gives children the opportunity to use research skills to find out about various foods, write reports around food and food preparation. Follow and create instructions/ recipes for food. They can investigate poems, stories and plays about food.

Science

Food and healthy eating is covered through many areas of the Science Curriculum.

Religious Education

This promotes the importance of sharing food together. Children learn about the different foods associated with various Liturgical seasons and celebrations. Food from Jewish and Islamic faiths is also studied.

ICT

The internet is used to support the teaching and learning of food. Children can use programmes such as 2 simple to publish their findings from any research carried out.

Design & Technology

Food is covered as part of the D&T Curriculum.

PSHE & Citizenship

This encourages each child to take responsibility for their own health and well being. They are taught how to maintain a healthy lifestyle and address any issues they may have over food and health. Children are given the opportunity to discuss issues of interest to them.

Geography

Children are given the opportunity to research foods from other cultures. They learn that people have a variety of diets throughout the world. They find out about where different foods are grown before being transported to our supermarkets.

History

Children find out how food and food storage has changed throughout history.

Physical Education

Children have the opportunity to develop physically. They learn about how physical activity affects our bodies and how various sports, dances, gymnastics focus on different muscles/parts of our bodies.

Golden Time

Cookers are available to each class during Golden Time and a timetable outlines availability.

HEALTHY EATING OUTSIDE THE CURRICULUM

Food Preparation

Staff routinely involved in the preparation of food and cookery attend CPD to up date their skills, knowledge and understanding. Relevant issues are feedback to staff during meetings. Contracted catering staff are trained in food preparation and hold basic food hygiene certificates.

Health Week

During this week all children are encouraged to examine their own food choices. They have the opportunity to prepare healthy meals and snacks, for example smoothies and healthy pizzas.

The school promotes the 5 a day campaign throughout this week.

Nut allergies

As much as possible we are a nut free zone. Parents are asked to refrain from providing products which may contain nuts in packed lunches.

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 food policy through the school newsletter and Camden materials received. Parents are asked not to send in fizzy or high sugar drinks.

Parents are informed of the school dinner menu each week through the parents' notice board. The termly menu is given out at the start of term.

During trips and at school events parents are reminded of the school's food policy when arranging food and refreshments.

School lunches and packed lunches

Our school lunches are provided by a contracted caterer who has a healthy food policy. They include fresh fruit and vegetables as part of their menu each day and provide both hot and cold options. The caterer takes into consideration allergies and food intolerances when preparing the menu for the day.

Those children who bring packed lunch to school are provided with advice for creating a healthy packed lunch (See Appendix A). Children are not allowed to bring chocolate, crisps, breakfast bars, and fizzy drinks as part of their lunch.

Monitoring of packed lunches

The midday meals supervisor or Head Teacher carry out regular spot checks of packed lunches. Any unacceptable items found are confiscated and returned to the child at the end of the school day.

Morning tuck

Children are allowed to bring in a piece of fruit or a sandwich for their morning tuck.

Breakfast Club

Magic breakfast runs every day from 8:20am and is offered to over 40 children. The children are given a healthy breakfast with the option of bagels or cereal.

Water for all

A water fountain is located in both the upper and lower playgrounds. There is also a water fountain in the boys and girls toilets. Children are encouraged to bring a bottle of water to school for their table top and are given advice on the importance of drinking water throughout the day.

The school caterer ensures that water is available on every table in the lunch room.

MONITORING AND EVALUATION

The LA is responsible for ensuring the quality of the food offered as part of the contract with the caterer.

The School Business Manager regularly attends catering review meetings with the school caterer and Camden client monitoring team.

The School Council monitor the food choices made by children. Their data is used to evaluate the impact of the WSFP.

This policy contributes toward other policies in the following way

Policy	Effect of Food policy
Behaviour	Use non-food rewards Reward positive behaviour relating to food & drink
PSHE	Healthy choices encouraged in curriculum
Science	Healthy eating and nutrition is part of the science policy
Inclusion, equal opportunities, disability discrimination act	Children with disabilities are adequately catered for in the dining hall and at other times when food is available. Cater for relevant religious and cultural food requirements

The Head Teacher and Senior Leadership Team will monitor the policy by regular reviews and observations.

The Head Teacher must publicise the policy and bring it to the attention of pupils, parents and staff at least once a year.

This policy was agreed on Thursday 30th June 2016

Review and update by Summer 2021

Signed.....
Chair of Governors.

Packed lunch guidelines: Appendix A

To be regularly included in the newsletter and home /school correspondence

According to a Food Standard's Agency study, nine out of 10 packed lunches contain foods high in sugar, salt and saturates and fewer than half contain fruit. When deciding what to put in your child's lunch box, it's a good idea to use the national standards for primary school meals as a guide. These standards highlight the importance of offering a variety of food from the four main food groups.

As well as something to drink, the guidelines advise that school meals must offer at least:

1. One portion of vegetables or salad and one portion of fruit (fresh, canned or dried can all count).
2. One portion of a dairy item such as cheese, yoghurt, fromage frais or a yoghurt drink.
3. One portion of meat, chicken, fish, eggs, , beans or other protein source. One portion of a starchy food, such as bread, pasta, rice, noodles or potatoes.

To support parents, the Food Standards Agency has provided a range of information on the Agency's website: www.food.gov.uk that includes:

- two months' worth of simple lunchbox suggestions
- top lunchbox recipes – for parents and children to make together
- top tips on how to reduce sugar, saturated fat and salt in lunchbox foods
- nutritional guidelines for parents – what foods school children need to stay healthy

St Aloysius Catholic Junior School asks that the following rules for packed lunches are followed:

- No fizzy drinks
- No sweets
- No chocolate bars
- No breakfast/cereal bars
- No crisps

The following guidance is sent out to parents in the newsletter regarding what their children can bring in their packed lunch.

Lunch box checklist	Some suggestions....
✓ A good portion of starchy food	Thick wholemeal bread, chapatti and roti, pitta pocket or wrap, pasta, couscous, potato or rice salad. Slice of deep based pizza topped with meat, fish or vegetables
✓ Plenty of fruit and vegetables	Salad in sandwiches or rolls, an apple, satsuma, dried apricots, handful of cherry tomatoes or carrot sticks, mini can of fruit chunks in natural juice or small box of raisins
✓ A portion of milk or dairy food	Individual cheese portion, pot of yoghurt or fromage frais
✓ A portion of lean meat, fish or alternative	Ham, chicken, beef, tuna, salmon, turkey, egg, hummus, or bean/lentil salad
✓ A drink	Water

