

Saint Joseph's Infant School Food Policy

Process:

This policy was discussed and amended by the Headship team, governors, teachers, parents, catering staff and lunchtime organisers, school nurse and pupils.

Aims:

Proper nutrition is essential for good health and effective learning.

We aim to:

- provide a consistent programme of cross-curricular nutrition education that enables pupils to make informed choices without guilt or anxiety.
- provide a nut free environment
- provide a 'whole school, whole day' approach to nutrition that makes the 'healthier choices, easier choices'.
- work in partnership with catering staff to ensure that nutritional standards are implemented by providing attractive, value for money meals that are appropriate to local needs.
- work in partnership to achieve a pleasant and sociable dining experience which enhances the social development of each pupil.
- Involve pupils and parents in all decision making.

We aim to promote healthy & balanced eating by:

- encouraging pupils to choose a variety of foods to ensure a balanced intake in line with the national nutrition guide – 'The Balance of Good Health' and the new nutritional standards.
- encouraging foods which are rich in vitamins, iron and calcium, in particular fruit, vegetables, meat, beans, bread and low fat dairy products.

- encouraging starchy foods as a source of energy (such as bread, pasta, rice and potatoes) rather than fatty foods.
- encouraging fruit juices, lower fat milk and sugar-free drinks.
- discouraging sugary drinks and less healthy snacks between meals.

School Catering:

We believe that the subtle messages that pupils receive about food and health from the daily life of school are as important as those given during lessons, eg school menus, peer pressure to eat certain snacks in packed lunches. By working together, we promote healthier eating habits.

- School lunchtime menus are agreed between the school and catering staff. Local preferences are considered within the framework of the nutritional standards.
- All children are given a portion of vegetables as part of their meals. They are encouraged to try some, even if it is a small portion.
- Due to the large difference in calorie requirements between infants and juniors, portion sizes are adjusted accordingly.

Breakfast:

A healthy breakfast is encouraged at breakfast club. Toast, cereal, fruit, water, milk and fruit juice is available.

Packed Lunches:

A guidance leaflet is issued to parents, developed in consultation with parents on the content of packed lunches.

Example

Packed lunches should include some fruit or vegetable eg piece of fruit or fruit juice, dried fruit, cherry tomato, raw carrot, cucumber wedge. Sweets, sugary drinks and chocolate should not be included. Diluted fruit juice in a screw top bottle is cheaper and easier to manage than prepared drinks. The

school provides a suitable storage area for lunch boxes. If appropriate waste and uneaten food is returned in the lunch box so that parents know what has been eaten.

Mid-morning Snack:

In consultation with parents it has been agreed that the only snack children can bring to school is fruit.

Drinks Policy

- Children are encouraged to drink 3 –4 glasses of water at school particularly after PE, active play and in hot weather.
- Water will be provided via water fountains and a water bottles on desk scheme.

School Ethos, Environment and Organisation:

The school recognises:

- the importance of lunchtime organisation on the behaviour of pupils.
- the value of promoting social skills.

Teachers, caterers and lunchtime organisers work together to create a good dining room ambience and the development of appropriate table manners.

All nursery children are encouraged to have a healthy snack, which is usually fruit with either milk or water, to support the development of social skills and to promote acceptance of a wide range of foods.

Free School Meals:

The school recognises the particular value of school meals to children from low-income families. The system for free school

meals is actively promoted to parents by the school and a non-discriminatory process is emphasised.

Treats and Rewards:

To ensure consistent messages, sweets are not used as rewards.

Curriculum, Teaching and Learning:

- The National Nutrition Guide – ‘The Balance of Good Health’ is used across the curriculum. Pupils are given the opportunity to apply this to school meals/packed lunches.
- Pupils are given the opportunity to taste, touch, smell and feel a variety of foods.
- Multicultural aspects of food are explored and linked with school meal theme days.
- Parents are encouraged to join in classroom cooking sessions.

Parental Involvement:

- All new parents are given a summary of the school nutrition policy plus a packed lunch guidance information sheet.
- Information about school catering is provided at parents evenings and in school newsletters eg menus, healthy school weeks, free school meals.
- Feedback from parents is invited in questionnaires, Parent Focus Groups, via the PTA or governors.