

Whole School Food Policy



Introduction

This policy is intended as a working document relating to provision for Healthy Eating at Immaculate Heart of Mary Catholic Primary School.

The policy contributes to the school's holistic approach to children's Personal, Social and Health education and the school's commitment to ensuring every child has access to a healthy and well balanced diet, supporting them in leading a healthy lifestyle.

The policy has been developed through a process of consultation and review involving the Healthy Schools Coordinator, our Food Ambassador team, After-School Club Leader, the School Leadership Team, the School Council, and School Governors.



Aims

To ensure food and healthy eating messages are embedded in the school's ethos and are consistent across all food provision and classroom activities.

- To ensure that the food and drink available throughout the school day meet the government standards for food in school and to make the provision and consumption of food an enjoyable and safe experience.
- To support pupils to make healthy food choices.
- To ensure a consistent approach to healthy eating across the school community.

Food provision and consumption across the school day



Breakfast club

The food provided is healthy and balanced and varied, including cereals, toast and fruit.

We ensure all the food served is compliant with the School Food Standards.



Mid-morning snacks

At break time, all Key Stage 1 children are provided with free fruit and vegetables as part of the national fruit and vegetable scheme.

Key Stage 2 pupils are allowed to bring their own fresh fruit or vegetable snack.



Drinks & access to water

All pupils provide their own water bottle and water coolers are available throughout the school. Pupils are encouraged to access and consume their water freely throughout the day. At lunchtimes we have water only provision in the dining room.



School meals

Our school meals are provided by Catering Leeds who ensures the menus are balanced and compliant with the School Food Standards. Our school is achieving Bronze Catering Mark for use of fresh fruit and vegetables and meat.



Free school meals

Our school encourages and supports families to claim their entitlement and communicates this regularly.



Universal infant free school meals

Our school has an extremely high uptake of universal infant free school meals. During our transition to primary school processes, families are encouraged to sample school dinners.



Dining environment / procedures

Each day pupils view then choose from a selection of main meals and puddings. Pupils can select their own available seat in the dining area.

Older children have their own separate dining area to ease congestion and promote a positive, enjoyable dining experience.

Healthy choices are acknowledged and rewarded by School Food Ambassadors using a sticker system.



Packed lunches

Pupils who bring a packed lunch select their own available seat in the dining area. Pupils are encouraged to provide a healthy, balanced packed lunch. Healthy choices are acknowledged and rewarded by School Food Ambassadors using a sticker system.



After school club

The food provided is healthy and varied, compliant with the School Food Standards.

A selection of fresh fruit and vegetable snacks are available daily to all attending pupils.



Cultural, age appropriate, and special diets

All pupils' dietary needs are recorded, monitored and communicated sensitively with the catering team.

The school does everything possible to accommodate pupils' specialist dietary requirements including allergies, intolerances, religious or cultural requirements.



Special occasions, birthdays and rewards

Sweets/treats are not used as rewards in the classroom and in line with this, children are not permitted to bring in sweets to celebrate their birthday. Our school acknowledges and celebrates birthdays in a variety of non-food ways.



Monitoring food provision and consumption

Our School Food Ambassadors and School Council collaborate to monitor and provide feedback which is communicated to senior leadership, our school cook and dinner supervisors.

Food education and the curriculum



Healthy Eating in the curriculum

Our school delivers healthy eating through the Leeds Primary PSHE scheme of work, 'You, Me and PSHE.' This curriculum work is enhanced by our bi-annual 'Health Week', when children's experience of food, physical activity and healthy balanced diets is enriched with a variety of workshops, activities and visitors.

The Eatwell Guide is used and displayed throughout school and underpins all food related learning.



Cooking in the curriculum

Pupils have the opportunity to learn and develop cooking skills through our creative curriculum. The D&T curriculum and opportunities to cook are planned into our cross curricular topic work.



Growing, sustainability, and farming

Our School Garden is planted and maintained by pupils across the school. The garden is within the EYFS outdoor area and reception pupils have daily access and opportunity to help care for and maintain the produce. We have a lunchtime club for KS2 pupils, 'The Gardening Gang', who are growing a range of fruit and vegetables.



Extra-curricular activities

Our after school club serves a light tea which is compliant with the School Food Standards and pupils are encouraged to take part in food preparation activities.

Our School Food Ambassadors have designed recipes to encourage pupils to get involved in cooking at home.



Pupil involvement

We have a team of School Food Ambassadors who represent the voice of their peers and help to promote the healthy, balanced eating message across the school. Each year our Year 5 and 6 pupils complete the My Health My School survey. This information helps the school to monitor and evaluate the food provision and whether our curriculum is meeting our pupils' needs.



Parent/carer involvement and communication

Our menus are available to view on the school website. New parents and carers are invited to sample a selection of school dishes before their children start school.

Parents and cares are encouraged to share their views and opinions through surveys.

Review

Policy Date: 2018

Our Policy is reviewed each year by the Healthy Schools Coordinator. A full review and consultation with all stakeholders is carried out every 3 years.



Other policies to be read alongside

- Physical Education policy
- PSHE policy
- Good Behaviour Guide
- Anti-Bullying Policy
- Science Curriculum
- Confidentiality Policy

Senior Leadership signature

Mrs A. Phillips

Governor signature

Miss J. Pulham

Healthy Schools / PSHE
Coordinator

Mrs L. Read

ACTION PLAN
Whole School Food Policy

| Objective | How we will achieve our goal | Timescale | Who |
|--|---|------------------------------|---|
| To train and establish a team of School Food Ambassadors. | Attend training with 2 pupils. Advertise and explain role to rest of Key Stage 2 to create team. | Autumn Term | Lucy Read |
| To promote Eatwell Guide across school. | Create display of guide for whole school. Ambassadors to share and explain poster to all Key Stage 2 classes. Posters to be displayed in classrooms. | Autumn Term | School Food Ambassadors |
| To celebrate fruit and vegetables choices in the dining room. | School Food Ambassadors to reward fruit and vegetable choices (with stickers) for both dinners and packed lunch in the dining room. | Throughout the year. | School Food Ambassadors |
| To encourage children to help cook and prepare food outside school. | Selection of recipes to be made available on the website and School Food Ambassadors to promote the scheme in assembly. Photos of recipes, children and food made to be placed in a book. | Spring Term and on-going | School Food Ambassadors Lucy Read |
| To start growing and planting new season produce in the school garden. | Garden to be cleared and dug out. New members of Gardening Gang to be selected. Planting, caring and maintaining to begin. Progress to be relayed to the rest of the school. Produce to be included in menus. | Spring 2/Summer and on-going | Lucy Read Reception children Gardening Gang |
| To promote understanding and enthusiasm for healthy choices through Health Week. | Timetable of varied and fun activities across the year groups. Collapsed timetable to enable staff to fully engage in the messages and objectives for the week. | Summer 2 | Lucy Read Whole School |

To monitor cooking in the curriculum and coverage of core food competencies.

Overview of cooking and coverage to be mapped out. Any gaps and issues to be highlighted. Possibility of Foundation Subject Monitoring sheet to be explored.

Summer 2

Lucy Read