



Food and Drink Policy

School Responsibility
Headteacher
Governor
Adopted
Review

Mrs C Bates
Miss K Choma
Mr B Thompson
December 2021
December 2024

ETHOS STATEMENT

The School was founded by and is part of the Catholic Church. The School is to be conducted as a Catholic School in accordance with the canon law and teachings of the Catholic Church and in accordance with the Trust Deed of the Diocese of Leeds in particular:

1. Religious education is to be in accordance with the teachings, doctrines, discipline and general and particular norms of the Catholic Church;
2. Religious worship is to be in accordance with the teachings, doctrines, discipline and liturgical norms of the Catholic Church;

And at all times the school is to serve as witness to the Catholic faith in our Lord Jesus Christ.

MISSION STATEMENT

As a family with God in our hearts we love, laugh, and learn.

RATIONALE

At St Joseph's School we believe that education about health issues is very important for the development of our pupils both now and for the future. We believe that healthy eating should be promoted as an enjoyable activity, as well as one that contributes to good health.

We acknowledge the important link between a healthy diet and the ability to learn effectively.

We believe that it is the schools role to develop pupil's abilities to make informed food choices.

We would aspire to improve the health of the school community by teaching ways to establish and maintain life-long healthy eating habits.

AIMS

To provide a range of healthy food choices in line with the mandatory School Food Standards

To provide a programme of cross-curricular nutrition education that enables pupils to make informed choices without guilt or anxiety.

To work in partnership with catering staff to ensure that nutritional standards are implemented by providing attractive meals that are appropriate to children's needs.

To work in partnership with lunchtime support staff to achieve a pleasant and sociable dining experience which enhances the social development of each pupil.

- To raise awareness of these issues with pupils and parents.
- To promote healthy and balanced eating by encouraging pupils to choose a variety of foods to ensure a balanced intake in line with the British Nutrition Foundation Guide and the new nutritional standards; encouraging healthy choices, including the promotion of healthy lunchboxes.

OBJECTIVES

To work towards ensuring that this policy is both accepted and embraced by the whole school community.

To integrate these aims into all aspects of school life, in particular food provision within school and the curriculum.

LINKS TO OTHER POLICIES

Several policies link to this whole school food and drink policy, including: Curriculum policies such as Science, DT and PSHE through which healthy eating messages are taught; Health and safety policy which sets out how food is stored, prepared and cooked on the premises, including cooking within the classroom.

PROVISION OF FOOD AND DRINK ACROSS THE SCHOOL DAY

Mid-Morning Snack

We are involved in the Key Stage One (KS1) School Fruit and Vegetable Scheme. This provides Key Stage 1 pupils with a free piece of fruit or vegetable each day. This is given during the morning breaktime. Children in KS2 are encouraged to bring in fruit which they can eat at morning playtime.

Drinks Policy

Children are encouraged to drink water at school particularly after PE, active play and in hot weather.

Water is available to all children during the day. They need to provide their own water bottle. Children can refill these during the school day. Pupils understand and are reminded the importance of keeping hydrated.

Subsidised school milk is promoted at KS1 and KS2 for those children that want it. A specific time is set aside for this, and those that do not wish to have milk may have a drink of water.

School Meals

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 e.g school menus, peer pressure to eat certain snacks in packed lunches.

The school meals meet the mandatory requirements of the School Food Standards 2015.

Information about our school meals is offered to parents at the pre - school induction meetings and through weekly Newsletters and the school website. Regular theme days are linked to curriculum areas or calendar events.

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.

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.

Packed Lunches

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

Guidance is offered to parents at pre - school induction meetings and through Newsletters and the school website. A [healthy packed lunch box builder](#) document is linked to our school website.

Dining Room Environment

The school recognises the importance of lunchtime organisation on the behaviour of pupils and the value of promoting social skills.

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

Weekly Golden Table Awards give recognition and reward for good behaviour, politeness and good manners. Non-teaching staff are supported by the school behaviour policy.

CURRICULUM, TEACHING AND LEARNING

Key healthy eating messages will be taught within Science, DT and PSHE. They will also be delivered through assemblies and theme days/ weeks. Pupils are given the opportunity to taste, touch, smell and feel a variety of foods.

Opportunities are taken wherever possible to encourage pupils to taste multi-cultural aspects of food through cross curricular subjects including Geography and RE and are linked with school meal theme days.

Written work carried out will be monitored in line with the school's monitoring procedures to ensure that the correct knowledge, understanding and skills are being developed and attitudes and values are explored. In line with the school's teaching and learning policy, at the beginning and the end of topics, children will be encouraged to reflect on what they already know and what they have learnt.

CHILDREN WITH SPECIAL NEEDS

Inclusion is fundamental to both the planning and delivery of work relating to healthy eating. The work is matched to the age and maturity of the pupils and due regard is given to children with SEN requirements. School also recognises that some children require specialist diets. The schemes of work are sensitive to this and the teachers will be aware of any children within their class who this may apply to.

Information is requested from parents on admission and whenever food is sampled within school, a letter is sent home informing them of this. Prior to residential trips, a form is sent home which includes information

PARENTAL INVOLVEMENT

- Parents are informed about Healthy Eating issues. A copy of the Healthy Eating Policy is available in school.
- Information about school catering is provided at pre-school parents' evenings and in school newsletters eg. menus, theme days and free school meals.
- Information about healthy packed lunches and snacks is discussed at these meetings.
- Special diet or food allergies are displayed in a sensitive way around the school.
- Staff and visitors will be expected to model good practice behaviour around food and drink and in line with the policy, when in the company of children.

FOOD HYGIENE

Children are reminded on a regular basis about the importance of hand washing before eating and improved facilities are being installed to reinforce this message. Information posters to remind the children about careful hand washing are situated around the school premises, near the toilets and outside the dining hall.

Whenever children are to sample or handle food in the classroom, there are a number of rules which should be followed:

- Clean all work surfaces to be used with anti-bacterial spray and a new cloth.
- If necessary, cover work surfaces with disposable/ plastic tablecloths before starting the task.
- Ensure all utensils have been thoroughly cleaned beforehand.
- Always wash hands using soap before any preparation/ sampling tasks.

- Ensure sleeves are “rolled up” and disposable plastic aprons are worn for all food preparation.
- Keep the group/s manageable and use support assistants where necessary.
- When sampling always let individuals have their own spoon/ cup etc.
- Allow plenty of space to work, with all “classroom items” away from food and utensils.
- Encourage thorough washing up after the tasks and return utensils to where they are stored.
- Dispose of finished/ unwanted food after the task.
- Remove disposable items and wash down work surfaces thoroughly.

Careful consideration is given to the correct storage of food within school. This includes the storage of packed lunch boxes which are kept in a cool area, away from radiators. Parents are encouraged to send packed lunches in cooler bag style packed lunch boxes.

POLICY AND MONITORING REVIEW

This policy is reviewed by the whole school staff and governors every 3 years.