



## St Mary's CE Infant School

### Whole School Food Policy

This policy aims to ensure that all aspects of food and nutrition in school promote the health and well-being of pupils, staff and visitors to St. Mary's CE Infant School. All stakeholders within the school community have been consulted in the process of developing this policy. This policy applies to all staff, parents/ carers, Governors and partner agencies working within the school.

Within the context of the Government's Every Child Matters agenda and St. Mary's CE Infant School's drive to ensure that all children at St Mary's are healthy, this policy specifically aims to ensure that:

- the formal curriculum is continually monitored to ensure information relating to food and nutrition is consistent and up to date;
- pupils are encouraged to eat and enjoy a balanced diet;
- staff and other adults working within the school model and promote healthy lifestyles wherever possible.

### Food in School

From time to time children with specific food allergies may be part of the school community at St Mary's. Where allergies are severe or life threatening the staff team may need to ask parents not to include certain foodstuffs in lunchboxes or celebration treats.

#### a) Mid-morning snack

Children are encouraged to bring a raw, unprocessed fruit or vegetable snack to eat in class during a five minute snack time. An additional piece of fruit is provided during the afternoon, free of charge, to all children.

#### b) Food at lunchtime

St. Mary's School strives to provide a dining hall environment that is conducive to healthy eating and child well-being, i.e. light, friendly and calm. We will work with pupils to continue to develop the dining environment. Children who bring a packed lunch to school store these in their cloakroom or outside in the shade during the school day. When the weather permits, those bringing packed lunches to school eat them outside in the playground. Parents are encouraged to ensure that packed lunches are nutritionally balanced. New parents to our school are provided with information about healthy lunchboxes.

All pupils are entitled to a free school meal. School meals are provided by the School Lunch Company, who abides by the current Food in School legislation which aims for nutritional balance and health promotion. The weekly menu is available for children and parents/ carers to view via the school notice board and the website.

### **c) Water**

Children are encouraged to drink water in school. Parents will be encouraged to provide a school water bottle (purchased as part of a package with a school book bag) to be taken home at the end of each day and returned to school full the next day. This will help to avoid the spread of germs. Replacement bottles will be available for purchase from the school office.

### **d) Food on special occasions**

On occasion, staff may wish to reward children for particular effort. Equally, food may be provided for extra-curricular clubs or as part of an off-site activity. This will include fundraising activities associated with the school such as fetes. At all times on such occasions the school will strive to ensure that a variety of options are provided for the children with the children encouraged to exercise balance and moderation in their food choices.

We recognise, also, that some children like to bring confectionary in for their friends when they return from holiday, or on a special occasion such as their birthday, for example. In not wanting to discourage such acts of kindness, such treats will be distributed at the end of the day for the children to take home with them. In such instances, parents and children may, however, wish to consider the purchase of a more long-lasting treat for the class in question to share, such as a small book or wet-play toy/game, for example, instead of confectionary.

## **Curriculum**

As part of the Design and Technology Curriculum, children are taught how to cook and apply the principles of nutrition and healthy eating. We believe that learning how to cook is a crucial life skill that enables children to feed themselves and others affordably and well, now and in later life.

At St Mary's children use the basic principles of a healthy and varied diet to prepare dishes and are taught where food comes from.

## **Monitoring and Evaluation**

The implementation of this policy and measurement of its success will be monitored and evaluated by the staff and Governors. Evaluation measures may include feedback from lesson monitoring, Governor visits to school (including pupil interviews), annual pupil and parent questionnaires and specific feedback from pupils, parents and staff following particular events / initiatives.