



# Christ The King Federation

*nos iter simul*

St Joseph's Catholic Primary School

Headteacher Miss T. North

St Francis RC Primary School

Acting Headteacher: Mrs C. Peear

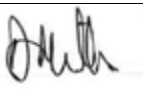


## FOOD IN SCHOOL POLICY

### FEDERATION MISSION STATEMENT

*Christ The King Federation is a community called by God to work collaboratively for the common good; providing an environment that nurtures and inspires pupils to realise their potential, as we journey together.*

*This federation is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share in this commitment*

Document Detail	
Category:	Curriculum
Authorised By:	Curriculum & Pupil Related
Chair of Governors Signature:	

Issue:	
This policy was formally adopted by the Full Governing Body on:	Spring 2022
Review Date:	Spring 2025

<b>Contents</b>	<b>Page</b>
Introduction	3
Principals and aims	3
Initial objectives (2022-2025)	3
Healthy eating in school	4
School Meals provision	5
Packed lunches	5
School trips	6
Special occasions	6
Expectations of staff and visitors	7
Monitoring and review	7

## **Introduction**

The schools of St. Francis and St. Joseph's are committed to ensuring our pupils are taught in an environment that actively promotes healthy eating and enables all pupils to make informed choices about the food they eat.

This policy is extremely important to the improving the health and wellbeing of all members of our school community. This policy conveys the vision of the Christ the King Federation and ensures that everybody recognises and understands the important role food plays within our schools.

## **Principals and aims**

- \* To ensure that all aspects of food and nutrition in school promote the health/well-being of pupils and staff
- \* To provide a consistent curriculum of food education to equip all pupils with knowledge and skills to make healthy life choices
- \* To make pupils aware of the consequences of food choices made now and in later life, including nutritional awareness, influences on food choices such as food production, marketing and impact on our environment
- \* To ensure provision and consumption of food is an enjoyable experience
- \* To involve the whole school community in improving eating habits and knowledge and skills pertaining to healthy eating.
- \* To clarify both school's policy on food brought into school e.g. packed lunches and ensure this is clearly communicated to parents
- \* To ensure that contracts for school food providers meet the needs of the school and comply with all relevant government regulations

## **Initial objectives (2022-2025)**

- \* To include the whole school community in the promotion of healthier lifestyles.
- \* To create a positive and pleasant eating environment that encourages appropriate social interaction.
- \* To develop a curriculum teaching a consistent message about the importance of good food, nutrition and health.

- \* To involve the wider community, including parents, in activities that promote balanced eating and enjoyment of food.
- \* To contribute to an improved, holistic approach to the teaching of health and wellbeing across both schools

### **Healthy eating in school**

#### **Breakfast Club:**

Both schools expect pupils to eat a good breakfast at home. For those who make use of the schools individual Breakfast Clubs, the schools provides a simple breakfast which can include but is not limited to:

- \* Wholemeal or 50:50 toast and a selection of spreads and margarine
- \* Non- sugar coated cereal e.g. Weetabix, rice krispies, cornflakes
- \* Porridge
- \* Beans on toast
- \* Scrambled egg on toast
- \* Fresh or dried fruit
- \* Yoghurts'
- \* Fresh orange/apple juice
- \* Water
- \* Semi skimmed milk

#### **Tuck shop**

Our school tuck shops which run on Tuesday and Thursday (St. Joseph's) and Fridays (St. Francis) break times offers children the opportunity to purchase the following at a small cost:

- \* Wholemeal or 50:50 toast with margarine
- \* Raisins
- \* Fruit juice
- \* Cheese and crackers (St. Francis only)

## Free fruit for all KS1 pupils

All pupils in KS1 are provided with a piece of fresh fruit on a daily basis and are encouraged to try different fruits wherever possible. Alternatively, pupils may bring in a piece of fruit of their choice to eat at breaktime.

KS2 pupils are also encouraged to bring in a piece of fruit each day for their snack.

## **Snacks for Kids (SFK) - St. Joseph's only**

On Monday, Wednesday and Friday breaktimes, KS2 pupils are able to purchase a selection of snacks including milkshakes, dried fruit and dried savoury snacks. These snacks comply with the 2016 School Food in England government guidelines.

## **School Meal Provision**

School meals are provided on the premises of both schools. All hot and cold meals provided by the schools kitchens comply with the 2016 School Food in England Government guidelines that are issued to Governing Bodies. These guidelines strictly limit the amount of sugar and salt in all foods provided in school, including all deserts.

Menus are readily available to pupils and parents and are also displayed in school and on our school websites.

There is a vegetarian option available in both schools each day and vegan options can be provided if requested.

Children are regularly encouraged to make healthy choices and try different foods by midday assistants. Children's food choices are informally monitored by midday assistants and class teachers who will inform parents regarding their child's food choices if they deem it necessary.

## **Packed Lunches**

The information relating to packed lunches listed below has been creating using guidance from the Children's Health Trust.

Packed lunches should include:

\* Some starchy foods such as bread (sliced bread, pitta bread, wraps, bagels), pasta, potatoes, couscous; choose wholegrain/wholemeal where possible

- \* At least 1 portion of fruit and 1 portion of vegetables or salad – please ensure all grapes are cut in half
- \* Dairy food such as cheese or yoghurt
- \* Meat, fish, or another source of protein such as eggs, beans and pulses, hummus, falafel

Packed lunches should not include:

- \* Crisps or crisp type snacks
- \* Sweets
- \* Cakes
- \* Any items containing chocolate including bars, biscuits, cakes or yoghurts/desserts
- \* Any items containing nuts

### **School trips**

Packed lunches for school trips should comply with the same guidance listed above.

Provision for children with allergies and special dietary requirements

Both schools do everything possible to accommodate pupils' specialist dietary requirements including allergies, intolerances and religious or cultural practices. Individual care plans are created for pupils with food allergies and are regularly updated. Pupil's food allergies are displayed in a sensitive way in relevant places around the schools including the school offices and kitchens.

Both schools operate a strict no nuts policy.

### **Special Occasions**

The two schools recognise the importance of celebrating birthdays and special occasions. We understand that many of the children like to bring in food based treats to celebrate their birthday and while this will still be allowed, we would encourage and welcome any parents who would like to send in fruit or non-food related treats e.g. stickers, pencils, rubbers for their child to share with the class on their birthday.

Occasional fund-raising events may include the sale of treat foods such as cakes, but the inclusion of other, healthier foods will also be encouraged.

#### Curricular and extra-curricular activity

Food and nutrition is taught at an age appropriate level in both schools and throughout each key stage in science, PSHE and Design Technology (cooking and nutrition). The Eatwell model is used throughout the school (see appendix 1) as a model of understanding a balanced diet.

#### **Expectations of staff and visitors**

Both schools expect staff and visitors to contribute to and support this food policy throughout the school day. Staff and visitors will be expected to model good practice behaviour around food and drink in line with the policy, when in the company of pupils. Staff are encouraged to eat a school lunch and sit with pupils in the dining hall. This takes place on a rota basis, with staff members encouraged to eat with the pupils at least once a week (this will be subsidised).

#### **Monitoring and review**

This policy has been developed in consultation with staff, pupils, parents/carers and governors. The policy will be reviewed every 3 years.

