



ST JOSEPH'S CATHOLIC ACADEMY Part of the Newman Catholic Collegiate



FOOD POLICY

Policy Aims

At St Joseph's we recognise the importance of a healthy mind and body in order that individuals achieve their full potential in all areas. We are committed to teaching, encouraging and promoting a balanced diet and understand that for children to do their best, they need to feel physically and emotionally healthy; hence it is also important that all children feel safe, secure and valued.

Through specific teaching, reminders, discussions and examples children are taught that a balanced diet is in no way connected to 'dieting' and that healthy eating is in no way connected to weight or physical appearance. The focus is always on eating and exercising to facilitate a stronger, fitter, healthier mind and body.

The Food Policy has been agreed by pupils, staff, parents and governors following the trialling of various initiatives. It also takes account of advice, recommendations and requirements set out by Every Child Matters, the nationally required Healthy Schools Award, the Local Authority Healthy Schools advisors, City Catering, the School Nurse and the Local Authority Oral Health Team.

This policy aims to:

- focus a whole school commitment to healthy eating
- consolidate the various initiatives and actions which have previously been trialled with regard to healthy eating
- ensure whole school clarity and consistency with regard to the healthy eating education which takes place in school
- ensure whole school clarity and consistency with regard to food and drink consumption in school and at school related activities and events
- develop pupil's ability to make informed food choices

Teaching

The curriculum for food is taught in a progressive and developmental way, re-capping prior learning before moving onto new objectives. Teachers should follow the Design Technology curriculum overview to ensure they understand how their objectives fit into the progression for Design Technology. Food is taught at least three times per year in Years 1-6.

Curriculum content will focus on:

- the importance of food groups and the role that they play in promoting growth
- the development of strong, healthy bodies
- what constitutes a balanced diet
- understand and apply the principles of nutrition and learn how to cook
- enable children to prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques
- teach children about seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed

In addition to this, food and nutrition is taught through the Science curriculum to specific year groups. Again, there is a focus on making healthy, balanced choices in order for children to understand the benefits of healthy eating to good health.

Break times

At St Joseph's we operate a healthy snack policy and therefore encourage children to either eat the fruit provided by staff in addition to the free fruit which is provided daily, at a small cost to parents, in Early Years Key Stage 1. In Key Stage 2, we encourage children to bring a healthy snack from home for break times. If a child brings in a snack that does not fit into our healthy snack policy, the child will be asked to put the snack away or leave with a teacher, to be collected at the end of the day.

Lunch times

The school works with City Catering staff to ensure that school lunches offer the best quality and nutritional value possible. School lunches are planned, prepared and served in accordance with the Food in Schools guidance. The menus offer a balanced diet over the week; fried and confectionary products are limited and a range of healthy options are offered and promoted by the staff. Reward stickers are offered by City Catering and by the school to support this promotion. Children are encouraged to make choices which match the proportions set out in the Balance of Good Health wheel. Menus are sent home termly to keep parents informed and are available on the school website.

At St Joseph's, we promote lunch boxes which offer a balanced diet, containing food from all the food groups in the proportions recommended by the Food in Schools guidance. This means that, in principle, lunch boxes offer the same balance of food daily and weekly as school lunches. In the same way that City Catering staff and staff supervising during lunchtimes encourage children to try new foods and choose healthy options for the majority of the time, the school encourages children to include a range of foods in their lunch box, which matches the proportions of the balance of good health wheel. Children are encouraged, prompted and reminded to do this in a positive and supportive manner.

If a child brings lunch from home in a lunch box that is regularly deemed unhealthy by staff, the class teacher of that child is to be informed so that they can have a polite and supportive discussion with parents to remind them of our healthy food policy.

Drinks

At St Joseph's we recognise and teach the importance of keeping the body and brain hydrated. In accordance with the guidance from the Oral Health team, children are encouraged to drink juice with meals only. Therefore, juice is only provided at lunchtimes for those children having school dinners and should only be consumed at lunchtimes for those who bring a packed lunch from home. At play times, children are able to drink milk or water; this is available from home or from the water coolers. At lunch times, children who bring a packed lunch bring their own drinks and can also access additional drinking water from the water coolers. Children who have a school meal are provided with a drink and may also access additional drinking water from the water coolers.

Children are encouraged to drink water regularly throughout the day, particularly with meals and during physical activities, i.e. PE lessons. Foundation Stage and Key Stage One children are able to help themselves to water at any time which is considered appropriate by their teacher. Key Stage Two children are able to fill up their water bottles from the water coolers before school and during play

and lunch times. Staff encourage children to drink regularly by setting the example and carrying water bottles themselves.

Celebrations and treats

St Joseph's Catholic Academy is committed to promoting a balanced diet in all circumstances. The school recognises the importance of treats occasionally and this message is clearly portrayed to the children. School lunches and lunch boxes reflect this and so too do school celebrations. Class teachers are responsible for ensuring that a balanced approach is maintained overall and use their discretion in individual cases. When parents provide sugary treats for birthdays, these are given out at the end of the day in order to maintain parental control and choice. Treats are provided at Christmas and end of term parties and class teachers can use the party list available for ensuring that they are managed appropriately.

Out of school hours

The food policy covers all school-related activities and events including visits and PTFA events. All school-related activities are expected to conform to the food policy outlined above. Emphasis is on the promotion of a balanced diet and physical activity.

Links to other Policies

Further guidance can be found in the school's:

Physical Activity Policy

Policy Monitoring and Review

Policy to be reviewed every two years.

Policy agreed: November 2022

Policy review: November 2024