



Whole School Food Policy

Introduction

In our school we are committed to giving all our pupils consistent messages about all aspects of health to help them understand the impact of particular behaviours and encourage them to take responsibility for the choices they make. This policy should be read alongside the school's PSHE and Equal Opportunities Policies.

The school supports the '5 a day' campaign to encourage children to eat 5 portions of fruit and vegetables a day, which has been shown to reduce the onset of certain life-threatening conditions as well as being helpful in tackling and preventing childhood obesity.

1. Rationale

St. Columba's is a healthy school. It is important that we consider all elements of our work to ensure that we promote health awareness in all members of the school community. We can provide a valuable rôle model to pupils and their families with regard to food and healthy eating patterns.

Through effective leadership, the school ethos and the curriculum, all school staff can bring together all elements of the school day to create an environment which supports a healthy lifestyle.

2. Aims and objectives

To ensure that we are giving consistent messages about food and health.

To give our pupils the information they need to make healthy choices.

To promote health awareness.

To contribute to the healthy physical development of all members of our school community.

To encourage all children to take part in the '5 a day' campaign

3. Snack

Milk is provided at a minimal charge for all FS and KS1 children. All FS and KS1 classes include a morning break time snack of cut and washed fruit or vegetables to all children. Children are given responsibility for passing the fruit to others and for helping to clear away. This is part of the Government initiative to provide all infants with free fruit or vegetables during the day.

4. School lunches and packed lunches

All our school meals will be provided by Knowsley LA, a contractor which has a healthy food policy as part of their tender. This will include the use of fresh fruit and vegetables, and no processed food. They will provide a hot and cold option, both of which pay regard to nutritional balance and healthy options.



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Many children bring packed lunches to school. We regularly include newsletter items about the contents of these and encourage the children to request healthy options in their packed lunches. Crisps and fizzy drinks are banned from school. Sweets and chocolate are permanently banned from consumption in school.

5. Water for all

Mains fed chilled and filtered water is freely available throughout the school to all members of the school community. Children may drink their water at any time except during assemblies. All children are encouraged to drink water at breaktimes.

6. Food across the curriculum

In FS, KS1 and KS2, there are a number of opportunities for pupils to develop knowledge and understanding of health, including healthy eating patterns and practical skills that are needed to understand where food comes from such as shopping, preparing, and cooking food.

Literacy provides children with the opportunity to explore poetry, persuasion, argument, and narrative work using food and food-related issues as a stimulus.

Mathematics can offer the possibility of understanding nutritional labelling, calculating quantities for recipes, weighing, and measuring ingredients.

Science provides an opportunity to learn about the types of food available, their nutritional composition, digestion, and the function of different nutrients in contributing to health and how the body responds to exercise.

R.E. provides the opportunity to discuss the role of certain foods in the major religions of the world. Children experience different foods associated with religious festivals.

ICT can afford pupils the opportunity to research food issues using the internet and other electronic resources. Pupils design packaging and adverts to promote healthy food choices.

Food technology as part of D&T provides the opportunity to learn about where food comes from and apply healthy eating messages through practical work with food, including preparation and cooking.

PSHE encourages young people to take responsibility for their own health and well being, teaches them how to develop a healthy lifestyle and addresses issues such as body image. Pupils are able to discuss issues of interest to young people, e.g. advertising and sustainable development.

Geography provides a focus on the natural world and changing environment, offering the chance to consider the impact our consumer choices have on people across the world who rely on growing food as their source of income. Our 'Passport To Europe' topic provides opportunities for our children to experience a wider range of food from other cultures.

History provides insight into changes in diet and food over time.



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Physical Education provides pupils with the opportunity to develop physically and to understand the practical impact of sport, exercise, and other physical activity such as dance and walking.

School visits provide pupils with activities to enhance their physical development, such as day visits and residential to activity centres.

7. Partnership with parents and carers

The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Each must reinforce the other. This is not always easy but our school is well placed to lead by example.

Parents and carers are regularly updated on our water and packed lunch policies through the school newsletters. We ask parents not to send in fizzy drinks and we remind them that only water may be drunk during the school day, except at lunch when children may drink juice, squash or milk.

8. Rôle of the Governors

Governors monitor and check that the school policy is upheld and can also offer guidance where a member of the body has particular expertise in this area.

9. Monitoring

The Headteacher is responsible for ensuring that the food served is in accordance with this policy. Subject leaders are responsible for the curriculum development of the Food Policy. The Headteacher and the PSHE leader are responsible for supporting colleagues in the delivery of the Food Policy.

10. Review

This policy will be reviewed annually to take account of new developments.

Feb 10