

# **Caton St Paul's C. of E. Primary School**

## **Food Policy**

### **Introduction:**

At Caton St Paul's School we value the health and welfare of all within our community as a key priority. We believe that a healthy environment is important in terms of physical well-being, and is also a vital factor in promoting emotional health, which in turn will affect the raising of standards.

### **Aims:**

Proper nutrition is essential for good health and effective learning.

We aim to:

- provide a consistent programme of cross-curricular nutrition education that enables pupils to make informed choices without guilt or anxiety.
- provide a 'whole school, whole day' approach to nutrition that makes the 'healthier choices, easier choices'.
- work in partnership with catering staff to ensure that nutritional standards are implemented by providing attractive, value for money meals that are appropriate to local needs.
- work in partnership to achieve a pleasant and sociable dining experience which enhances the social development of each pupil.
- Involve pupils and parents in all decision making.

### **We aim to promote healthy & balanced eating by:**

- encouraging pupils to choose a variety of foods to ensure a balanced intake in line with the national nutrition guide – 'The Balance of Good Health' and the new nutritional standards..
- encouraging foods which are rich in vitamins, iron and calcium, in particular fruit, vegetables, meat, beans, bread and low fat dairy products.
- encouraging starchy foods as a source of energy (such as bread, pasta, rice and potatoes) rather than fatty foods.
- encouraging fruit juices, lower fat milk and sugar-free drinks.
- discouraging sugary drinks and less healthy snacks between meals.

### **School Catering:**

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, eg school menus, peer pressure to eat certain snacks in packed lunches. By working together, we promote healthier eating habits.

- School lunchtime menus are provided by the catering staff following county guidelines.
- Termly 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.

- Due to the large difference in calorie requirements between infants and juniors, portion sizes are adjusted accordingly.
- Free fruit and subsidised milk is available during the morning for FS and KS1 children.

### **Packed Lunches:**

A guidance leaflet is issued to parents, provided by the school nurse on the content of packed lunches, eg: Packed lunches should include some fruit or vegetable eg piece of fruit or fruit juice, dried fruit, cherry tomato, raw carrot, cucumber wedge. Sweets, sugary drinks and chocolate should not be included.

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

### **Mid-morning Snack:**

In consultation with parents it has been agreed that the only snack children can bring to school is fruit. This helps to reduce litter and ensures children still have an appetite for their lunch.

### **Drinks Policy**

- Children are encouraged to drink 3 –4 glasses of water at school particularly after PE, active play and in hot weather.
- Water will be provided via water coolers and water jugs in classrooms .

### **School Ethos, Environment and Organisation:**

The school recognises:

- the importance of lunchtime organisation on the behaviour of pupils.
- the value of promoting social skills.

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

Non-teaching staff are supported by the school behaviour policy.

All reception children are encouraged to have school meals to support the development of social skills and to promote acceptance of a wide range of foods.

Liaison with secondary schools provides an opportunity for the smooth transition to a cash cafeteria system.

### **Free School Meals:**

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.

### **Treats and Rewards:**

To ensure consistent messages, sweets are not used as rewards by class teachers.

### **Curriculum, Teaching and Learning:**

- The National Nutrition Guide – ‘The Balance of Good Health’ is used across the curriculum. Pupils are given the opportunity to apply this to school meals/packed lunches.
- Pupils are given the opportunity to taste, touch, smell and feel a variety of foods.
- Multicultural aspects of food are explored and linked with school meal theme days.
- Parents are encouraged to join in classroom cooking sessions.

### **Parental Involvement:**

- All new parents are given information about food in school at the induction meeting where parents and children have the opportunity to try some of the items prepared by the kitchen staff.
- Information about school catering is provided at parents evenings and in school newsletters eg menus, theme days, free school meals.
- Parents and governors are invited into school to eat lunch with children.
- Feedback from parents is invited in newsletters, via PTA or governors.

This document is freely available to the entire school community. It has been made available on the school web-site and in the main school office.  
It will be reviewed on a two yearly basis.

Reviewed: Jan 2010