



“Together with Jesus, we grow in love”

Whole School Food Policy
2018-19

At Holy Family Catholic Primary School, we make every effort to keep parents fully informed and involved. We welcome parents in to school at any time by arrangement with the Head teacher

Background information to the school

Our school is a Catholic Primary School in the area known as Dingle, which is close to Liverpool City Centre located just off the main arterial road, south out of the city. We have over 300 children aged between 3 – 11 years old on roll. We admit a class and a half in all year groups. We also have an afternoon and morning nursery. As a school we also have 'SONAS', which is a behaviour referral unit.

OBJECTIVES

1. To educate children about healthy eating and drinking.
2. To help learners identify healthy foods and drinks and to encourage them to eat a balanced diet.
3. To alert learners to the dangers of an unhealthy diet.
4. To provide learners with healthy food and drinks in school.
5. To encourage parents and learners to support our work by bringing healthy lunches and snacks when they provide their own food.

Policy formation and consultation

This is a working policy and the consultation process consists of the Head teacher, the healthy school coordinator and the chair of governors at the school

Rationale

- We believe that every adult at our school can play a part in making sure that the children develop positive attitudes to food, make informed choices and enjoy eating healthily.
- We want the children to understand that good, nutritious food is essential to their ability to learn as well as to their long term health and development.
- We want the children to apply their knowledge about food and make healthy choices both in and out of school.
- We want children to enjoy cooking and learn certain core skills by the time they leave the school.
- We believe that food has a place across the curriculum and has a role in developing young people's social skills.

Aims

The School recognises the important connection between a healthy diet and a pupil's ability to learn effectively and achieve high standards in school. The school also recognises the role the school can play, as part of the wider community, to promote family health.

The school aims to:

- Improve the health of pupils and staff, and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet, and hygienic food preparation and storage methods.
- Ensure pupils are well nourished at school and that every pupil has access to safe, tasty and nutritious food and a safe, easily available water supply during the school day.
- Present consistent, informed messages about healthy eating within school through all school practices.
- Improve the dental health of pupils through the inclusion of dental health education within the planned PSHE programme.
- Ensure that food provision in the school reflects the medical and ethical requirements of pupils and staff, for example medical allergenic, religious, ethnic and vegetarian needs.
- Ensure the provision and consumption of food is an enjoyable and safe experience.

Food throughout the day

The school governors and Head Teacher have overall responsibility for food within the school and throughout the school day. However, all members of staff within Holy Family Catholic Primary School work together to monitor and evaluate this topic and support each other and the children.

Before and After School

We discourage parents from providing our children with sweets, crisps, chocolate and fizzy drinks.

Breakfasts

Currently, the school provides a breakfast club in school. We recognise the importance of eating a balanced breakfast and realise that it is hard to concentrate on learning and maintain energy levels without breakfast. We encourage children to eat breakfast and educate them on the positive effects this meal has on their well-being and education. Please speak to your child's class teacher for more information on this service

School Meal Provision

The School recognises the value a good school lunch can have on our children's development and have our own in house catering manager that is responsible for our school meals. Our Catering Manager is Mrs Suzanne Day. The whole catering team know the children well and encourage the children to eat well at lunchtime. We have regular meetings with our catering manager where discussion on food quality and the content of the menu takes place; we encourage the children to participate with the catering manager so their feedback is gauged and valued. Please see appendix 1

Free School Meals

- The school promotes application for Free School Meals for those families that may be entitled to this benefit.
- This message is reinforced at parent's inductions and events.
- The uptake of Free School Meals is monitored termly.
- There is no stigma to Free School Meals as only those children entitled are known to adult staff.
- Those entitled to Free School Meals have the same entitlement as those who pay.
- Liverpool has an online system to register for free school meals
- If parents/carers need any support in applying for free school meals, please contact the school office and assistance will be offered <http://liverpool.gov.uk/schools-and-learning/grants-and-funding/free-school-meals/>

Packed Lunches

- Children who bring packed lunches eat in the dining hall
- We are currently encouraging the children to eat a healthy packed lunch which includes fruit, yoghurts and starchy items such as sandwiches, baps or wraps.
- The school send out letters at the beginning of the school year, reminding parents that no fizzy drinks are allowed in their children's packed lunches.
- We aim to reach a point where no children have chocolate, crisps or sugary drinks in their packed lunches.
- We aim to support parents in making healthy choices when preparing packed lunches.
- Our school council group regularly talk about healthier packed lunches.
- Children's eating is monitored by lunchtime staff, supervisors and teaching staff whilst in the hall.
- Children are asked to take home all food that has not been eaten to allow parents to monitor their child's consumption
- Parents are encouraged to report any concerns with the class teacher. and likewise teachers may discuss any concerns or issues with parents

Lunchtime provision

Our school lunches are provided in house by our own catering manager Mrs Day and from time to time we will have taster sessions so parents/carers are able to view the quality of the food and what food is available to the children. The school meals are audited by an independent professional Healthy Eating Officer. Halal meat is offered as required.

Dining Room Environment

- Pupils taking a hot meal or bringing a packed lunch, all sit in the dining room and our aim is to make sure that to eat their lunch and do not need to rush.
- We encourage our pupils to play an active part in improving the dining hall environment by taking their ideas to the school council and then involving the whole class group in the decisions taken.
- Lunchtime supervisors have been trained in behaviour management and safeguarding and follow the school ethos.

Snacks

- Children are encouraged to eat a healthy snack.
- Children are allowed to eat a plain biscuit or fruit.
- We ask parents to limit high sugar, fat and salty snacks.

Drinks and Water

The school recognises that hydration plays an important part of development and we encourage children to drink plain water throughout the school day. Milk is available to all children at the school.

Special diets, allergies, diet related disorders

- Parents are asked to inform the school if a pupil suffers from any medical allergy, identifying the foods to which s/he reacts and the usual symptoms of the reaction.
- Pupils with allergies are also identified to kitchen, staff and on the office noticeboards.
- All staff members are aware of the school's medical, and health and safety procedures.
- Our catering staff have been trained up to the Food Information Regulations 2014 – Allergen labelling and are on site to discuss any allergenic ingredients that may be in the dishes/recipes. Please make an appointment through school to meet our catering manager to discuss allergens or any other medically diagnosed conditions that affect food consumption

Special occasions (birthdays religious celebrations etc)

- As a school we recognise the benefit of birthday celebrations for children. However, we do not allow families to send birthday cakes or sweets to share with class mates. This is due to food allergies and the promotion of healthy eating.

Staff Room

- Teachers should demonstrate a healthy attitude to food in school ensuring that only healthy food is visible to children.

Curriculum

Learning Opportunities

- We exploit opportunities within the existing curriculum to discuss and work with food.
- We expose the children to the benefits of a balanced diet.
- We recognise that food has great potential for cross curricular work.
- Cookery is delivered through the Design and Technology Curriculum. There are also topics and opportunities in PSHE, History and Literacy.
- The school commissions the support of food professionals from time to time to work with the children in the classroom, and sometimes the children will be encouraged to take home things that they have made.

Rewards and Celebrations

- Under no circumstances will sweets, chocolate, crisps or fizzy drinks be used as a reward for outstanding work and/or behaviour.
- The school allows some less healthy food to be consumed in the event of an annual class Christmas party and/or end of year class party. This is at the discretion of the staff teacher.

Participation in national and local events and initiatives

- Food may be the medium used to celebrate international and local events such as Chinese New Year, Diwali, great British breakfast, and national scouse day

Monitoring and evaluation

- This is a working policy – this draft will go to consultation with the whole school community; including children, parents, school staff, catering staff, governors, school nurse and Healthy Schools Officer.
- The Healthy Schools Coordinator will develop the policy accordingly.
- The designated catering contractor is responsible for ensuring that the quality of food offered is of a high standard and compliant with legislation.
- This policy will be reviewed annually to take account of new developments.
- The policy will be accessible to everyone, including children, parents and extended staff, online and by request of a hard copy.

Conclusion

It is hoped that by adopting a healthy food policy that the school can promote health and well being while also educating the children to take the practices of the school into their daily lives. Subsequently this will help them to make informed health decisions for the rest of their life.

Appendix 1

School Meals

The school provides lunchtime school meals for all children attending full time school. Many children will be entitled to a school meal free of charge, dependant on the family circumstance. If you are required to pay for your child/ren's meals these will be charged at a daily rate of £1.80. School will collect the dinner money each Monday for the forthcoming week, and would ask that this is sent into school in an envelope clearly marked with the child's name and class. The school can also offer access to Liverpool's on line checking system for parents so that eligibility for free school meals can be accessed immediately.

Non Payment of school dinner money

Parents/carers/guardians are reminded that if you are not in receipt of free school meals then meals need to be paid for at least one week in advance.

If anyone is experiencing any financial difficulty they are invited to come into school to discuss the situation before non-payment becomes an issue.

Non-payment of school meals by parents/carers or guardians will result in a debt for school and has a knock-on effect on the school's financial performance.

The school's governing body has a legal responsibility to follow up all outstanding debts through the local authority's official debt recovery service.

In the event of non-payment of school meals for at least 5 days, schools will not continue to provide a hot meal for the child/ren.

Parents will be asked to provide a packed lunch for consumption during the lunchtime or to take the child/ren home for lunch until any outstanding payment is made in full to the school.

Policy Agreed by.....
Date Agreed:.....
Review Date:.....