



Mary's First Catholic School's Food policy

Aim

At St Mary's parents, staff, governors and children, believe that proper nutrition is essential for good health, effective learning and happiness. We aim to ensure that food plays a positive role in improving and maintaining good health and well being. We want the children, with the help of their parents and teachers, to apply their knowledge about the importance of a balanced diet and make healthy choices both in and out of school.

Promoting Healthy Food

The importance of a balanced diet will be promoted through the following:

- Curriculum e.g. PSHE, Life Van, DT.
- Healthy lunches ideas – see website
- Gardening club.
- Consultation with the school council / parents and all staff.
- Working closely with the provider of hot school meals.
- 'The eatwell plate.' See website

This list is not exhaustive and we expect other promotions to take place as time goes by.

The Healthy School Day

Morning Break

All children have fruit or vegetables at break-time.

Lunch Time

Hot school meals

- We aim to provide our children with good quality, healthy food and we actively promote healthy choices.
- The weekly menu will be sent home to parents.
- *We aim to send the menu to the parents each term.*
- We will listen to the children's opinions and convey their comments to the provider.
- Cygnet, our hot school meal provider, works to their own nutrition policy that meets new government guidelines. They cook good quality, locally sourced ingredients and will cater for any dietary or medical need.

Packed Lunches

Following consultations with parents, children and staff, we at St Mary's believe that a packed lunch should be well balanced and nutritious. As a school community, we appreciate and agree that it is ultimately parents' responsibility to provide a nutritious packed lunch. However with a view to promoting healthy lunches we hope that parents will support the following:

1. Ensure that lunches are well balanced and include food from each food group – parents could refer to the 'eatwell plate' to get the balance right.
2. Provide at least one portion of fruit or vegetable – in addition to what is provided at morning break.
3. Provide water as a choice of drink at lunch times.

4. Encourage their children to have alternative healthy option treats – parents could refer to the 'Healthy Lunches' ideas on the website.
5. Discuss healthy food choices with their children.

Parents could begin with our 'make a change' campaign.

- All waste and uneaten food is returned in the lunch box so that parents know what has been eaten.
- The school recognises that Children with particular diagnosed medical conditions, such as diabetes, will follow specific medical advice regarding diet.
- 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. Lunches provided for school trips will be suitable for journeys on a bus.

Drinks

- Subsidised milk is available at morning breaktimes.
- Children are encouraged to drink water throughout the school day.
- Water bottles can be refilled in all classrooms
- KS2 may keep their water bottles on their table.
- We hope that with the support of parents all children will drink water at lunch times.

Extra curricular and other school events

- No birthday or holiday treats / gifts will be allowed. (**All** parents, staff and governors who responded to the consultation agreed unanimously on this point.)
- Christmas meal
- Healthy options will be discussed and decisions made for individual events and clubs, e.g. events organised by the 'Friends', Christmas meal and snacks at clubs. Treats will not be ruled out.

Monitoring and Evaluation

- This is a working policy which we aspire to. We expect it to evolve and change.
- We hope that parents will support the general principles of this policy and as such will monitor the nutritional content of their children's lunch.
- It is not the teachers' or lunchtime staff's responsibility to monitor lunch boxes, however they do have responsibility for a child's well being and may offer specific support and advice to parents should it become necessary.
- The school council, staff, parents and caterers will be consulted as to the effectiveness of the policy.
- We will review this policy every two years.
- The school will have a named person responsible for monitoring and evaluating the policy.

Signed

Date:

Next review due:

March 2011

March 2014

Co-Chair of Governors