



St Ethelbert's Catholic Primary School

Food Policy

"I serve Jesus with my body, heart, mind and soul."

Serviam means 'I serve'. Jesus Christ has taught us that it is more blessed to serve than to be served. At St Ethelbert's school, following our Catholic faith, we serve the whole person – mind, heart, body and soul.

Body – because we care for our wellbeing, our parish neighbourhood and our environment.

Heart – because we teach love and respect for all.

Mind – because we believe in excellent education.

Soul – because we learn to pray and become closer to God as his children.

Aim:

To ensure that all aspects of food and nutrition in school promote the health and well-being of pupils, staff and visitors.

Objectives:

- Review the curriculum to ensure information relating to food and nutrition is consistent and up-to-date
- Establish a healthy eating and drinking week
- Clarify issues highlighted by staff, pupils, parents, visitors and governors

Guidelines to Meet Objectives:

- Staff cannot give sweets as regular rewards for general curriculum attainment, behaviour and incentives
- Sweets can be given as a rare special reward.
- Sensible birthday treats are allowed for pupils and staff – but not lollipops with sticks that are dangerous in a school environment – these must be taken home.
- PTFA Cake Sales are encouraged not to sell large amounts of cakes to pupils unaccompanied by an adult
- Refreshments at School Events (Christmas, Discos, Year 6 Fairs, PTFA Events, etc.) should be monitored for additives, colourants etc. and avoided. Pupils should be sold sensible amounts of refreshments
- Parents and carers are to be encouraged to provide variety in lunchboxes, to be supported in healthy options and Healthy Eating Week will be used to encourage pupils to try different foods and drinks
- The school provides cheap chilled milk to parents and carers, free fruit and vegetables in Key Stage 1 and 10p fruit and vegetables in Key Stage 2
- There is a published list of food and drinks unsuitable for pupils' lunchboxes – fizzy drinks, glass ware, colourants/ additives in squashes, chocolate except for biscuit based, sweets, fruit winders, foodstuffs with over 25% sugar,

- The Senior Management Team and Family Liaison Officer will regularly check the school dinner food for following government standards
- Efforts will be made to smarten the Eating Environments – posters, table cloths, cutlery, etc. will be considered.
- Purchased lunchbox storage units on wheels and develop a cooling cover with ice packs.

Monitoring and Evaluation:

Working Group for Food Policy –
Headteacher – John Letts
Deputy Headteacher – Kelly Lockwood
Governor – Claire Turner
FLO – Elaine Gregory
Parent – KS1 – Mrs Sarah Beaumont
Parent – KS2 – Mrs Sam Saunders
MDMS – Mrs P Miller

ACTIONS :

- School Council views sought

- Teacher training and resourcing

- PSHE Leader to check plans, monitor lessons, work sample and have discussions with pupils

- Food Policy to be discussed by parents and their views sought

Headteacher

Review October 2017