



### INTRODUCTION

St. Peter's School is dedicated to providing an environment that promotes healthy eating and enables pupils to make informed choices about the food they eat. This will be achieved by the whole school approach to food and nutrition documented in this whole school food policy.

The policy was formulated through consultation between members of staff, governors, parents and pupils.

### FOOD POLICY CO-ORDINATOR

This school food policy and healthy eating strategy is co-ordinated by Gail McBride.

### FOOD POLICY AIMS

The main aims of our school food policy are:

- To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes
- To provide healthy food choices throughout the school day

**These aims will be addressed through the following areas:**

#### 1. EQUAL OPPORTUNITIES

In healthy eating, as in all other areas of the curriculum we recognise the value of the individual and strive to provide equal access of opportunity for all.

#### 2. CURRICULUM

Food and nutrition is taught at an appropriate level throughout each key stage.

This is addressed through:

#### Teaching methods

Effective teaching requires pupils to develop their understanding of healthy eating issues and appropriate skills and attitudes to assist them in making informed decisions. Teaching methods adopted in the classroom offer a rich variety of opportunities for participatory learning and include debating issues, group discussions and role-play. These decisions are made at teachers' planning meetings.

#### Leading by example and staff training

Teachers and catering staff have a key role in influencing pupils' knowledge, skills and attitudes about food, so it is important that they are familiar with healthy eating guidelines.

## Resources

Resources for the teaching of healthy eating in Design and Technology and PSHE and have been selected to complement the delivery of the curriculum in other subject areas.

### Cross curricular links

**Physical Education (PE)** Pupils to be made aware of the importance of a healthy diet and to recognise the links between healthy diet and physical activity for both their short term and long term wellbeing

**Personal Social Health Education (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.

**Science** Pupils study a range of topics that provide 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.

**Design and technology (DT)** Pupils are encouraged to discover new foods through curriculum based tasting sessions. The opportunity to learn about where food comes from is taught through practical work with food, including preparation and cooking. Much of the work covered links with their science topics.

**Religious education (RE)** Pupils experience and learn about different foods through learning about a range of religious festivals and cultural events.

### Extra-curricular activities

The school aims to provide a cookery club, developing basic skills in planning, preparation and cooking healthy meals and an understanding of basic food hygiene.

Pupils are involved in growing foods in the outdoor area, developing an understanding of where food comes from. From time to time, visits may be planned to local allotments or farms.

## 3. FOOD AND DRINK PROVISION THROUGHOUT THE SCHOOL DAY

## **Breakfast**

Breakfast is an important meal that should provide 25% of a child's energy requirement and contribute significantly to their vitamin and mineral requirements.

The school operates a breakfast club that provides a nutritious meal for pupils before the school day. The breakfast menu includes: cereals, fruit, toast, milk and water.

## **Food and Drink Provision throughout the School Day**

All food provided to pupils in school during the school day meets the School Food Standards which became mandatory in all maintained schools, academies and free schools from January 2015.

Food prepared by the school catering team meets the Food Standards for School Lunches.

## **Snacking**

The school understands that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet.

Pupils are encouraged to make healthy snack choices.

## **Drinking water**

The School Food Standard for Healthy School Lunches recommend that drinking water should be available to all pupils, everyday, and free of charge.

The school agrees with this recommendation and provides a free supply of drinking water at lunch times to pupils.

Drinking water is freely available all day to every pupil.

## **Packed lunches**

The school encourages parents and carers to provide children with packed lunches that complement the School Food Standards. This is achieved by promoting healthy packed lunch options and letters home to parents/carers.

## **Special events**

Food provided for special events e.g: class celebrations are representative of a healthy diet and encourage pupils to make balanced choices.

## **5. SPECIAL DIETARY REQUIREMENTS**

### **Special diets for religious and ethnic groups**

The school provides food in accordance with pupils' religious beliefs and cultural practices.

### **Vegetarians and vegans**

School cooks offer a vegetarian option at lunch everyday. When necessary the school also provides a vegan option.

### **Food allergy and intolerance**

Individual care plans are created for pupils with food allergies. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details. School catering staff are made aware of any food allergies/food intolerance and requests for special diets are submitted according to an agreed process.

## **6. FOOD SAFETY**

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include: ensuring that adequate storage and washing facilities are available; that food handlers undergo appropriate food hygiene training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. We consult our local Environmental Health Department about legal requirements.

## **MONITORING AND EVALUATION**

The school will evaluate the impact of the healthy eating policy by feedback received from parents and governors. This policy will be reviewed every 2 years.

## **REVIEW**

Date policy implemented: September 2016

Review Date: September 2018