

# St Bernadette's Catholic Primary School



## Food and Drink Policy

### Introduction:

At St Bernadette's we recognise the important part a healthy diet plays for a child's well-being and their ability to learn and achieve effectively.

We believe that as a school, in partnership with parents and carers, we can make a major contribution to improving children's health by increasing their knowledge and understanding of food and helping them to make healthy food choices.

This policy enables us to contribute towards achieving our mission,

*'...to ensure a loving and faithful learning community in which our children can become the person God created them to be. A community where we celebrate the dignity, worth and uniqueness of every individual. Where we grow and learn together with joy, in the love of Jesus. In this love, we strive to be courageous stewards of creation.'*

### Aims

Therefore, we aim to;

- Increase knowledge and awareness of a healthy diet through our Science and HRSE curriculum.
- Provide safe and nutritious food that promotes health.
- Promote healthy food choices and discourage unhealthy food choices.
- Provide easily accessible water during the school day.
- Be a role model for healthy eating.
- Monitor healthy choices including packed lunches.
- Use a range of opportunities to promote healthy eating.

### Responsibility

It is the responsibility of all staff (teachers, support and catering staff) to implement the food policy and to actively act as role models to demonstrate positive attitudes to healthy eating and to develop pupils' awareness of how to make healthy food choices.

The Lancashire County Council Catering Service and their kitchen staff are responsible for providing high quality food that complies with the National Nutritional Food Standards for Schools.

Parents and families agree to support our policies as part of the home school agreement.

### School Lunches

All our school meals are provided by Lancashire County Council Catering Service and are in accordance with the National Food Standards for Schools. The weekly menus are available in the Reception area and are on display in the dining room. Welfare Assistants and a member of staff ensure that the children can enjoy their dining experience and are encouraged to try new food choices.

## **Packed Lunches**

We aim to provide consistency between packed lunches and school meals which adhere to the government set national food standards.

Therefore we encourage packed lunches to include;

- ✓ **At least one portion of fruit and vegetables each day.**
  - ✓ **Meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus) every day.**
  - ✓ **A starchy food everyday such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals (wholegrain varieties are best).**
  - ✓ **Dairy food everyday such as milk, cheese, yoghurt, fromage frais or soya products.**
  - ✓ **A drink everyday such as water, pure fruit juice, semi-skimmed or skimmed milk, smoothies or yoghurt.**
  - ✓ **If a pudding is included we ask that it is fruit based e.g. fruit salad, fruit rice puddings, fruit smoothies or fruit crumbles.**
- 
- × **Please do not include;**
  - × **Any food stuffs which include nuts of any kind e.g. peanut butter. This is to support children with severe nut allergies in school.**
  - × **Flasks of hot water to 'cook' noodles etc.**
  - × **Confectionary such as sweets, chocolates biscuits and chewing gum.**
  - × **Fizzy or sugary drinks.**
  - × **Snacks such as crisps. Try instead salt free tortilla chips, seeds, vegetables and fruit (with no added sugar or fat).**

## **Special diets and allergies**

We recognise that some children may require special diets and/or have allergies that are life affecting. In this case, parents and carers must inform school and are responsible for making sure that the packed lunches they provide meet their child/children's requirements. If a child with allergies is to partake of school lunches, kitchen staff will ensure that they are provided with a choice suitable to meet their needs. Please also read the linked policy on Allergens on our school website.

Allergen lists for the current menus can be provided upon request. If your child has an allergy or requires a special diet we will make every effort to accommodate their needs and facilitate meetings with our catering staff if required.

## **Packed Lunch Containers**

Parents and carers are responsible for providing a packed lunch container where food items can be stored securely and appropriately until lunch time. Please include a plastic spoon if needed. do not send glass containers into school or cans of drink.

## **Snacks**

Apple, Oak and Elm classes receive a break time snack of fruit or vegetables.

Children in Year 1 to Year 6 are allowed to buy a snack from our 'Healthy Heroes' hatch , e.g. toast, crumpets or toasted bagels or a fruit pot at morning break.

Across the school, only healthy snacks are allowed at morning break time and we would recommend fruit or vegetables. Fizzy drinks, crisps and chocolate biscuits are **not allowed** in keeping with our packed lunch policy. Items such as yoghurt, cheeses and snack pots should be used for packed lunches and are not permitted at break time.

### **Out of School Club**

The food provided at the Out of School Club is in keeping with our school policy and the National Food Standards for Schools. The Breakfast Club provides cereal, toast and juice and the After School club provides food such as ham sandwiches, beans on toast, ravioli, cheese and crackers. Fruit and water is always available. Our wrap around care club will also provide alternatives for children with allergies.

### **Rewards**

We reward children in a variety of ways throughout the school, e.g. stickers, and do not give sweets as a reward.

### **Events and celebrations**

We are happy to give children the opportunity to celebrate their birthdays with their class mates **but** ask that if you wish to send out tokens of celebration that these are a **non-food item** such as a sticker or a pen. This prevents those with allergies feeling left out and are a healthier alternative to sweets. Please do not ask staff at the classroom door to give out cakes and sweets as they will have to refuse. This puts both them and parents in a difficult and avoidable situation.

In line with our Allergens Policy we will no longer be able to accept home baking for cake sales. This is a necessary safeguarding precaution.

### **Water for all**

During school meal times only water, low sugar fruit juice and milk will be provided. Please do not send in fizzy drinks in packed lunches.

Children are encouraged to drink water throughout the day. There are water fountains in both key stages and the children are allowed water bottles in class.

Cooled water is available to staff and visitors in the staffroom.

### **Monitoring this policy**

This policy will be regularly monitored by staff, children, parents and governors to ensure that we promote healthy eating and a healthier life style.