

St Thomas Becket Catholic Primary School

Healthy Eating and Drinking Policy



We aim to create a community which is underpinned by the Gospel values of Christ; where all children have the opportunity to develop spiritually, creatively, physically, socially and academically (school mission statement).

Rationale:

We believe that proper nutrition and fluid intake are essential to all members of the school community if they are to fulfil their potential in life. Proper nutrition is essential for good health and effective teaching and learning. We believe that all messages about food and drink within the school should be consistent. As a school we want to play our role in establishing and maintaining life-long healthy eating and drinking habits.

Aims:

- To further develop and maintain an ethos within school in which children readily make healthy choices
- To provide cross-curricular education that enables pupils to make an informed choice
- To involve the whole community in developing and maintaining healthy eating and drinking habits
- To have a pleasant and sociable dining experience which enhances the social development of all children
- To encourage foods that are rich in vitamins, iron and calcium
- To encourage a balanced diet
- To offer milk and water to drink within the foundation stage and key stage 1, and water within key stage 2
- To encourage fluid intake with an easily accessible water supply throughout the day
- To encourage children to drink water with their midday meal
- To integrate healthy eating and drinking habits in all aspects of school life
- To take into account and accommodate dietary requirements
- To ensure high standards of hygiene amongst the children
- To develop healthy eating habits that will last a lifetime
- To integrate healthy eating and drinking habits in all aspects of school life

The school will provide school meals that conform to national nutritional standards:

The school caterers, Harrison's, prepare fresh food every day from scratch. They employ a sustainable and ethical approach to sourcing high quality, seasonal foods. The following are served on our menus:

- British Free Range Eggs, Red Tractor Cheddar Cheese.
- Fresh British Sourced Farm Assured Meat and Poultry.
- All fish is from sustainable sources.

Menus are personalised to the school and children consulted about food preferences.

The School will provide a safe and healthy eating environment for pupil, staff and visitors having lunch at midday in the school:

The school will provide a clean, sociable environment for children to eat their lunch:

- All children are required to sit at a table in order to eat their lunch
- Children are required to eat all or at least try to eat most of the food provided, either by the school or in their lunch box
- All litter, from lunch boxes brought in from home, must be put in the bin or taken home at the end of the school day
- Lunchtime supervisors will help any children who have concerns or cause concern during meal time, e.g. children who may have problems eating their lunch, spill or drop their lunch, cannot find a place to sit, do not eat their lunch etc.
- Children are expected to demonstrate good behaviour whilst eating their lunches, be polite and helpful
- If a child has a problem or wishes to leave they should raise their arm and wait until a lunchtime supervisor speaks to them
- If children are unsure of what the meal, or any meal item, is, they can ask the caterer or supervisory assistant to explain
- Children leave the area where they have eaten their lunch in a reasonably clean and tidy condition

The school will continue to include work associated with healthy balanced diets in its curriculum:

As part of the work that children do for sciences, and for personal, social, health and citizenship education (PSHCE), they will be taught:

- The components of a healthy diet
- The importance of healthy eating both now and in the future
- How to design a menu for school/at home lunch/Breakfast/evening meal
- Cost of menus, etc
- Measuring and weighing -recipes
- Have a growing club where vegetables can be grown by the children
- Food in history
- Extra curriculum activities, including:
 - Salad design workshops
 - Taster afternoons for parents to freely sample school meals (in order to increase uptake)

The school will provide information on healthy foods that should be included in Lunch boxes from home:

Please see our *Packed Lunch Policy*

Children’s Birthday Treats:

Sometimes parents send in treats for their child’s classmates, to be distributed at the end of the day. As part of our work as a healthy school we ask that, if you do wish to send in treats, healthier treats such as fruit platters are chosen or perhaps a book for the class, balloon bouquets, colouring pages etc could be brought in as a gift instead of food.

Please note that we cannot distribute cake due to the fact that some children have potentially serious food allergies which may be triggered by the ingredients.

How we will share the policy:

All new and existing parents will be informed of the guidance. It will be available on the school’s website and in the school prospectus. We will promote the guidance through assemblies, newsletters and learning in the classroom.

Date policy agreed

Review date
