

OUR LADY'S CATHOLIC PRIMARY SCHOOL



As the family of God, with Jesus, we love, we learn and enjoy

Food & Nutrition Policy

Our Lady of Good Counsel Catholic Primary School Food and Nutrition Policy

Introduction

This policy is intended as a working document relating to provision for healthy eating at Our Lady's.

The policy contributes to the school's holistic approach to children's educational, personal, social and health development.

The policy has been developed through a process of consultation and review involving the school Leadership team, the Healthy Schools Coordinator, the School Council, school Governors and a Public Health Nutritionist.

Rationale, Principals and Purposes

As a school, we endeavour to work proactively in order to establish and maintain life-long healthy attitudes towards eating and drinking in support of a healthy lifestyle. We can provide a valuable role model to pupils and their families with regard to food and healthy-eating patterns. We aim to ensure that the school's food and nutrition policy will promote the physical and emotional health and wellbeing of pupils, staff and visitors to the school. This may be achieved through:

- Ensuring that we are giving consistent messages about food and health
- Giving our pupils the information they need to make healthy choices
- Promoting health awareness
- Contributing to the healthy physical development of all members of our school
- Working with parents and carers to assist children in making healthier choices for packed lunches and snacks

Current Provision at Our Lady's

Breaks

Children in Reception, Year 1 and Year 2 are provided with a piece of toast at first break and a piece of fruit at afternoon break. We encourage older children at school to continue this practice by choosing a fruit snack at break time. A carton of milk (200ml) is provided to children in Reception, Year 1 and Year 2. All other classes can order milk for their child/children at the start of the school year.

Drinks

Pupils at Our Lady's are taught about the importance of drinking water and are actively encouraged to do so at regular intervals throughout the day. Children in Reception provide their own cup, which is stored in the classroom and can be filled during the day. Children in years 1-6 bring a drink bottle to school each day, which is kept in the classroom and can be freely accessed at all times. The bottles may be refilled from the various water coolers located around the school. For health and safety reasons, they are required to take home, wash and replace water bottles on a daily basis. Water is provided in the hall during lunchtime.

School Lunches

School lunches at Our Lady's are prepared in line with National School Food Standards and work closely with Catering Leeds to provide a variety of healthy and tasty choices for children.

Packed Lunches

Children bringing their own lunches are encouraged to bring a healthy packed lunch. A healthy packed lunch could include the following:

- A portion of starchy food, e.g. wholegrain roll/bread/ pitta bread, plain crackers, pasta or rice salad.
- Fresh fruit and vegetables, e.g. apple/orange/banana, cherry tomatoes, carrot sticks etc.
- A portion of milk or dairy food, e.g. cheese, plain/fruit yoghurt, etc.
- Small portion of lean meat, fish, or alternative, e.g. two slices of ham, chicken, beef, Quorn, cheese, tuna, egg, hummus, etc.
- A drink, e.g. water or fruit juice.

Parents are encouraged *not* to include the following:

- Sweets and chocolate bars.
- Crisps or any packets of savoury snacks high in salt and fat.
- Fizzy drinks.

The school's Healthy School Ambassadors (HSA) give out stickers and merits to children who bring healthy lunches and snacks to school. They also use stickers to reward children who eat all of their meal at lunchtime.

In the Classroom

Sweets are not used as rewards in the classroom and in line with this, children are not permitted to bring in sweets to celebrate their birthday. School will continue to celebrate birthdays in non-food ways.

Role of the school council

This policy has been developed in consultation with the school council and the School Nutrition Action Group (SNAG). SNAGs are school based alliances in which staff, pupils and caterers, supported by health and education professionals, work together to review and expand the range of food and drink to increase the uptake of a healthier diet and ensure consistent messages from the curriculum and the food service. Both the School Council and SNAG Team meet regularly and some of these meetings are joint – i.e to discuss common issues. Please note the SNAG has been rebranded as the HSAs.

Review

This policy will be reviewed bi-annually or to take account of new developments and will work alongside our Physical education and PSHE action planning.

Policy Reviewed: January 2016

Next Review Date: January 2018