

# **ST VINCENT'S CATHOLIC PRIMARY SCHOOL**



## **FOOD POLICY**

**Policy Date: September 2022**  
**Review Date: September 2024**

## **Mission Statement**

### **Caritas Christi Urget Nos**

***The love of Christ urges us to care for each other and strive for excellence in everything we do.***

#### **St Vincent's whole school Food Policy**

##### **Introduction**

In our school we are committed to giving all our pupils consistent messages about all aspects of health to help them understand the impact of particular behaviours, and encourage them to take responsibility for the choices they make. This policy should be read alongside the school's PSHCE, drug, and sex and relationship policies.

The school supports the '5-A-DAY' campaign to encourage children to eat five portions of fruit and vegetables a day, which has been shown to reduce the onset of certain life-threatening conditions, as well as being helpful in tackling and preventing childhood obesity.

We have used the following approach to identify what areas we need to change to develop a healthier approach to the issue of food in our school:

- How well are we doing?
- How well should we be doing?
- What more should we aim to achieve?
- What must we do to make it happen?
- What action should we take and how do we review progress?
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##### **Rationale**

St. Vincent's is a healthy school. It is important that we consider all elements of our work to ensure that we promote health awareness in all members of the school community. We can provide a valuable role model to pupils and their families with regard to food and healthy-eating patterns.

Through effective leadership, the school ethos and the curriculum, all school staff can bring together all elements of the school day to create an environment which supports a healthy lifestyle.

##### **Aims and Objectives**

- To ensure that we are giving consistent messages about food and health
- To give our pupils the information they need to make healthy choices
- To promote health awareness
- To contribute to the healthy physical development of all members of our school community
- To encourage all children to take part in the '5-A-DAY' campaign

### Settings for food policy

We do not use vending machines in our school. Currently we do not run a tuck shop but if we decide to do so in the future, the food policy will be applied to all items sold.

***ST VINCENT'S IS A NUT FREE SCHOOL*** and parents, children and visitors are regularly reminded.

### Breakfast and After School Club

A breakfast and after school club operates out of the school hours inside the hall for all children from reception to Year 6. The breakfast provided is healthy and consistent with a healthy diet. The children are offered a range of cereals, fruit, toast and a range of toppings. After school club offers a range of sandwiches, fruit and healthy snacks. They can choose milk or water to drink.

### Snack

All our under-5s are entitled to free milk. For those wishing to take up this entitlement, parents request on line directly with the supplier who, in turn, notify the school. There is an option for older children to pay for milk alongside this. All FS and KS 1 classes include a morning break time snack with washed fruit to all children, which is shared in a family setting for all class members – this is also provided free of charge by the Government for KS1. Children are given responsibility for passing the fruit to others and for helping to clear away. KS2 children bring fruit which they eat at playtime — no other snack is allowed during break.

### School lunches and packed lunches

All our school meals are provided by the London Borough of Barnet who has a healthy-food policy as part of their tender. Where possible, this includes the use of fresh fruit and vegetables each day as a choice for the children. They provide two options per day, both of which pay regard to nutritional balance and healthy options.

Many children bring packed lunch to school. We regularly include newsletter items about the contents of these and we do not allow sweets, chocolate bars or fizzy drinks.

### Water for all

Cooled water is freely available throughout the school day to all members of the school community. There are water fountains in the playground and children are provided with water at mealtimes. Regular water and brain breaks are built into the school day and curriculum by class teachers. FS and KS 1 children are also reminded to drink water at their snack time.

### Food across the Curriculum

See Healthy Schools London Gold Award (available on school website). St Vincent's are currently reapplying for Bronze as the three-year award is completed.

### Partnership with parents and carers

The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Each must reinforce the other. This is not always easy but our school is well placed to lead by example.

Parents and carers are updated on our water and packed-lunch policies through school emails. We ask parents not to send in fizzy drinks and we remind them that only water may be drunk during the school day, except at lunch when children may drink juice or squash.

During out-of-school events, e.g. school fairs etc., the school will encourage parents and carers to consider the food policy in the range of refreshments offered for sale to the children.

### Role of the Governors

Governors monitor and check that the school policy is upheld and can also offer guidance where a member of the body has particular expertise in this area.

### Monitoring and review

The breakfast-club and afterschool club manager is responsible for ensuring that the food served is in accordance with this policy. Key Stage managers and subject managers are responsible for the curriculum development of the food policy. The head teacher and PSHE manager are responsible for supporting colleagues in the delivery of the food policy. The LEA is responsible for ensuring the quality of the food offered as part of the contract with the caterer.

***This policy will be reviewed annually to take account of new developments.***

### **Monitoring and Evaluation of this policy**

The Curriculum Committee will, in consultation with the Head teacher/Deputy Head teacher monitor and evaluate the implementation of this policy. It will be reviewed at least every 2 years to ensure it reflects current practice.

Member of staff with Lead Responsibility for this policy:	Emma Scelsi
Date of Policy:	September 2022
Date for Review:	September 2024