



## ST MARY'S CE (A) FIRST SCHOOL POLICY DOCUMENT FOR FOOD

### Philosophy

This policy is to support staff, pupils and parents in developing an awareness of the importance of making informed choices on how to live following a healthy life style.

### Aims

To provide positive role models and information to encourage children to develop a positive self image.  
 To provide an environment that is supportive to all who are attempting to improve their life style.  
 To enable children to be confident in making decisions.  
 To provide information on the nutritional value of simple food groups.  
 To provide healthy snacks and food options throughout the school day.  
 To encourage parents and carers, who prefer their child to bring in a packed lunch, to provide a well balanced mid-day meal.

### Guidelines

1. Morning break sales offered to EYFS, KS1 and KS2 will offer toast with low fat spread.
2. The school has adopted the "Free Fruit for Schools" initiative for Foundation and KS1 children.
3. The governing body provides each child with a new water bottle at the start of each academic year. All classrooms have access to drinking water taps that can be used to refill bottles during the day. The water bottles are washed at school each day.
4. The school will work closely with our catering supplier to offer a balanced menu at mid day. Children are encouraged to eat salad and vegetables. Fresh fruit is the first option on the dessert menu.
5. Parents of children who bring packed lunches will be encouraged to offer a similarly balanced meal through provision of information from a variety of sources including the school website.
6. Cultural Awareness days will be organised to support curriculum delivery.
7. The PE, Science and PSHE curriculum areas cover aspects of healthy eating. Other subjects will consolidate healthy eating, such as English (food poems / persuasive writing) , Science ( Food and digestion, growing plants) and Maths (data handling / measures). Special attention will be paid to enabling children to make informed choices.
8. Sweets will not be used as an everyday reward. As part of our philosophy to promote the importance of a balanced diet and to celebrate achievements, less healthy options may occasionally be used.
9. Sweets brought back from a holiday will be discouraged in school, but to support PSHE objectives of sharing and being part of a community, birthday sweets will continue to be shared with the class. The children will not eat these sweets during the school day and will be asked to take them home.
10. Visits and talks from other associated professionals are built into the curriculum if available.
11. The curriculum considers the emotional aspects of food, the role of advertising and the media and is connected to aspects of emotional health and well being.

### Special Dietary Requirements

**Religious and ethnic groups:** The school provides food in accordance with pupils' religious beliefs and cultural practices.

**Vegetarians and vegans:** The school catering team, Aspens, offer a vegetarian option at lunch every day. When necessary the school also provides a vegan option.

**Medical diets, food allergy and food intolerance:** We ensure that children with food allergies, intolerances and other types of medical diets receive appropriate foods to meet their needs. Individual care plans are created for pupils with food allergies/intolerances. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details. Aspens are made aware of any food allergies/food intolerance and requests for medical diets are submitted according to an agreed process. Aspens are fully aware of Natasha's Law and abide by the guidance where appropriate.

**Monitoring**

Curriculum Team, Catering supplier, Senior Management and Governor's Finance Committee.

Formulated by S Turner

Agreed by Governors and staff: October 2022

Review: October 2024