St. John the Baptist R.C. Primary School

Eating & Drinking POLICY MARCH 2018

OUR MISSION STATEMENT

"Love one another"

St John the Baptist RC Primary School is a place of learning in which each individual is encouraged to fulfil their own unique potential. We try always to remember that everyone is special and should be treated with respect. Our Catholic faith touches every part of our school life and we try to be a community which has Jesus at the heart of all we do.

POLICY INTRODUCTION

This policy outlines the teaching, organisation and management of the English curriculum taught and learned at St John the Baptist RCP School. The school's policy for English is based on 'The National Curriculum' and 'The Framework for English' The Framework is aligned to the Key Stage 1 and 2 programmes of study, which are part of the National Curriculum (published in 2000). The Frameworks reflect the curriculum, assessment guidelines and educational policies that were in place at the time of publication.

The policy has been drawn up as result of staff discussion and has full agreement of the Governing Body. The implementation of this policy is the responsibility of all the teaching staff.

Policy prepared by the PSHE Co-ordinator

PSHE CO-ORDINATOR: Mrs Carole Carlile

Reviewed and updated March 2018

Approved by Governors Date:

Introduction

Reviewed March 2018

We believe that education about health issues is very important for the development of our pupils both now and for the future. We acknowledge the important link between a healthy diet and the ability to learn effectively. We also recognise that school can play a significant role, as part of the larger community, to promote healthy issues. As a result we would aspire to improve the health of the school community by teaching ways to establish and maintain life-long healthy eating habits. We recognise that it is important for the whole school to use consistent messages around healthy eating. Therefore our message is:

> There is no such thing as bad foods just poor diets.
> We need to eat more fruit and vegetables but some foods, like crisps, chocolate, fast food and sweets need to be eaten in moderation.

Aims and objectives

Proper nutrition is essential for good health and effective learning.

We aim to:
Provide a consistent programme of cross-curricular nutrition education that enables pupils to make informed choices without guilt or anxiety;
Provide a 'whole school, whole day' approach to nutrition that makes 'healthier choices, easier choices';
Work in partnership with catering staff to ensure that nutritional standards are implemented by providing attractive, value for money meals that are appropriate to local needs;
Work in partnership to achieve a pleasant and sociable dining experience which enhances the social development of each pupil;
Raise awareness of these issues with pupils and parents.

We aim to promote healthy and balanced eating by:

Encouraging pupils to choose a variety of foods to ensure a balanced intake in line with the national nutrition guide – 'The Balance of Good Health' and the new nutritional standards;
Encouraging healthy choices
The promotion of healthy lunchboxes
To work towards ensuring that this policy is both accepted and embraced by the whole school community.

Our Principles

Provision of food and drink across the school day

Mid-Morning Snack
All children from Reception to Year Six are allowed to order toast and eat at mid-morning play.

Drinks
Children are encouraged to drink water at school particularly after PE, active play and in hot weather.
Water is available throughout the school day via bottles that can be brought into school or children can use the water fountains. Subsidised school milk is promoted at KS1. A specific time is set aside for this and those that do not wish to have milk have a drink of water.

Packed Lunches

The school provides a suitable storage area for lunch boxes. All waste and uneaten food is returned in the lunch box so that parents know what has been eaten. Guidance is offered to parents at pre-school induction and through Newsletters, displays, etc.

School Meals

We believe that the subtle messages that pupils receive about food and health from the daily life of school are as important as those given during lessons e.g. school menus, peer pressure to eat certain snacks in packed lunches. By working together, we promote healthier eating habits. School lunchtime menus are agreed between the school and catering staff. Local preferences are considered within the framework of the nutritional standards. Regular theme days are linked to curriculum areas or calendar events. All children are given a portion of vegetables as part of their meals. They are encouraged to try some, even if it is a small portion. The school recognises the particular value of school meals to children from low-income families. The system for free school meals is actively promoted to parents by the school and a non-discriminatory process is emphasised.

Dining Room Environment

The school recognises the importance of lunchtime organisation on the behaviour of pupils and the value of promoting social skills. Teachers, caterers and welfare assistant's work together to create a good dining room ambience and the development of appropriate table manners. Non-teaching staff are supported by the school behaviour policy.

Treats and Rewards

To ensure consistent messages, sweets are not used as regular rewards.

Curriculum, Teaching and Learning

Key healthy eating messages will be taught within Science, D.T. and P.S.H.E. They will also be delivered through assemblies and theme days/ weeks.

Pupils are given the opportunity to taste, touch, smell and feel a variety of foods.

Opportunities are taken wherever possible to encourage pupils to taste multi-cultural aspects of food through cross curricular subjects including Geography, History and RE and are linked with school meal theme days.

Special Needs

Inclusion is seen as fundamental to both the planning and delivery of work relating to healthy eating. The work is matched to the age and maturity of the pupils and due regard is given to children with SEN requirements. School also recognises that some children require specialist diets. The schemes of work are sensitive to this and the teachers will be aware of any children within their class who this may apply to. Information is requested from parents on admission and whenever food is sampled within school, a letter is sent home informing them of this. Prior to residential trips, a form is sent home which includes information on dietary needs

Review

This policy will be reviewed annually or in response to Government of LA initiatives/incidents.