



Whole School Food Policy

POLICY TYPE	Non-STATUTORY
OWNER	RESOURCES
APPROVING COMMITTEE	RESOURCES
REVIEW EVERY	5 Years
APPROVED BY	
POSITION	
DATE	30 th April 2014

VISION STATEMENT

'Our vision is for every child to reach their full potential within a stimulating, healthy and safe environment.

We will ensure that every child has the skills to grow into a confident and happy adult through the guidance of Our Lord, Jesus Christ.'

St Christopher's CE Primary School has a distinctive Christian ethos which is at the centre of school life. We provide an inclusive, supportive and caring environment, shaped by Christian values in which children can learn and flourish. We welcome applications from all members of the community without reference to ability or aptitude, and irrespective of whether they are of the Christian faith, another faith or no faith, but we expect parents to respect the Christian ethos of our school.

Introduction

This policy has been formulated to enable St Christopher's CE Primary School to develop and maintain a shared philosophy on all aspects of food and drink. Its key aim is to develop healthy eating and drinking activities within the school that benefit pupils, staff, parents, caterers and others associated with the school.

AIMS AND OBJECTIVES

- St Christopher's CE Primary School recognises the important connection between a healthy, balanced diet and a pupil's ability to learn effectively and achieve high standards in school.
- The school recognises that it has a responsibility to ensure that all members of the school community are able to make informed choices about the importance of food and its production.
- The school is committed to providing a welcoming eating environment that encourages the positive social and cultural interaction of pupils and teachers.
- The school is committed to ensuring that food provision in the school reflects the ethical and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian, medical, and allergenic needs.
- The School is committed to sustaining the standards required to achieve National Healthy Schools Status (NHSS).

SNACKS AND DRINKS

- At St Christopher's we positively encourage all children to bring healthy snacks at break time. Foods high in sugar or fat are not considered suitable as snacks and are actively discouraged.
- Snacks will be monitored.
- We use the fruit and vegetable scheme for Foundation Stage and KS1 children to encourage children to try new foods and to increase their weekly intake of fruit and vegetables, and to promote a life-long fruit and vegetable habit.

- Suitable snacks are suggested by the School Council and advertised on the newsletter.
- Children are positively encouraged to bring in a named sports style capped water bottle and have access to fresh water, outside of toilet facilities, from which to re-fill these.

LUNCHES AND LUNCH BOXES

- We positively encourage healthy lunch boxes which draw upon several different food groups.
- Through learning about a balanced diet children will be able to comment on their own lunch boxes.
- At St Christopher's CE Primary School we value excellence in our school lunches. We believe that the food we feed our pupils should reflect this. Minimum nutritional guidelines are just that: minimums. We should always aim to exceed them, within the necessary budgetary constraints.
- We are committed to providing a friendly and welcoming environment in which children and adults can eat and to promoting positive social and cultural interaction of pupils, teachers and lunch time staff.

CURRICULUM

- We use Design&Technology, Science and PSHCE to teach about the balance of good health and how to make healthy meals.
- We work with the School Nurse to help teach children about a healthy life style.
- There are opportunities for cooking in the curriculum.

EXTRA CURRICULAR ACTIVITIES

- We encourage healthy snacks at school events.
- The School Council take a leading role in monitoring and promoting healthy eating within the school.
- We hold Healthy Living Focus Weeks on a regular basis.