



# Much Woolton Catholic Primary School

*' With Jesus we Love, Learn and Grow'*

## **Food and Nutrition policy**

Approved by the Governing body in October 2023

Signed \_\_\_\_\_ Chair of Governors

Signed \_\_\_\_\_ Headteacher

To be reviewed and revised in October 2025

# MISSION STATEMENT

## With Jesus we Love, Learn and Grow

### To do this we will:

- Be a Christian community that follows Jesus in living out Gospel values. (Christ centred)
- Provide opportunities for all to grow and achieve their full potential, by igniting a desire for lifelong learning. (Education)
- Be a beacon of light that shines out to others, sharing faith, hope and love. (Community)

### Objectives:

#### (Christ Centred)

- Provide quality collective worship and enriching liturgical celebrations.
- Enable our children to acquire an excellent religious education, through a well taught and resourced Come and See programme.
- Encourage all to develop their understanding of and relationship with God, while at the same time respecting that others choose to express their faith in different ways.
- Be positive role models, who treat each other with respect and are willing to forgive and be forgiven.

#### (Education)

- Provide a stimulating curriculum, which is fun, challenging and relevant to the needs of our children.
- Value all our pupils and staff, appreciating their uniqueness and individual talents, enabling them to develop these to the full.
- Have high expectations of ourselves and each other, in all that we do.
- Ensure that all children reach their full potential through effective planning, assessment and evaluation, which will inform their next steps.

#### (Community)

- Create a positive atmosphere where all feel valued and are welcomed into our school community.
- Develop positive links between the school and parish community.
- Learn about and appreciate other faiths and cultures.
- Use our talents as responsible citizens to enrich the lives of others in our local and the global community.

### **Policy formation and consultation**

This is a working policy and the consultation process consists of the Head teacher, the health and wellbeing school coordinator and the chair of governors at the school

### **Rationale**

Our school is a healthy school. We are proud to hold the Liverpool Health & Wellbeing Silver Award. 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 students and their families with regard to food and healthy eating patterns. In our school we actively support healthy eating and drinking throughout the school day.

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.

### **Why a healthy eating policy is needed**

A healthy diet is one of the best ways of maintaining young people's health, both now and in the future. Recent research has shown that diets of some young people are not meeting government recommendations for optimum growth and development.

Immediate benefits from healthy eating include:

- Preventing dental decay, obesity and anaemia.
- Improving concentration and behaviour.
- Raising achievement.

Longer term health benefits include:

- Prevention of coronary disease
- Reduced risk of some cancers
- Prevention of osteoporosis (brittle bones)

The School recognises the important connection between a healthy diet and a pupil's ability to learn effectively and achieve high standards in school. The school also recognises the role the school can play, as part of the wider community, to promote family health.

### **The school aims to:**

- Improve the health of students and staff, and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet, and hygienic food preparation and storage methods.
- Ensure students are well nourished at school and that every pupil has access to safe, tasty and nutritious food and a safe, easily available water supply during the school day.
- Present consistent, informed messages about healthy eating within school through all school practices.
- Improve the dental health of students through the inclusion of dental health education within the planned PSHE programme.
- Ensure that food provision in the school reflects the medical and ethical requirements of students and staff, for example medical allergenic, religious, ethnic and vegetarian needs.
- Ensure the provision and consumption of food is an enjoyable and safe experience.

### **Objectives**

- To teach accurate factual information about food and nutrition through topics, as part of the curriculum.
- The School Kitchen will continuously provide healthy eating menus and food choices.
- Healthy lifestyles are to be promoted daily through positive role models within the school community.

- To promote fresh fruit and milk to all students
- To promote the importance of drinking water and allow students access to water bottles in the classrooms.
- To promote a healthy balanced menu at lunchtime through school and packed lunches.
- Any specific medical/ cultural requirements concerning food and nutrition will be respected and treated individually.

### **Food through the School Day**

The school governors and Head Teacher has overall responsibility for food within the school throughout the school day. However, all members of staff within Much Woolton Catholic Primary School work together to support each other and the students. We have a lunch provision for the students, our catering team holds all the necessary food handler's hygiene certification required.

### **Drinks**

At break and dinner time students will be offered water or milk or fruit juice.

### **Break times**

EYFS and Key Stage One pupils are provided with a piece of fresh fruit or a vegetable each day. Key Stage 2 pupils may bring a piece of fruit/vegetable in from home to be consumed at break time. As we are a healthy school, only fruit/vegetables are allowed as a snack. Cereal bars and fruit substitutes are not permitted due to the possibility of nuts being present and their high sugar content.

### **School Meal Provision**

Much Woolton Catholic Primary School recognises the value a good school lunch can have on our students' development and our catering providers encourage the students to participate in the Student voice meetings so their feedback is gauged and valued. We expect the food served at the school to adhere to the Government's School Food Standards and have impartial audits to monitor the menu and food service.

Our school meals are provided by our own catering team and offer a healthy, balanced meal. Menus are offered on a 3 week cycle and a hot meal, vegetarian option and jacket potatoes are offered daily. There are also regular meals to celebrate special events. Copies of the menu can be found on Food For Thought's website.

<https://foodforthoughtschools.co.uk/>

Our regular catering hygiene inspections are undertaken by the local authority Environmental health inspectors and we have received the highest score of 5.

### **Free school meals and funding**

Currently the government are providing a lunchtime meal free of charge to all Reception, Yr.1 and Yr. 2 students regardless of their social, economic background. However, the school is entitled to additional funding (pupil premium) for all those students registered for a free school meal, this is an important element of the school's income and supports the education of the students. The way in which this money is spent can be viewed on the school website.

We encourage all those parents who think their child would be entitled to register for free school meals to sign up. Our administration staff are available to support all parents in this please come to school where this can be undertaken, alternatively you can log on to the link below and complete the form online.

<http://liverpool.gov.uk/schools-and-learning/grants-and-funding/free-school-meals/application-form>

### **Packed Lunches**

There is space provided in the main dining room for students who prefer to bring food from home to consume their packed lunches, but we ask parents are mindful of the healthy eating model that students need to develop and support longer term health issues.

We would remind parents/guardians that during hot weather we do not have facilities to cold store packed lunches and recommend ice packs to keep bacterial growth in lunchboxes to a minimum. Also from time to time we have students with allergies and would request you do not include any food items containing nuts i.e. peanut butter, Nutella, cereal bars. We currently don't allow fish in school either as we have children with airborne allergies. We would also ask parents/carers to keep high sugar and high salt items to a minimum i.e. crisps on a Friday.

#### Dining Room Environment

All students all sit together alongside staff and our aim is to make sure that to eat their lunch and enjoy their time.

We encourage our students to play an active part in improving the dining hall environment by taking their ideas to their class councillors who then feedback during meetings, thus involving the whole group in the decisions taken.

#### Drinks and Water

The school recognises that hydration plays an important part of development and we encourage students to drink plain water throughout the school day. Jugs of fresh water are located in the dining room and the children are free to top up their water.

#### Special diets, allergies, diet related disorders

Parents are asked to inform the school if a pupil suffers from any medical diagnosed allergy, intolerance or food related conditions, identifying the foods to which s/he reacts and the usual symptoms of the reaction.

Students with allergies are also identified to kitchen, staff and on the office noticeboards. All staff members are aware of the school's medical, and health and safety procedures.

Our catering staff have been trained up to the Food Information Regulations 2014 – Allergen labelling and are on site to discuss any allergenic ingredients that may be in the dishes/recipes. Please make an appointment through school to meet our catering manager to discuss allergens or any other medically diagnosed conditions that affect food consumption.

We provide a vegetarian option for students who do not eat meat this is covered through the food standards and non-dairy protein items are included at least three times each week on the menu.

Our premises are regularly inspected by the Local Environmental Health Officer who uses the Food Hygiene Rating Scheme to rate the hygiene standards of our school.

The school owns our own catering company, we are supported by Food for Thought Merseyside <http://www.foodforthoughtliverpool.co.uk/>

Our catering manager is based in the school kitchen between 8.00am and 2.30pm.

Please contact the school office and make an appointment if you would like to discuss any allergen issues your child may have.

#### Religious and Ethical Diets

A vegetarian option is available on a daily basis, our menus can be viewed upon request. On three days each week the vegetarian option will be made up of a non-dairy protein option in line with the current school food standards as set out by the government.

#### Special occasions and Rewards

Special occasions, such as Christmas, and the end of terms are a time when teachers and students like to have a class party or treat. Class parties should reflect our ethos on having a balanced diet and sweet and fatty foods will be given in moderation.

Sweets will not be given in school as rewards for behaviour and good work.

### Food Hygiene

Students will be reminded about personal hygiene.

When handling food in lessons both staff and students will have clean hands, long hair tied back and a clean/hygienic surface to work on.

### Learning Opportunities- Curriculum

The School follows a specific Design and Technology scheme of work, which covers all areas of healthy eating & drinking, food preparation & hygiene and the effects of unhealthy eating & drinking.

As part of their work with food, students should be taught how to cook and apply the principles of nutrition and healthy eating. Instilling a love of cooking in students will also open a door to one of the great expressions of human creativity. Learning how to cook is a crucial life skill that enables students to feed themselves and others affordably and well, now and in later life.

Students should be taught to:

- understand and apply the principles of nutrition and health
- cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet
- become competent in a range of cooking techniques [for example, selecting and preparing ingredients; using utensils and electrical equipment; applying heat in different ways; using awareness of taste, texture and smell to decide how to season dishes and combine ingredients; adapting and using their own recipes]
- understand the source, seasonality and characteristics of a broad range of ingredients

### Rewards and Celebrations

Under no circumstances will sweets, chocolate, crisps or fizzy drinks be used as a reward for outstanding work and/or behaviour.

The school allows some less healthy food to be consumed in the event of an annual class Christmas party and/or end of year class party. This is at the discretion of the staff teacher.

Some children bring a small packet of sweets into school when it is their birthday. These are given out at home time and are taken home. We are unable to give out birthday cake.

### Participation in national and local events and initiatives

Food may be the medium used to celebrate international and local events such as Chinese New Year, Diwali, great British breakfast, and national scouse day.

### Monitoring and Evaluation

This is a working policy – this draft will go to consultation with the whole school community; including students, parents, and school staff, catering staff, governors, school nurse and Healthy Schools Officer.

The Healthy Schools Coordinator will develop the policy accordingly.

The designated catering contractor is responsible for ensuring that the quality of food offered is of a high standard and compliant with legislation.

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

The policy will be accessible to everyone, including students, parents and extended staff, online and by request of a hard copy.

Teacher's planning, students' work, discussion, observation, displays, photographs etc. will form the basis of evaluation of pupil learning

### Conclusion

It is hoped that by adapting a healthy food policy that the school can promote health and wellbeing while also educating the students to take the practices of the school into their daily lives. Subsequently this will help them to make informed health decisions for the rest of their life.