



**School Food and
Healthy Eating Policy
February 2020**



At St Michael's we are committed to providing a welcoming, safe and happy learning environment for all pupils. We aspire to ensure our children thrive, do their best and acquire the necessary skills to become lifelong learners. We have the highest of aspirations for all our pupils and provide them with a very wide range of learning opportunities to be very successful.

Background information to the school

At St Michael's Catholic Primary School we have an excellent team of staff who are all totally committed to ensuring every child in our care receives the best possible education in an exciting, happy, safe and secure environment.

One thing that is always at the top of our agenda is the high quality of teaching and learning for the children. And the children's well-being is at the heart of every decision we make. We love celebrating the achievements and successes of all our children – you will be able to see some of these on this website.

We firmly believe in working in partnership with parents/carers, the parish and wider community to ensure we achieve the very best for all our children. We will strive to keep building on these important relationships.

Policy formation and consultation

This is a working policy and the consultation process consists of the Headteacher, the healthy school coordinator and the chair of governors at the school.

Rationale

- We believe that every adult at our school can play a part in making sure that the children develop positive attitudes to food, make informed choices and enjoy eating healthily.
- We want the children to understand that good, nutritious food is essential to their ability to learn as well as to their long term health and development.
- We want the children to apply their knowledge about food and make healthy choices both in and out of school.
- We want children to enjoy cooking and learn certain core skills by the time they leave the school. We believe that food has a place across the curriculum and has a role in developing young people's social skills

Aims

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 pupils 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 pupils 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 pupils 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 pupils 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 educate children about healthy eating and drinking.
- To help learners identify healthy foods and drinks and to encourage them to eat a balanced diet.
- To alert learners to the dangers of an unhealthy diet.
- To provide learners with healthy food and drinks in school.
- To encourage parents and learners to support our work by bringing healthy lunches and snacks when they provide their own food.

Food through the School Day

Breakfasts and After School Provision

The school governors and Head Teacher has overall responsibility for food within the school and throughout the school day. However, all members of staff within St Michael's Catholic Primary School work together to monitor and evaluate this topic and support each other and the children.

We provide a breakfast and after school provision for the children, this is commissioned through a private provider. Details and costs are available from the school office

School Meal Provision

St Michael's Catholic Primary School recognises the value a good school lunch can have on our children's development and have Absolutely Catering as our supplier of school meals. Our Catering Manager is on site daily between 9.00 am and 2.30pm. The whole catering team know the children well and encourage the children to eat well at lunchtime. We have regular meetings with our catering provider where discussion on food quality and the content of the menu takes place; we encourage the children to participate with the school council so their feedback is gauged and valued.

Free School Meals

Currently under the government's Universal Infant Free School Meals scheme all KS1 children are provided with a meal free of charge and the school would like all children to take this meal.

In addition to this UIFSM funding, the school also receives Pupil Premium funding for all children REGISTERED as entitled to a free school meal. This funding supports the educational needs of pupils. The school promotes application for Free School Meals for those families that may be entitled to this benefit. This message is reinforced at parent's inductions and events. The uptake of Free School Meals is monitored termly.

There is no stigma to Free School Meals as only those children entitled are known to adult staff. Those entitled to Free School Meals have the same entitlement as those who pay.

Liverpool has an online system to register for free school meals and we will support any parent in signing up for this entitlement, please come into school where support will be offered.

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

Arrangements with Catering Providers

The catering staff are employed directly by Absolutely Catering.

Packed lunches

Children who eat packed lunches eat in the dining hall

We are currently encouraging the children to eat a healthy packed lunch which includes fruit, yoghurts and starchy items such as sandwiches, baps or wraps.

The school send out letters at the beginning of the school year, reminding parents that no fizzy drinks or chocolate are allowed in their children's packed lunches.

We aim to reach a point where no children have chocolate, crisps or sugary drinks in their packed lunches.

We aim to support parents in making healthy choices when preparing packed lunches.

Our school council group regularly talk about healthier packed lunches.

Children's eating is monitored by lunchtime staff, supervisors and teaching staff whilst in the hall. Children are asked to take home all food that has not been eaten to allow parents to monitor their child's consumption

Parents are encouraged to report any concerns with their class teacher and likewise teachers may discuss any concerns or issues with parents

Dining Room Environment

Hot dinner and packed lunch pupils all sit together and our aim is to make sure that they eat their lunch and do not need to rush.

We encourage our pupils to play an active part in improving the dining hall environment by taking their ideas to the school council and then involving the whole class group in the decisions taken. There are three sittings which are rotated on a weekly basis to ensure it is not the same year groups that are last in the dining room

Snacks

Children are encouraged to eat a healthy snack.
Children are allowed to eat a plain biscuit or fruit.
Chocolate, sweets, crisps and fizzy drinks are not permitted.

Drinks and Water

The school recognises that hydration plays an important part of development and we encourage children to drink plain water throughout the school day.
Milk is available to all children at the school.

Special diets, allergies, diet related disorders

Parents are asked to inform the school if their child suffers from any medical allergy, identifying the foods to which they react and the usual symptoms of the reaction.
Pupils 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 children who do not eat meat which is covered through the food standards and non-dairy protein items are included at least three times each week on the menu

Religious and Ethical Diets

A vegetarian option is available on a daily basis. Our menus can be viewed on the school website.
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.
We use Halal meat at the school.

Food bought in for special occasions (birthdays religious celebrations etc.)

As a school we recognise the benefit of birthday celebrations for children. If a parent wishes to send in cakes or sweets for their child's classmates, we will distribute them accordingly. However, children are not permitted to consume these in school, they will be asked to take these home where parents can make the decision on consumption of such food items

Staff Room

Teachers should demonstrate a healthy attitude to food in school ensuring that only healthy food is visible to children.

Curriculum

Learning Opportunities

We exploit opportunities within the existing curriculum to discuss and work with food.

We expose the children to the benefits of a balanced diet.

We recognise that food has great potential for cross curricular work.

Cookery is delivered through the Design and Technology Curriculum. There are also topics and opportunities in PSHE, History and Literacy.

The school commissions the support of food professionals from time to time to work with the children in the classroom and sometimes the children will be encouraged to take home things that they have made.

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.

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.

Monitoring and Evaluation

This is a working policy – this draft will go to consultation with the whole school community; including children, parents, 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 children, parents and extended staff, online and by request of a hard copy.

Conclusion

It is hoped that by adapting a healthy food policy that the school can promote health and wellbeing while also educating the children 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.

School Meals payment

If your child is not entitled to a school meal free of charge, you are required to pay for your child/ren's meals and these will be charged at a daily rate of £2.00.

School will collect the dinner money each Monday for the forthcoming week, and would ask that this is sent into school in an envelope clearly marked with the child's name and class.

Non Payment of school dinner money

Parents/carers/guardians are reminded that if you are not in receipt of free school meals then meals need to be paid for at least one week in advance.

If anyone is experiencing any financial difficulty they are invited to come into school to discuss the situation before non-payment becomes an issue.

Non-payment of school meals by parents/carers or guardians will result in a debt for school and has a knock-on effect on the school's financial performance.

The school's governing body has a legal responsibility to follow up all outstanding debts through the local authority's official debt recovery service.

In the event of non-payment of school meals for at least 5 days, schools will not continue to provide a hot meal for the child/ren.

Parents will be asked to provide a packed lunch for consumption during the lunchtime or to take the child/ren home for lunch until any outstanding payment is made in full to the school.

Date Approved by Governing Body: 06/02/2020

Chair Governors: Jeanette Riley

Headteacher: Alyson Rily

Next Review Date: February 2022