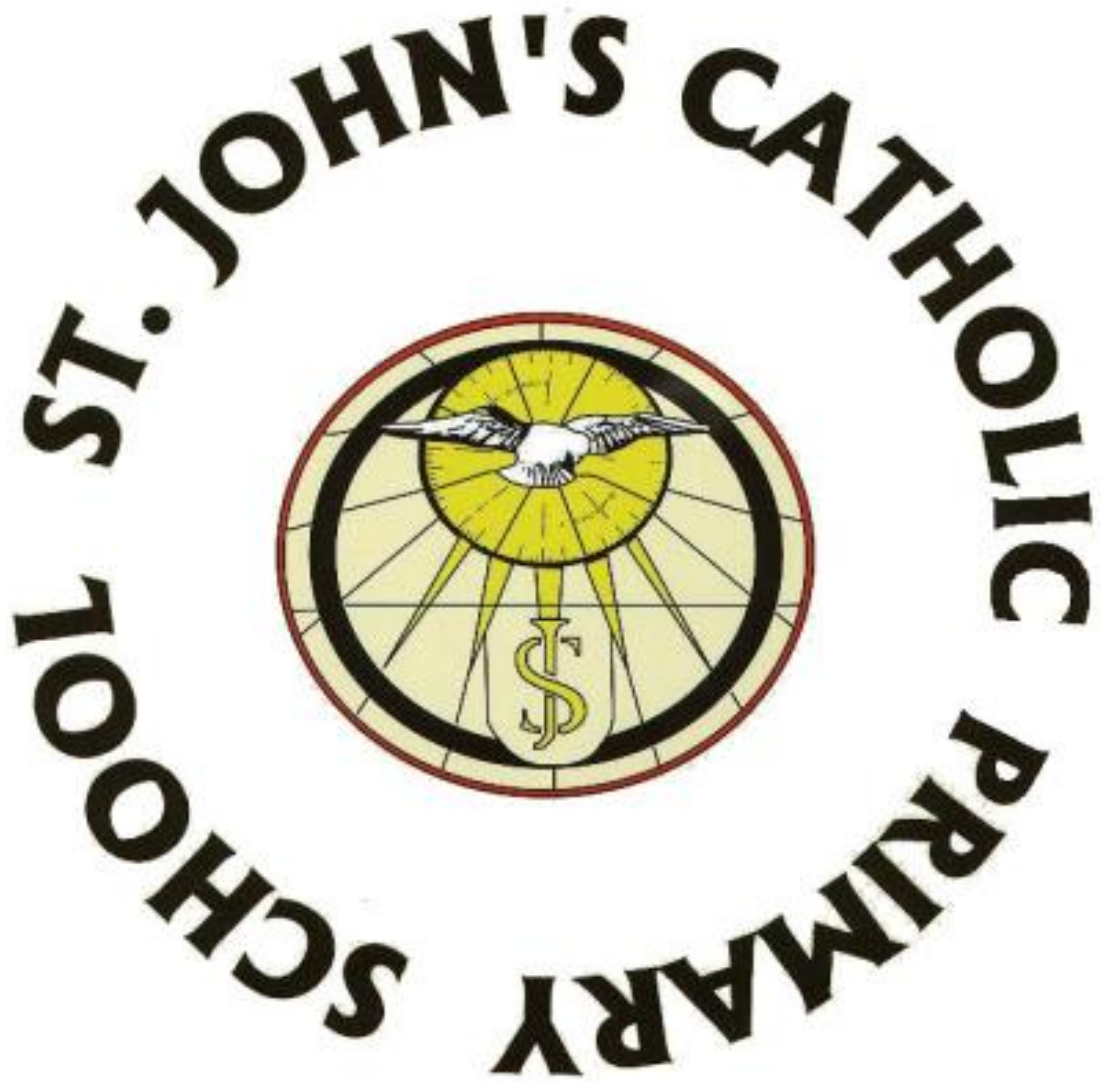




Whole School Food Policy

May 2024

Our Mission Statement

The Mission of St. John's Catholic Primary School is to grow and learn in the footsteps of Jesus by being: responsible, caring, prayerful, creative, independent, thoughtful, curious and respectful. We live our Mission by:

- Ensuring that our attitudes and values are transmitted through a curriculum that is consistent with the Catholic faith
- Delivering a curriculum that is relevant, varied, interesting, stimulating, balanced and appropriate
- Developing policies and schemes of work which recognise that R.E. is an integral part of the curriculum
- Developing sound teaching and effective classroom management
- Generating a positive attitude to learning where realistic expectations of pupils and high standards of work are expected
- Using a variety of teaching approaches that reflect the needs of individual pupils
- Participating in projects which focus on the needs of others including local and international charities
- St. John's is a Catholic voluntary aided primary school, established by the Church to serve the parishes of St. John the Baptist, Trowbridge and St. Thomas More, Bradford-on-Avon.

The school is dedicated to providing an environment that promotes healthy eating and enables pupils to make informed food choices. This will be achieved by the whole school food approach to food provision and food education documented in this policy.

Aims:

The main aims of our school food policy are;

1. To provide a range of healthy food choices throughout the school day and in line with the mandatory School Food Standards
2. To support pupils to make healthy food choices and be better prepared to learn and achieve
3. To ensure a consistent approach to healthy eating across the school community including pupils, staff and parent s/carers

Food throughout the school day

1. Breakfast.

Breakfast is an important meal that should provide 25% of a child's energy requirement and supports pupils to be ready to learn at the start of the school day. The school runs a breakfast club for pupils daily from 8.00am until 8.50am. The menu includes healthy cereals, fruit, milk, yoghurts and fruit juice and all staff have completed food hygiene training.

2. School Lunches

School meals are provided by Aspens Services and are prepared daily at St Augustine's Catholic College. Meals are served from 11.30am until 12.30pm in the school hall and meet the requirements of the School Food Standards 2015. The menu is on a 3 weekly cycle and contains a main, vegetarian, pasta and jacket potato option. In addition, a special dietary menu is offered for pupils with special dietary needs. A copy of the menu can be found on our school website. Water and milk are offered at lunchtimes each day. Feedback on meals is sought regularly through pupil voice and via parent surveys.

3. Packed Lunches

The school's packed lunch policy is developed using guidance from the Children's Food Trust. The guidance aims to support pupils to have a balanced lunch and best prepare them for learning in the afternoon. Packed lunches should aim to include:

- Some starchy foods such as bread (sliced bread, pitta bread, wraps, bagels), pasta, potatoes, couscous; choose wholegrain where possible
- 1 portion of fruit and 1 portion of vegetables or salad
- Dairy food such as cheese or yoghurt
- Meat, fish, or another source of protein such as eggs, beans and pulses, hummus, falafel
- Oily fish once every 3 weeks e.g. sardines or salmon

We encourage parents to limit the following in packed lunches:

- Crisps or crisp type snacks e.g. flavoured rice cakes or cheddars
- Any items containing chocolate including bars, biscuits, cakes or yoghurts/desserts

Packed lunches should not include:

- Fizzy drinks
- Sweets
- **Foods containing nuts of any kind as we are a nut free school**

4. Snacks

The school understands that healthy snacks can be an important part of the diet of young people. In the Early Years and KS1 pupils are provided with a healthy snack of fruit or vegetables each day. Pupils in the rest of the school are able to bring a fruit or vegetables into school to eat at break-times. Children who attend Extended Day club are given a snack which includes fruit, yoghurt and plain crackers.

5. Drinks

Children are encouraged to bring a refillable water bottle into school to use during the school day. Milk and water is available to all pupils at lunchtimes.

6. School trips

A packed lunch will be provided by the school, for all children who usually have a free school school meal. Children are welcome to bring their own packed lunches on trips, however, these lunches must adhere to the same food and drink guidance described above.

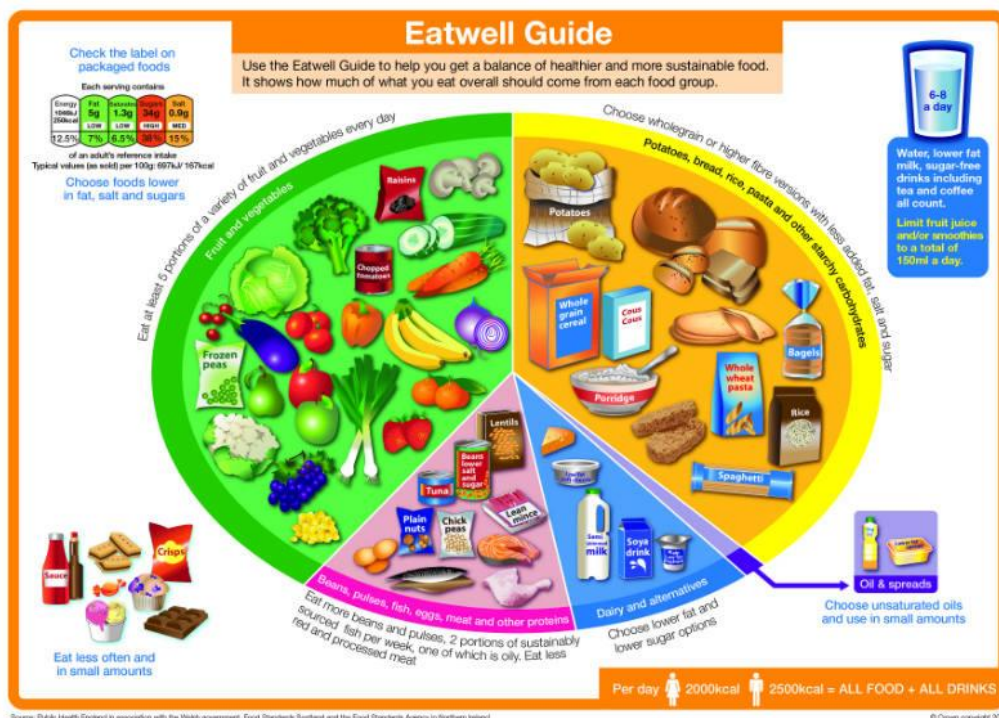
7. Rewards and special occasions

The school does not allow food to be used as a reward for good behaviour or achievement. Pupils receive a special pencil in Celebration Assembly to celebrate their birthday. Sweets and treats may not be brought into school.

Occasional fund-raising events may include the sale of treat food such as cakes, but the inclusion of other foods will also be encouraged. These will take place after school so that parents can control what their child eats.

8. Curricular and extra-curricular activity

Food and nutrition is taught at an appropriate level throughout each key stage in science, PSHE and Design Technology (cooking and nutrition). The Eatwell model is used throughout the school as a model of understanding a balanced diet.



This policy has been approved and adopted by the Governing Body on: 21/5/24

Head teacher :

Signed

T. Sisson

Chair of Governors :

Signed

M. Simmons

Helping Hands consultation February 2022

Parent consultation February 2022

Review cycle:	Biannually
Next review due:	May 2026