



Healthy Eating Policy 2018

BACKGROUND INFORMATION

St Mary's Catholic Primary School, Buckfast is part of the Plymouth CAST Multi Academy Trust and welcomes children aged 3 -11. The school covers a wide catchment area including the Catholic parishes of Buckfast, Ashburton, Totnes and Ivybridge. The school has a Friends Association, which involves itself mostly in fund-raising.

AIMS OF HEALTHY EATING

St Mary's Catholic Primary School, Buckfast recognises that in order for pupils to achieve their full potential, there is an important connection between a healthy diet and a pupil's ability to learn effectively, as a result of improvements in concentration and behaviour. The school endeavours to take a common sense approach to healthy eating and recognises the role it 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 to develop their understanding of a balanced diet.
- Present consistent, informed messages about healthy eating within school through all school practices.
- Ensure the provision and consumption of food and drink is an enjoyable and safe experience for all and ensure pupils have easy access to water throughout the school day.

The school will work towards these aims in partnership with the parents/carers, catering staff and health professionals.

The Healthy Eating element of the curriculum will reflect the school's over-arching aims, and demonstrate and encourage the values of our Mission Statement.

Other school policies which have relevance to Healthy Eating are:

- Safeguarding
- PSHE and Citizenship
- Behaviour inc Anti-bullying
- Special Educational Needs and Disabilities
- Looked After Children
- Curriculum
- RE
- Health and Safety
- Equal Opportunities
- Staff Code of Conduct

EQUAL OPPORTUNITIES STATEMENT

St Mary's Catholic Primary School is committed to equal opportunities in all aspects of school life. All resources used and teaching and learning will support this commitment.

ORGANISATION

Information about healthy eating will be co-ordinated by the headteacher and PSHE co-ordinator.

Delivered through:

- through the curriculum cycle
- in assembly time when appropriate
- pastoral time e.g. circle time
- extra-curricular activities e.g. cookery clubs, gardening clubs
- special projects e.g. healthy eating sessions, tasting sessions, competitions



SPECIFIC ISSUES

School Fruit and Vegetable Scheme

The school is fully involved in the School Fruit and Vegetable Scheme which provides every child aged 4 to 6 with a free piece of fruit at break time.

School Meal Provision

School meal provision meets the government's nutritional standards. Food is provided which meets the ethnic, allergenic, vegetarian, religious and medical needs of staff and pupils.

Break time Snacks and Packed Lunches

Parents/carers are encouraged to provide healthy break time snacks and packed lunches for their children. **Fizzy drinks, sweets, chocolate bars or snacks containing chocolate are not permitted at break time. Snacks containing chocolate may be included in packed lunches as part of a balanced meal provided by their parents / carers.** Healthy packed lunch suggestions are promoted on a regular basis through the school's newsletters and website. All packed lunches are stored away from direct sunlight at a cool temperature. Pupils are encouraged to bring packed lunches in a cool bag.

Water Provision

All pupils have access to drinking water at all times, at a number of points around the school. Pupils are also encouraged to carry water with them and have water bottles or access to drinking vessels in all lessons at all times.

Bringing Food to School

The school does not permit any food to be brought to school by pupils with the intention of sharing with other pupils unless part of a school community or charity event. For any FOSMs / fundraising events consideration will be given to the Healthy Eating Policy of the school.

Extracurricular Clubs

The school has an after school gardening club. The pupils grow their own fruit, vegetables and herbs which we aim to be used by the catering staff in the preparation of the lunch menus and in the practical food sessions. The cookery club also considers what makes a balanced diet and a range of recipes are produced.

Reward systems

All staff recognise the need for consistent messages about healthy eating within school. A range of systems are in place to reward good work and behaviour and consideration is always given to the Healthy Eating Policy when planning any rewards. See the school's rewards systems for details (contained in the Positive Approach for Behaviour Policy).

DISSEMINATION OF THE POLICY

Copies are available from the School Office on request. A short summary of this policy will be included in the school prospectus and on the website.

MONITORING AND REVIEW

The PSHE co-ordinator supports colleagues in the teaching of Healthy Eating, by giving them information about current developments in the subject and by providing a strategic lead and direction for the subject in the school. The PSHE co-ordinator is also responsible for monitoring the subject annually, evaluating strengths and areas for development in the subject.

REVIEW OF THE POLICY

The school's Healthy Eating Policy will be reviewed every two years.

Signed Chair Full governing Body.....

Date: 6th June 2018