



**St Bonaventure's Catholic Primary School
Egerton Road,
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**Whole School Food Policy
2016**

Policy Owner	Headteacher
Governing Body Committee	FPH&S
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This policy is available at
<http://www.st-bonaventures.bristol.sch.uk/>



ST BONAVENTURE'S CATHOLIC PRIMARY SCHOOL

Whole School Food Policy

Introduction

In our school we are committed to giving all our pupils consistent messages about all aspects of health to help them understand the impact of particular behaviours and encourage them to take responsibility for the choices they make. This policy should be read alongside the school's PSHME, Drug and Sex & Relationship Policies.

The school supports the '5 a day' campaign to encourage children to eat 5 portions of fruit and vegetables a day, which has been shown to reduce the onset of certain life-threatening conditions as well as being helpful in tackling and preventing childhood obesity.

Rationale

St. Bonaventure's is a healthy school. 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 pupils and their families with regard to food and healthy eating patterns.

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 support a healthy lifestyle.

Aims and Objectives

To ensure that we are giving consistent messages about food and health

To give our pupils the information they need to make healthy choices

To promote health awareness

To contribute to the healthy physical development of all members of our school community

To encourage all children to take part in the '5 a day' campaign

Snack

All our under 5s are entitled to free milk which is organised by the class teacher and is consumed at a set time during the morning. All FS and KS1 classes include a morning break time snack of cut and washed fruit to all children. We take part in the Government initiative to provide all infants with free fruit and vegetables during the day. KS2 children bring fruit or an alternative healthy snack which they eat at playtime.

School lunches and packed lunches

All our school meals are provided by a contracted caterer who has a healthy food policy as part of their tender. This includes the use of fresh fruit and vegetables and access to bread. They provide a hot and cold option, both of which pay regard to nutritional balance and healthy options.

Many children bring packed lunch to school. We regularly include newsletter items about the contents of these and we try to encourage parents to provide healthy options.

Water for all

Cooled water is freely available throughout the school day to all members of the school community. FS children are reminded to drink water at their snack time, which is provided in plastic beakers.

Food across the Curriculum

In FS, KS1 and KS2, there are a number of opportunities for pupils to develop knowledge and understanding of health, including healthy eating patterns and practical skills that are needed to understand where food comes from such as shopping, preparing and cooking food.

Literacy provides children with the opportunity to explore poetry, persuasion, argument and narrative work using food and food related issues as a stimulus, eg writing to a company to persuade them to use non-GM foods in children's food and drink etc.

Maths can offer the possibility of understanding nutrition labelling, calculating quantities for recipes, weighing and measuring ingredients.

Science provides an opportunity to learn about the types of food available, their nutritional composition, digestion and the function of different nutrients in contributing to health and how the body responds to exercise.

RE provides the opportunity to discuss the role of certain foods in the major religions of the world. Children experience different foods associated with religious festivals.

ICT can afford pupils the opportunity to research food issues using the internet and other electronic resources. Pupils design packaging and adverts to promote healthy food choices.

Food Technology as part of DT provides the opportunity to learn about where food comes from and apply healthy eating messages through practical work with food, including preparation and cooking.

PSHME encourages young people to take responsibility for their own health and well-being, teaches them how to develop a healthy lifestyle and addresses issues such as body image. Pupils are able to discuss issues of interest to young people, e.g. advertising and sustainable development.

Music can provide pupils with knowledge about different properties of cooked and uncooked foods where pulses and grains are used in unpitched percussion instruments.

Geography provides a focus on the natural world and changing environment, offering the chance to consider the impact our consumer choices have on people across the world who rely on growing food as their source of income. History provides insight into changes in diet and food over time.

Physical Education provides pupils with the opportunity to develop physically and to understand the practical impact of sport, exercise and other physical activity such as dance and walking and events like 'Health and Fitness Week'.

School visits provide pupils with activities to enhance their physical development e.g. to activity centres such as Beam House and the LifeSkills Centre.

Out of hours learning includes cookery and gardening clubs from time to time.

Partnership with parents and carers

The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Each must reinforce the other. This is not always easy but our school is well placed to lead by example.

Parents and carers are regularly updated on our water and lunches information through school newsletter. We ask parents not to send in fizzy drinks and we remind them that only water may be drunk during the school day, except at lunch when children may drink juice or squash.

During out of school events, e.g. school discos, fundraising activities etc, the school will encourage parents and carers to consider the Food Policy in the range of refreshments offered for sale to the children.

Role of the Governors

Governors monitor and check that the school policy is upheld and can also offer guidance where a member of the body has particular expertise in this area.

Monitoring and review

The Head Teacher is responsible for ensuring that the food served is in accordance with this policy. KS Managers and Subject Managers are responsible for the curriculum development of the Food Policy. The Headteacher and PSHME Co-Ordinator are responsible for supporting colleagues in the delivery of the Food Policy. The LA is responsible for ensuring the quality of the food offered as part of the contract with the caterer.

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