



St Bonaventure's Catholic Primary School
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Whole School Food Policy
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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

At St Bonaventure's we are committed to providing all our pupils with consistent messages about all aspects of health to help them to 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 policy.

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 strives to be 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 all staff are giving consistent messages about food and health
- To provide 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 consumed during morning snack time. We take part in the Government initiative to provide all Reception and KS1 pupils with free fruit and vegetables which they eat at playtime. KS2 children are encouraged to bring fruit or an alternative healthy snack which they eat at playtime.

School lunches and packed lunches

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 encourage parents to provide healthy options.

Water for all

Water fountains are located throughout the school and pupils are encouraged to use these throughout the day.

Food across the Curriculum

Across the curriculum there are a number of opportunities for pupils in all year groups to develop knowledge and understanding of food, health, and nutrition including healthy eating patterns and practical skills that are needed to understand where food comes from. Our cross curricular approach to the curriculum means that pupils are likely to have increased opportunities to learn about food and health in a wide range of contexts.

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.

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.

Identifying food allergies

In the event of a child having a food allergy the following process would take place:

1. Parents of new starters are asked to complete a food allergy catering form if appropriate to their child.
2. The completed form is shared with the catering company.
3. The catering company creates a menu for the child based on the information shared by parents.
4. The parents are asked to approve the menu which is then shared with the kitchen staff.
5. Information about pupils food allergies are recorded on SIMs. Each day the kitchen staff receive a print-out highlighting the food allergies and the pupils requiring a different recipe.

6.All pupils with a food allergy have a health care plan. This is kept in their class medical file and is accessible to all first aid staff.

Feeding plans

When a pupil requires a feeding plan we seek the support of the speech and language service. If a pupil starts/joins St Bonaventure's with a feeding plan in place we would review this in consultation with speech and language services, the pupil's parents and school staff responsible for supporting feeding.

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. Key Stage Leaders and Subject Leaders are responsible for the curriculum development of the Food Policy. The Head Teacher and PSHME Leader 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 and the pupils on role.