

# St. Mary's Whole School Food Policy

## 1/. Rationale

St. Mary's Catholic School is committed to the nutritional wellbeing of pupils. The need to eat responsibly is a feature of biblical texts as well as government regulations. This policy outlines the practical steps the school continues to take in this area of pupil wellbeing.

## 2/. School Lunches and Packed Lunches:

All school meals and snacks are made in-house and are freshly prepared each day.

Fresh fruit, vegetables and home-made bread are available every day, as well as a variety of hot and cold options; all these are in accordance with government guidelines.

Meat and fish are of excellent quality using, wherever possible, local suppliers.

No salt or sugar is added to the food and no deep fried dishes are served.

Drinks all contain less than 5% sugar and water is always available, bottled or in jugs, on the tables at lunch.

Packed lunches are allowed to be brought into the school but we discourage chocolate bars, sweets and fizzy drinks. Guidance is issued to parents via the school newsletter and at appropriate meetings.

## 3/. Food, Health and Well-Being across the Curriculum:

**D & T Food Technology** aims to ensure that all aspects of food taught in school promote the health and well being of pupils and their families.

### **Objectives**

- To ensure that we are giving consistent messages about food and health
- To give pupils information they need to make healthy choices
- To make pupils aware of things they can change in their lives
- To promote health awareness
- To encourage all children to take part in the '5 a day campaign'
- To ensure that lessons are set in the context of their lifestyle
- To make pupils aware of health and safety issues when handling food

### **Food in the Curriculum**

In Key Stage 3 all pupils study food for one lesson per week for half the school year.

In **Year 7** Pupils are taught about food hygiene and safety, basic nutrition and learn how to make fruit salad, pasta bake, pizza and healthy packed lunches.

**Year 8** – Revision of food hygiene. Following on from basic nutrition they learn how to plan healthy meals. The topic for this year is Multicultural Foods and children are made aware of other peoples' cultures and food customs. They learn about staple foods and the impact of modern technology on food production. Pupils use mince and chicken to produce healthy 'main' meals and then use the knowledge they have gained to design and make their own meals.

**Year 9** – Revision of food hygiene and basic nutrition. This year we are aiming to teach pupils how to make healthy meals from scratch. They are encouraged to use foods from the store cupboard and fresh fruit and vegetables. They are taught how to utilise ‘left-overs’ safely and how to substitute ingredients to make existing recipes more healthy.

### **P.S.H.E.**

**Year 8** – One hour session in which pupils are taught about a ‘healthy self image’. The topics of Anorexia and Bulimia are covered and pupils are encouraged to feel good about themselves.

**Year 11** – Parenting. Two hour session. Pupils are taught about how they should prepare for pregnancy, how to keep healthy and how, hopefully, to have a healthy baby. They are also taught about feeding babies.

### **Vith Form -**

Pupils can develop their knowledge and understanding of health, including healthy eating patterns, not just in the Food Technology lessons but across the curriculum. The D & T Food Technology department also runs sessions to demonstrate how to prepare healthy and cost-effective meals once students have left home.

Other subjects which offer pupils a greater understanding of health in general are as follows:

**Science** lessons such as ‘Twenty First Century Science – Food Matters – From Farm to Plate’ make pupils consider the wider issues surrounding food and the food chain, as just one example, whilst **MFL** pupils not only learn about food in a foreign language but also about the possible outcomes of eating healthily or following a poor diet.

**RE** provides the opportunity to study the role of certain foods in the major religions of the world. Different foods associated with religious festivals are discussed and pupils at St. Mary’s, for example, celebrate a simulated Seder – Passover meal with members of staff and clergy. Pupils learn that Lamb is a vital component of the Seder celebration. In addition to this and as part of the Year 9 RE specification aspects of food and food customs in five major world faiths are taught for three weeks.

The **PE** Curriculum offers a wide range of sporting activities to pupils, both during school hours and as extra curricular clubs and tournaments. Equally, staff are also able to participate in various sporting activities, including football and badminton, after school.

## **4/. Role of the Governors**

Governors monitor and check that the school policy is upheld. The Governors’ Policy Statement entitled ‘Be Healthy’ not only lists strategies to accomplish this at St Mary’s but also includes the main relevant indicators to enable monitoring of strategies and to ascertain whether or not the school is being successful in their efforts.

## **5/. Partnership with Parents and Carers**

The school makes every effort to include Parents and Carers as part of its team effort to ensure a healthy school. Advice is sent home and sporting events and achievements celebrated in the form of letters, School Newsletters and Curriculum News.

Date: February 2008

Review Date: by July 2011  
Responsible Governor Committee: Pastoral