

ST BEDE'S CATHOLIC SCHOOL

A Specialist Mathematics and Computing College



FOOD POLICY

2009

We commit ourselves to love, respect and serve one another as disciples of Jesus Christ

Introduction

The school recognises the important contribution of a healthy and balanced diet, in combination with a satisfactory level of physical activity, to overall health, development of social skills and the ability to learn effectively.

Aims:

- To improve and maintain the health of pupils, staff and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet.
- To provide visitors to the school with snacks or meals of a healthy and balanced nature.
- To promote hygienic good preparation and storage methods.
- To increase pupils' knowledge of food production, manufacturing, distribution and marketing practices, and their impact on health and the environment.
- To ensure pupils are well nourished at school and that every pupil has access to safe, tasty and nutritious food and a safe and easily accessible water supply during the school day.
- To make the provision and consumption of food an enjoyable and safe experience.
- To introduce and promote practices within the school to reinforce these aims and to remove or discourage practices that negate them.

Objectives

- Encourage all members of the school to embrace this policy including parents, food providers and the school's wider community.

- Integrate these aims into all aspects of school life including food provision within the school, the curriculum and pastoral and social activities.
- Encourage staff involved in food preparation (including teaching staff) to undertake basic food hygiene training.
- Make the dining areas in the school as pleasant as possible.
- Provide sufficient time for eating while fostering good manners.
- Maximise the reduction of waste by recycling wherever possible.
- Ensure that food sold at any tuck shop is promoting health and well-being eg water, fruit juice, not fizzy drinks or food high in fat, salt and sugar.
- Ensure that the healthy eating message is promoted through any cookery, environmental or breakfast club.

Curriculum

- Healthy Eating is explicitly addressed within the Science, PSHCE, PE and D&T curriculum.
- Each curriculum subject will be developing a range of skills and understanding that will contribute towards these areas.
- A wide range of teaching approaches and resources are used to deliver the curriculum.
- Cross curricular links to encourage healthy eating and lifestyle will be explored and fostered whenever possible by all members of staff.
- Extra-curricular activities and external agencies are able to support teachers including the School Nurse.

School Food Provision

- At St Bede's School we recognise that most of us need to eat more:
 - Fruit and vegetables
 - Cereals and bread
 - Fish and lean meat

- We also need to eat less:
 - Fat
 - Sugar
 - Salt

- The School Meal Providers are North Lincolnshire Catering Service and they are requested to reflect the above in the meals they provide.

- The school and the catering facilities are dedicated to providing a balanced menu of school dinners. The school cook works with the Catering Service and Healthy Schools co-ordinator to ensure that there is a consistently wide range of nutritious and attractive meals available to pupils. The needs of pupils with individual dietary needs, due to medical, cultural or religious reasons - who have school dinners - are catered for appropriately.

Packed Lunches and snacks

- Parents are asked to support the school's healthy eating policy by providing balanced packed lunches for their children. Pupils may bring squash or fruit juice to have with their packed lunch.

Drinks Provision

- Everyone has a right to access clean drinking water. We try to encourage pupils to drink water at school by providing facilities for clean drinking.

- Pupils are encouraged to drink water when required from canteen drinking facilities.