



*Join the faith and learning journey*



## **St Antony's Roman Catholic Primary School**

### **OUR MISSION STATEMENT**

St. Antony's School is part of the Roman Catholic community of the Holy Family, where Jesus Christ is our inspiration as we raise standards and aspirations for all of our children.

### **INCLUSION STATEMENT**

In this school, we are educating our children to:

- know who they are - a special and unique gift from God
- know why they are here - we all have a purpose and responsibility to look after God's world
- work hard and aim high for their future- find and use their God given talents to be what God intended them to be.

We are a Catholic community, in a modern society, where everyone is equal. The most loving and merciful Jesus Christ is our role model, and He welcomed everyone. All children are welcome in our school, and they and their families become part of our St. Antony's family. We will love and nurture them, and do our best to help them, on their faith and learning journeys, to become what God wants them to be.

**Policy Name: FOOD NUTRITION POLICY**

**Adopted by Governors: ..... (signed on hard copy)**

**Date: October 2023**

**Review date: September 2024**

## **Food Nutrition Policy**

### **Responsibilities**

The Governing body recognises the important connection between a healthy diet and a student's ability to learn effectively and achieve high standards in school. In addition the role a school can play, as part of the larger community, to promote family health and sustainable food practices.

The Governing body recognises that sharing food is a fundamental experience for all people; a primary way to nurture and celebrate our cultural diversity and an excellent bridge for building friendships.

### **Aim:**

- To improve the health of pupils, staff and their families by helping to influence their eating habits, through increased knowledge and awareness of food issues, including what constitutes a healthy diet.
- To ensure that all school food served throughout the day meets the Government's requirements for School Food Regulations – January 2015.
- To ensure pupils are well nourished at school and that every pupil has access to safe, tasty and nutritious food and a safe, easily available water supply during the school day.
- To ensure that food provision in the school reflects the ethical and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian, medical and allergenic needs.
- To make the provision and consumption of food, an enjoyable and safe experience.
- To introduce and promote practices within school to reinforce these aims, and to remove or discourage practices that negate them.

### **Aims to be achieved by:**

1. Providing a nutritionally balanced two course meal which contributes to the health of pupils and staff and promotes the benefits of healthy eating to the wider learning community.
2. Adopting a whole school approach to school food.
3. Increasing pupil's knowledge of the benefits of healthy eating as part of a healthy lifestyle.
4. Using fresh and wholesome ingredients secured locally, wherever viable.
5. Ensuring that staff preparing, cooking and serving meals are suitably trained and understand the basic principles of nutrition.

6. Providing facilities which are safe for staff and promote positive social interaction, allowing meals to be eaten in pleasant and safe surroundings.
7. Ensuring, wherever reasonably practicable that meals meet the special dietary requirements of all pupils and staff.
8. Ensure an equitable provision for those entitled to free school meals and Universal Infant Free School Meals, so as to encourage maximum uptake.
9. Ensuring that food served throughout the school day meets the requirements of the School Food Regulations of 2014
10. Ensuring that fresh drinking water is readily available during the luncheon period and throughout the school day.
11. Setting a pricing policy that reflects the needs of the school, staff and pupils.

#### Methods:

2. Establish an effective structure to oversee the development, implementation and monitoring of this policy and to encourage a participatory approach to achieving the objectives. The Operations Manager and the Catering Manager will liaise with one another in monitoring the food policy in accordance with food standards. The Catering Manager is responsible for implementing the food policy.
3. Ensure the Food and Nutrition Policy is understood and made readily available to all those involved in the health and wellbeing of pupils.
4. Integrate this Policy within the Schools Development Plan and to ensure that regular performance targets are set and monitored including the uptake of paid and free meals and Universal Infant Free School Meals.
5. Develop an understanding and ethos within school of safe, tasty and nutritious food through both education and example.
6. Create an environment, both physical and social conducive to the enjoyment of safe, tasty and nutritious food. Class teachers are encouraged to eat with their class at least once a week to model good table manners.
7. Children have a choice of where they want to sit to promote positive social interaction and encourage conversations to build friendships.
8. Termly reward scheme for children showing great table manners during lunchtimes.

9. Catering staff to complete checklist for school lunches on a termly basis.
10. All children are given a choice of fruit during break times to encourage healthy eating and to discourage unhealthy snacks being brought in from home.
11. The catering staff follow Blackburn with Darwen Borough Council Children's Services recipes which show the nutritional value of every meal made.
12. St Antony's is a Recipe 4 Health Gold Award holder.

Reviewed and updated: October 2023

Next Review date: September 2024