

The Catholic School of Saint Gregory The Great

Believe and Achieve



FOOD AND DRINK POLICY

To be read in conjunction with all school policies and adopted Local Authority & Diocese Policies

To be reviewed by September 2027

Mission Statement

Believe and Achieve

“We are a safe and happy school where we all shine as part of God’s family.”

What are the aims of this policy?

- To make explicit the values and guidelines that underpin every aspect of food culture in The Catholic School Of Saint Gregory The Great.
- To ensure that our children receive consistent and coherent messages about food and its role in their long-term health.
- To outline our future plans and goals with regards to food culture in our school.

What are the values that inform this policy?

- We believe that every adult at The Catholic School Of Saint Gregory The Great can play a part in making sure that the children develop positive attitudes to food, make informed choices and enjoying eating healthily.
- We want the children to understand that good, nutritious food is essential to their ability to learn as well as to their long-term health.
- We want the children to apply their knowledge about food and make healthy choices both in and out of school now and in the future.
- We want the children to enjoy cooking and learn core cooking skills by the time they leave the school.
- We want all children to be safe in school and because of allergies, no food that comes onto the school premises should contain nuts.

Water in the school

- Children have access to free and fresh water throughout the school day.
- Children are encouraged to bring their own sports cap water bottles into their classrooms and are allowed to drink water throughout the day during independent learning tasks. Suitable water bottles can be purchased from the school office.
- In the dining hall, jugs of fresh water are available to all children.

Food throughout the school day:

Breakfast

- We recognise the importance of eating a balanced breakfast and realise that it is hard to concentrate on learning and maintain energy levels without breakfast.
- We encourage parents to provide their children with a nutritious and balanced breakfast prior to their arrival at school.
- If we are aware that a child is not eating breakfast regularly before coming to school, we will log concerns about this on our online Child Welfare system.
- We are part of a Breakfast for All scheme where the school funds a small snack (bagel) in case a child has been in a rush in the morning. This is provided without stigma or judgement in the classrooms as the children enter. Children identified as vulnerable and therefore attending morning interventions are given a bagel as they enter school.

Break Time

- Children in Key Stage One and Foundation Stage benefit from the National School Fruit Scheme – this entitles them to one free piece of fruit or vegetable a day. All children are encouraged to eat their healthy snack and we provide a structured session for this to happen where we also work on speaking and listening skills. Waste is collected by eco-warriors twice weekly to be composted/added to the wormery on site and used in our eco-lab.

- Key Stage Two pupils are allowed to eat fresh fruit or vegetables at break time. These should be brought in from home. This does not include fruit/sweet bars.

Lunch Time – hot lunch in the dinner hall

- We aim to provide our children with good quality, healthy food and we actively promote healthy choices.
- We recognise the importance of eating a hot lunch.
- The weekly menu is on display for the children and parents at the school office, on the website and in newsletters. We listen to the children's opinions on the menu and adapt the menu accordingly through School Council.
- Caterlink, our caterers, work to their own nutrition policy that exceeds the guidelines laid out by the government. Caterlink cook good quality, healthy food. They do not use genetically modified food, actively discourage the use of convenience food and ensure that at least 90% of their dishes are freshly prepared.

Lunch Time – packed lunches

- Children who eat a packed lunch are encouraged to sit with children who are having school meals so that eating is seen as a sociable activity.
- Midday Supervisors encourage healthy lunchboxes by openly praising children at the dining table about the contents of their lunchbox and giving stickers. Any child's lunchbox which contains a lot of unhealthy food will be brought to the attention of the Senior MDSA who liaises with the Head Teacher to remind parents of this policy.
- We encourage parents to make healthy choices when preparing packed lunches and give them guidance in doing so through leaflets.
- We do not allow sweets or fizzy drinks in packed lunches.
- Caterlink provide packed lunches for pupils in receipt of free school meals or universal infant free school meals on school trips in accordance with their own healthy eating policy. Parents are reminded to provide their child with a drink on days when their child goes offsite for a trip.

Lunch Time – the dinner hall environment

- We aim to make sure children have time to eat their lunch and do not need to rush.
- We encourage children to eat a balanced meal and try new foods.
- The school has provided lunch trolleys for the pupils to store their lunch boxes so that they can find them easily.
- The cook is informed about children who have special dietary needs or allergies and this information is also displayed in the kitchen and office.
- The school occasionally has themed days related to a time of the year such as Christmas and Easter.
- Midday supervisors encourage the children to use eating utensils.

The School Caterers follow the new standards:

The school food standards apply to the food and drink provided in LA maintained primary schools in England. The standards apply to:

Starchy food

- Starchy food cooked in fat or oil no more than two days each week.
- One or more wholegrain varieties of starchy food each week.
- One or more portions of food from this group every day.
- Three or more different starchy foods each week.
- Bread with no added fat or oil available every day.

Fruit and vegetables

- One or more portions of vegetable or salad as an accompaniment every day.
- Three or more different vegetables every week.
- One or more portions of fruit every day.
- Three or more different fruits every week.
- A fruit-based dessert with a content of at least 50% fruit two or more times every week.

Meat, fish, eggs, beans and other non-dairy sources of protein

- A portion of food from this group every day.
- A portion of meat or poultry on three or more days every week.
- Oily fish once or more every three weeks.
- For vegetarians a portion of non-dairy protein on three or more days a week.

Foods high in fat, sugar and salt

- No more than two portions of food that have been deep fried, batter-coated, or breadcrumb-coated, each week.
- No more than two portions of food which include pastry each week.
- No snacks, except seeds, vegetables and fruit with no added salt, sugar or fat.
- Savoury crackers or breadsticks served at lunch with fruit and vegetables or dairy food.
- No confectionary, chocolate or chocolate-coated products.
- Desserts, cakes and biscuits are allowed at lunchtime.
- Salt not available to add to food after it has been cooked.

Milk and dairy

- A portion of food of this group every day.
- Lower fat milk must be available for drinking at least once a day during school hours for FS/KS1 children.

Exceptions to the regulations

- At parties or celebrations to mark religious or cultural occasions.
- At fundraising events.
- As rewards for achievement, good behaviour or effort.
- When teaching food preparation and cookery skills, including when the food prepared is served to pupils as part of a school lunch.
- On an occasional basis by parents or pupils.

Food in the Curriculum

- We exploit opportunities within the existing curriculum to learn about and work with food.
- We recognise that food has great potential for cross-curricular work.
- Staff receive training on request to make sure they are confident when working with food and their class.
- 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.
- The cross-curricular approach to teaching that is adopted by the school helps staff to deliver food education to the pupils in a range of contexts.
- Formal food education is delivered via the Design and Technology curriculum. There are also topics in the PSHCE and Science curriculum.
- We work with Waitrose and all pupils have the opportunity annually to visit their kitchen and learn about food hygiene, health and safety, food preparation and then undertake cooking activities.
- We have a small Design Technology teaching space where small group food technology can also be taught.

Cooking Club

- Meets weekly during every term of the year.
- Is voluntary, and attendance is on a rota.
- Cooking is undertaken in the DT Room.
- At points, it may be deemed useful for specific children to learn healthy eating and cooking skills and these sessions will be planned into curriculum time as skills for life.

Gardening Club

- Meets as appropriate.
- Grows vegetables which are sometimes cooked by kitchen staff. Other produce is shared with our families.

Food for Celebrations and Rewards

- Sweets or chocolates for special occasions, such as birthdays, are permitted and each child may consume a sweet or chocolate to help celebrate the occasion. These must never contain nuts.
- The use of sweets for rewards is kept to a minimum. Instead, children are rewarded with stickers and praise to celebrate their work.
- Leftover fruit, veg and milk from EYFS and KS1 is given to KS2 when possible.

Links to other policies

- This policy has links to the behaviour, PSHCE, Science, Equal Opportunities and Design and Technology policies.

How is this policy monitored and evaluated?

- A member of the Senior Leadership Team leads on this policy.
- The Governing Body of the School will ensure that the impact of the policy is regularly reviewed through the School's arrangements for policy review and self-evaluation.

Status:	REVIEWED BY SLT - Sept 2022
---------	------------------------------------