

CORPUS CHRISTI  
CATHOLIC SCHOOL



# Food Policy

2018

Date	Review Date	Coordinator	Nominated Governor
November 2018	November 2020	Gisele Jenson	Mrs J. Namusisi-Riley

## MISSION STATEMENT

Corpus Christi School exists to serve the Catholic communities of Brixton Hill and its neighbouring parishes.

We are here to educate the children to the highest possible standard in a community, which has the Gospel values, traditions and beliefs of the Catholic Faith at the centre of its ethos.

In all aspects of the school, Christian values will be upheld, with an emphasis on respect, helpfulness, unselfishness and co-operation.

## INTRODUCTION

This policy was written following consultation with Janis Marsh, Manager at the Health Education Link Service. The policy was written by the Healthy Schools and PSHE Coordinator following consultation with all staff regarding food and health eating opportunities at the school.

## AIM AND OBJECTIVES

### Aim

To ensure that Corpus Christi pupils are well nourished in school and food provision reflects Government led standards.

### 2.0 Objectives

Pupils have the confidence, skills and understanding to make healthy food choices. Healthy and nutritious food and drink is available across the school day.

1. To recognise and acknowledge the important connection between a healthy, balanced diet and a student's ability to learn effectively and achieve high standards in school.
2. To ensure that 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.
3. To ensure that all members of the school community are able to make informed choices about the importance of food and its production.
4. To promote the school's role, as part of the larger community, to promote family health, and sustainable food and farming practices.
5. To ensure that all menus served in school meet statutory Government nutritional guideline

## STRATEGIES

### Healthy Eating in School.

#### 3.1 Food provided during the school day (breakfast, mid-morning snack and lunch).

Settings which provide breakfast, snacks and lunch will offer a menu which meets the Education Regulations (Nutritional Standards Requirement for school food) (England) 2007.

- the menus are on a three week rotation and there is a selection of healthy food choices each day
- younger children are helped with their lunch choices
- high-quality meat, poultry or oily fish is served each day
- a choice of vegetables is available each day
- fruit is available as a desert option each day
- bread is available each day, as is a starchy food option (rice, potatoes etc.)
- lower fat milk and water is available each day at lunch and on some days healthy smoothies are available as a desert option
- There are never more than two portions of breaded, battered or breaded food served each week (normally not more than one)
- Fruit only is provided for EYFS and KS1 at break time.
- A range of food options and snacks are available at Breakfast and After School Care clubs, including cereals, fruit, toast

All children at Corpus Christi have school dinners, packed lunches are not permitted unless children are on a school trip. Healthy school lunches provided by the school caterers, Harrisons, are used on some trips. If children are providing their own packed lunch for a trip then advice is given to parents in trip letters about healthy options to provide for their child in order to meet the Food Standards Agency Guidelines for a Healthy Packed Lunch and School Food Trust Guidelines.

Children attending after school clubs bring their own pre-club snack. Guidance is soon to be issued by the school to parents advising on suitable healthy snacks.

No nuts are served on grounds of health and safety. Grapes are cut for smaller children to prevent choking.

There are no vending machines on site.

#### 3.2 Water Consumption

Plentiful drinking of water by Corpus Christi has been recognised in improving behaviour and concentration. All children bring their own water bottles to school and have access to these throughout the day in class. Water fountains are available for drinking water on all playgrounds and younger children are taught how to use these.

### 3.3 Rewards

Corpus Christi recognises that pupil achievement(s) should be celebrated and rewarded when appropriate, and that food may play a role in such celebration. Any food given will meet the Government Regulations for School Food. Other forms of reward will also be actively promoted e.g. book tokens, trips, special lunchtime events. This includes treats brought in by parents for birthdays.

### 3.4 The Dining Environment

Corpus Christi is committed to providing a welcoming eating environment that encourages positive social interaction.

Children are seated on octagonal tables to encourage a social atmosphere over dinner

Fresh flowers and cloth are on the tables each day

Staff are encouraged to eat lunch with the children

Parents and carers are welcome to share lunch with the children once per month

### 3.5 Food in the curriculum

There are many opportunities for education surrounding healthy eating in the curriculum from EYFS to Upper Key Stage Two.

In EYFS, children take part in the Natural Thinkers programme and this includes planting, growing, cooking and eating crops the children have grown themselves.

Children learn about nutrition through:

- regular discussion and reflection in P.E. lessons
- education about our bodies, how they work, and nutrition through 'Animals including Humans' units of work in Science

### 3.6 Pupil Consultation

Young people will be given regular opportunity to be consulted appropriately about their food choices – including school meals and food and drink other than lunch.

Each day children are given the chance to discuss the menu options and their food choices

The School Council represent the children's opinions and are given opportunities to discuss food and nutrition within the school. This resulted in increased fruit portions for desert (a suggestion by the School Council).

### 3.7 Partnership with parents and carers and pupils

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. This is not always easy but our school is well placed to lead by example.

Parents and carers and pupils must be regularly updated by providing policies on the menu and website. Parents and carers are also invited in to have lunch with the children. The views of the parents are also represented by the Parent Governor.

#### **4.0 Monitoring and Evaluation**

The Food Policy will be reviewed each year by the Governing Body and Harrisons (the school caterers) review the menu on an annual basis in line with The School Food Standards (January 2015) and Government Buying Standards for Food and Catering Services.