



ST BERNARD'S PREPARATORY SCHOOL

WHOLE SCHOOL FOOD POLICY

ADVENT 2018

St Bernard's Preparatory School

Whole School Food Policy

Mission Statement

With God as our shelter and Christ as our guide, the mission of St Bernard's Preparatory School is to educate towards love and service to God, each other and the wider community. Through our broad balanced curriculum we will develop an understanding of each faith and the values we share. We will treat each person with respect, knowing we are special and unique.

St Bernard's is part of the St Benedict's family of schools. All schools in the group share a similar Catholic and Benedictine/Bernardine ethos.

Introduction

St Bernard's Preparatory School is committed to giving its pupils consistent messages about all aspects of health to help them understand the impact of particular behaviours and encourage them to take responsibility for the choices they make. This policy should be read alongside the school's PSHE, Drug and Sex & Relationship Policies.

The school supports a healthy diet and encourages children to eat fruit and vegetables, which has been shown to reduce the onset of certain life-threatening conditions as well as being helpful in tackling and preventing childhood obesity.

Rationale

St Bernard's Preparatory School aims to ensure that it promotes health awareness in all members of the school community. We provide a valuable role model to pupils and their families with regard to food and healthy eating patterns.

Through effective leadership, the school ethos and the curriculum, all school staff can strive to create an environment which supports a healthy lifestyle.

Aims and Objectives

- To ensure that we give consistent messages about food and health
- To give our pupils the information they need to make healthy choices
- To promote health awareness
- To contribute to the healthy physical development of all members of our school community

Settings for Food Policy

Snack

We actively discourage pupils from bringing unhealthy snacks/drinks to school. All our under 5s have access to milk which is organised by the Early Years Foundation Stage staff. All children are offered fruit as a break time snack, or they are free to bring fruit.

School lunches and packed lunches

School lunches are provided by Holroyd Howe, who have taken account of the Government's new standards for food in school. We offer a choice system which takes account of the balance of good health. Menus are available from the kitchen.

Hot lunch provides a daily choice of meat or vegetarian. The kitchen staff support the pupils in making good choices. Water is available at lunch times.

Bread, rice and pasta are regularly provided as an alternative to potatoes

Cold Lunch, for off-site visits only, provides a choice of meat/fish or vegetarian sandwiches, fresh fruit, a home made cake /biscuit and a pure fruit juice.

Lunch time staff encourage the pupils to eat a balanced meal with water which is always available to them.

Water for all

Water is freely available throughout the school day to all members of the school community. Every child is required to bring a clearly named water bottle to store their water in. EYFS and KS1 children are also reminded to drink water at their snack time.

Staff

Many staff opt to model good eating practices by having a piece of fruit at break time with the children.

Birthdays

Pupils currently bring small birthday sweets and cake to share with their class/teachers. Pupils are not encouraged to eat these on the premises and must seek parental permission to eat them in case of allergies.

SEN

Information/photographs of pupils with allergies are given to all teachers and the kitchen staff. The Special Needs Register also maintains a record of pupils with allergies or special dietary needs.

Food across the Curriculum

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 gardening, shopping, preparing and cooking food. St Bernard's Preparatory School takes every opportunity to promote healthy eating throughout all areas of the curriculum.

Events/ Extra-curricular activities

We run annual focus weeks to support healthy eating e.g. "Food Awareness Week" promoted and supported by Berkshire Health Promotion. We provide displays and information on healthy eating. Children learn about foods from around the world and create meals to taste, e.g. Mexican Feast. Family Fast Day – The children are made aware of food shortages around the world and are encouraged to raise money to support other children around the world, i.e. CAFOD and Mission Together.

Partnership with parents and carers

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 are updated on our weekly menus. We ask parents not to send in fizzy drinks and we remind them that only water may be drunk during the school day, except at lunch when children may drink juice or squash.

During out of school events, e.g. school discos etc., the school will encourage parents and carers to consider the Food Policy in the range of refreshments offered to the children.

Monitoring and review

All staff are responsible for the curriculum development of the Food Policy. The Bursar is responsible for ensuring the quality of the school lunches and meets regularly with the Chef manager to ensure the healthy content of school meals is delivered and for seeking the views of the pupils (via the school council). The Headteacher is responsible for supporting colleagues in the delivery of the Food Policy.

Applies to:

- Whole School including Early Years Foundation Stage (EYFS)

Availability:

- This policy is made available to parents via the website www.stbernardsprep.org or a copy may be requested from the school office.

Monitoring and Review:

- This policy will be subject to continuous monitoring, refinement and audit. The Governors and Headteacher undertake a formal annual review of this policy for the purpose of monitoring both policy and practice and the efficiency with which the related duties have been discharged, by no later than one year from the date shown below, or earlier, if significant changes to the systems and arrangements take place, or if legislation, regulatory requirements or best practice guidelines so require.

Signed by _____

Headmaster _____

Date _____

Chair of Governors _____

Date _____