



St. Mary's School Food Policy

Rationale

St. Mary's Catholic School is committed to the nutritional wellbeing of pupils. The need to eat responsibly is a feature of biblical texts as well as government regulations. This policy outlines the practical steps the school continues to take in this area of pupil wellbeing.

School Lunches and Packed Lunches:

All school meals and snacks are made in-house and are freshly prepared each day in a safe and clean environment..

Fresh fruit, vegetables and freshly baked bread are offered every day, as well as a variety of hot and cold options, to promote a healthy balanced diet; all these are in accordance with government guidelines.

Meat and fish are of excellent quality using, wherever possible, local suppliers.

The salt and sugar content of the food is monitored and no deep fried dishes are served.

Drinks all contain less than 5% sugar and water is always available, bottled

Packed lunches are allowed to be brought into the school but we discourage chocolate bars, sweets and fizzy drinks. Guidance is issued to parents via the school newsletter and at appropriate meetings.

Food, Health and Well-Being across the Curriculum:

D & T Food Technology aims to ensure that all aspects of food taught in school promote the health and well being of pupils and their families.

Objectives

- To ensure that we are giving consistent messages about food and health
- To give pupils information they need to make healthy choices related to diet
- To make pupils aware of things they can change in their lives
- To promote health awareness
- To encourage all children to take part in the '5 a day campaign'
- To ensure that lessons are set in the context of their lifestyle
- To make pupils aware of health and safety issues when handling food

Food in the Curriculum

All pupils study Food Technology for a third of their time with textiles and resistant materials being taught for the rest of the time in Key Stage 3.

Pupils are taught about food hygiene and safety, basic nutrition and learn how to make fruit salad, pasta bake, pizza and healthy packed lunches.

They learn how to plan healthy meals. The topic for this year is Multicultural Foods and children are made aware of other peoples' cultures and food customs. They learn about staple foods and the



ST MARY'S
CATHOLIC SCHOOL

impact of modern technology on food production. Pupils use mince and chicken to produce healthy 'main' meals and then use the knowledge they have gained to design and make their own meals.

Pupils learn how to make healthy meals from scratch. They are encouraged to use foods from the store cupboard and fresh fruit and vegetables. They are taught how to utilise 'left-overs' safely and how to substitute ingredients to make existing recipes more healthy.

P.S.H.E.E

PSHEE also has various lessons that address food issues and healthy eating across Key Stage 3, 4 and 5

Sixth Form -

Pupils can develop their knowledge and understanding of health, including healthy eating patterns. The D & T department runs sessions to demonstrate how to prepare healthy and cost-effective meals once students have left home.

Other subjects which offer pupils a greater understanding of food in general are as follows:

Science lessons such as about healthy balanced diet and how to achieve that and health issues related to poor diet.

MFL pupils not only learn about food in a foreign language but also about healthy and unhealthy regimes.

Physical education plays a crucial role in supporting healthy eating patterns and lifestyle choices by promoting an understanding of health and well-being. Through physical activity, students learn the importance of regular exercise, which complements nutritious eating habits. By fostering teamwork, self-discipline, and goal-setting, physical education encourages lifelong habits that prioritise health. Ultimately, an active lifestyle reinforced by knowledge about balanced nutrition empowers individuals to make informed choices that enhance their overall quality of life.

Role of the Governors

Governors monitor and check that the school policy is upheld. The Governors' Policy Statement entitled 'Be Healthy' not only lists strategies to accomplish this at St Mary's but also includes the main relevant indicators to enable monitoring of strategies and to ascertain whether or not the school is being successful in their efforts.

Partnership with Parents and Carers

The school makes every effort to include Parents and Carers as part of its team effort to ensure a healthy school.

Review

Governor Committee: School Improvement Committee

Date of review: September 2024

Next Review Date: September 2025