

St. Joseph's School
(Progress Through Positive Achievement)

Food and

Healthy Eating

Policy

March 2006

St Joseph's School

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St Joseph's School

Food and Healthy Eating Policy

1. Responsibilities in our school

The Board of Governors recognises the important connection between a healthy diet and a learner's ability to learn effectively and achieve high standards in school. The Board also recognises the role a school can play, as part of the larger community, to promote family health, and sustainable food and farming practices.

The Board of Governors 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, and inter-generational bonds.

2. Mission

The overall mission at St. Joseph's is, that through the Healthy Schools Standard, a whole school approach to health and healthy eating is adopted and promoted in the school environment and throughout the extended curriculum.

In so doing, it is hoped to promote a school ethos and environment which encourages a healthy lifestyle.

The mission shall be accomplished through the teaching of food education and skills (such as cooking and growing food) , the food served in schools, and core academic content in the classroom.

3. Aims of our healthy eating policy.

- To improve the health of learners, staff and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet, and hygiene food preparation and storage methods.
- To increase learners' knowledge of food production, manufacturing, distribution and marketing practices, and their impact on both health and environment.
- To ensure learners are well nourished at school, and that every learner 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 learners 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 the school to reinforce these aims, and to remove or discourage practices that negate them.

4. Objectives

To work towards ensuring that this policy is both accepted and embraced by

- Governors
- School management
- Teachers and support staff
- Learners
- Parents
- Food providers
- The school's wider community

To integrate these aims into all aspects of school life, in particular

- Food provision within school and the extended curriculum
- The curriculum
- Pastoral and social activities.

5. Methods

- Establish an effective structure to oversee the development, implementation, and monitoring of this policy, and to encourage a participatory approach to meeting the objectives.
- Develop an understanding and ethos within the school of safe, tasty, nutritious, environmentally sustainable food, through both education and example.
- Create an environment, both physical and social, conducive to the enjoyment of safe, tasty, nutritious, environmentally sustainable food
- Help to promote and raise awareness of environmentally sustainable food production methods and socially responsible food marketing practices.

6. Appendix

Refer to guidance for ideas.

Appendix

Guidance

Establish the organisational structure and arrangements to oversee the policy and encourage a participatory approach.

- Identify who will take lead responsibility
- Take a whole school approach.
- Set up a school nutrition group.
- Solicit learners preferences in planning menus
- Decide how to involve parents and the wider community
- Report regularly to parents and governors.

Integrating into the curriculum.

Food topics covered within the curriculum areas.

- Art. Eg. Drawings of food, healthy eating poster design
- PSHCE education eg. Menu planning, nutrition
- Design and Technology, eg. Cooking, designing tools
- English eg. Food diaries, following instructions
- Geography, eg. Food growing regions.
- History eg. Past diets, discoveries.
- IT., EG. FOOD SURVEYS
- Maths eg., weights and measure
- PE. Eg., links between healthy eating and exercise.
- Science eg. effects of heat on food.

Topic cross reference

- Nutrition
- Dining
- Cooking/ cooking club in extended education

- Menu planning skills

Food hygiene

- Cultural diversity RE

Food production, marketing, labelling.

- Recycling
- How plants grow/ horticulture

The school environment

Dining area

- Dining supervision
- Dining arrangements
- Time allowed for lunch
- Dining room procedures
- Hand washing facilities
- Facilities for waste food

Increasing the use of safe environmentally sustainable food

Public policy and school campaigns

Food Hygiene/ compliance for all food handlers with food safety regulations.

Date Policy Reviewed