

Food & Healthy Eating

OVERVIEW

This Policy is set within the context of the School Mission Statement:

“ I come that they may have life and have life to the full”

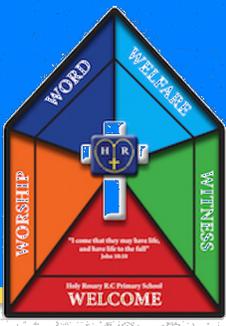
John 10:10

At Holy Rosary, all children will benefit from being part of a school where healthy habits flourish, which enables them to be well nourished throughout the day, in order to promote their health and wellbeing. Education about health issues is very important for the development of our pupils both now and for the future. We acknowledge the important link between a healthy diet and the ability to learn effectively. We aspire to improve the health of our school community by ensuring that all aspects of food and nutrition promote the health and well being of pupils, staff and visitors to our school. We strive to teach ways to establish and maintain life-long healthy eating habits.

This policy is a statement of the aims, principles and strategies for implementing a healthy eating approach throughout the whole of Holy Rosary School. Through this we will nurture children’s spiritual, moral and social development within our Catholic ethos. The policy will be reviewed in line with the priorities set in the school development plan.

OBJECTIVES

1. To ensure there are consistent messages about food across the curriculum and throughout the school environment.
2. To have a positive impact towards the physical development of all members of our school community.
3. To ensure all children have a suitable lunch-time meal that sustains and prepares them for their afternoon learning.
4. To involve the whole community in developing and maintaining healthy eating and drinking habits.
5. To have a safe, pleasant and sociable dining experience which enhances the social development of all children.
6. To encourage a balanced diet.
7. To encourage fluid intake with an easily accessible water supply throughout the day.
8. To take into account and accommodate dietary requirements.
9. To ensure high standards of hygiene amongst children and staff.
10. To develop healthy eating and drinking habits that will last a lifetime.
11. To ensure the safety of children with allergies is given diligent attention.
12. To be at all times consistent with medical, religious and cultural needs of the children.



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STRATEGIES

1. Cereal, milk, toast, fruit juice and water will be available to children who attend the breakfast club.
2. As an occasional treat e.g. end of term rewards, film nights, parties, etc other foods may be offered.
3. Foundation stage and Key stage 1 will be provided with a piece of fruit or veg every day. Older children are encouraged to bring in a healthy snack for break time.
4. School lunchtime meals are provided by Oldham Council and have to meet the healthy food standards as set out by the government.
5. Holy Rosary has a guide to packed lunches which is available on the parent app and the school website, this states what can be included within packed lunches. Packed lunches are monitored by lunchtime staff and reward stickers given.
6. From September 2014 all children up to the age of 7 have been entitled to a free school meal each day.
7. The school kitchen staff and other staff on duty at lunchtime will work together to create a good dining room ambience and the development of appropriate table manners and rules are clearly displayed.
8. Children are encouraged to drink water throughout the day. Fizzy drinks and energy drinks are NOT allowed.
9. Children will wash their hands before handling food and relevant school staff receive hygiene training.
10. Key healthy eating messages will also be taught through other subjects such as; Science, DT and PSHCE.

OUTCOMES

Our children will be able to make informed choices on what foods are healthy/unhealthy and develop good eating habits.

Holy Rosary Governing Body will determine, support, monitor and review the school policies on Physical Education. In particular, they will monitor the effectiveness of the school's policy through the school self-review processes and assess its impact.

Revised and adopted by the Governing Body on: 22nd September 2021

Signed : P.Devine (Chair)

Date to be reviewed : **September 2023**