

St Anne's RC Primary and Nursery School

Food Policy

Mission Statement

To help every person here to achieve his or her best in work and in play,
To celebrate whatever is good and to follow in the footsteps of Jesus by supporting and forgiving
each other for the Honour and Glory of God.

Rationale

At St Anne's we are committed to promoting a healthy life-style including eating and drinking.

Diet is central to health and a child's diet will impact on their health now and in the future.

Poorly nourished children often experience social and psychological problems. This can clearly have a significant impact on their behaviour and performance in school.

Aims

At St Anne's we will encourage our children to:

- Be aware of healthy choices
- Involve their parents in school dinner choices
- Bring healthy lunchboxes

Guidelines

Sunshine club

The children will be offered a range of healthy options served in a calm atmosphere. This is to encourage punctuality, concentration, behaviour and socialisation of our children.

Break Time

Children can purchase wholemeal toast, this will be ordered at the beginning of each half term.

EYFS and KS1 = 1 slice of toast. Fruit is also provided

KS2 = up to 2 slices of toast. Children may bring a pieces of fruit

Fruit

St Anne's participate in the National School Fruit and Vegetable Scheme (NSFVS). Children in Foundation Stage and Key Stage 1 all receive a piece of fruit or vegetable on a daily basis.

School Lunches

Children and parents order their protein choices from a set three week menu. This runs for a season. Currently the menu is supplied and supported by Tameside.

Lunch Boxes

The Learning Mentor and members of the lunchtime staff support this encouragement by giving out stickers for children with healthy choices.

Birthday Treats

Parents are requested not to send in birthday treats in the form of food.

Water Provision

There are two water coolers in school, in Key Stage 1 and in Key Stage 2. Children can purchase water bottles from the main office. Children are encouraged to drink water throughout the day. St Anne's realise that a constant supply of water has a positive effect upon health and well-being. It reduces tiredness, irritability and distraction; it also leads to better concentration.

Monitoring

The success of the policy is the responsibility of the whole school. It will be monitored bi-annually.

To be reviewed Oct 2016

