

St. John Bosco Catholic Primary School



Whole School Food Policy

*Caring for each other as we live, learn
and grow in God's love*

CONTENTS

Policy

- Mission Statement

Sections

1. Rationale
2. Aims
3. Objectives
4. Implementation
5. Responsibility
6. Waste Disposal
7. Breakfast Club
8. Packed Lunch Containers
9. Storage of Packed Lunches
10. Breakfast Club
11. Snacks
12. Partnership with Parents
13. Monitoring and Review

Whole School Food Policy

1. Rationale

St. John Bosco Catholic Primary School is a Healthy School. We recognise the important relationship between the healthy diets of the school community and their ability to learn, achieve and enjoy school life. We believe that the school, in partnership with parents and carers, can make a major contribution to improving children and young people's health by increasing their knowledge and understanding of food and helping them to make healthy food choices.

Through effective leadership, the school ethos and curriculum, all school staff can bring together all elements of the school day to create an environment which supports a healthy lifestyle. As a school we will endeavour to minimise the impact we have on the environment through considerate packaging, recycling and managing litter.

2. Aims

- To give our pupils the information they need to make healthy choices for themselves and the environment;
- To give consistent messages about food and health;
- To promote health awareness;
- To contribute to the healthy, physical development of all members of our school community;
- To ensure that healthy and nutritious food is available across the school day and that every pupil has access to drinking water.
- To make the provision and consumption of food an enjoyable and safe experience.

3. Objectives

- A member of the SLT will oversee all aspects of food in school.
- Pupils and parents will be key partners and fully involved in guiding food policy and practice in school.
- We will provide a welcoming, safe eating environment both for pupils having a cooked meal and those bringing a packed lunch, encouraging positive social interaction.
- We will ensure that food provision in the school reflects the ethical, cultural and medical requirements of staff and pupils, e.g. religious, ethnic, vegetarian, medical and allergenic needs.
- Pupils food choices and menus will be monitored to inform policy development and provision.
- Pupils will have access to free, clean and palatable drinking water and will be allowed to drink throughout the school day.
- We will work towards a lunch box policy developed in partnership with parents and pupils. We will support parents in adhering to this policy.
- We will endeavour to ensure pupils in school experience consistent messages about healthy food and diet, including fundraising activities and at school events.
- We will ensure that pupils have opportunities to learn about different types of food in the context of a balanced diet.
- We will ensure compliance with all regulations in respect of food hygiene.

4. Implementation

This packed lunch policy fits within a wider context of promoting a whole school approach to food and healthy eating.

Children's packed lunches should be based on the 'Eatwell Guide' model which shows items the 5 main food groups; (Food Standards Agency). For a balanced packed lunch, select these healthier foods.

- Fruit & Vegetables
- Meat, fish etc.
- Oily fish
- Starchy food

Whole School Food Policy

- Dairy food
- Drinking water

Include at least one portion of fruit and one portion of vegetables or salad every day. Due to a possible choking hazard, we request that grapes are cut lengthways before they are sent into school.

- Meat, fish or another source of protein should be included every day. Sources of protein include lentils, kidney beans, chickpeas and hummus.
- Include oily fish, such as salmon or mackerel at least once every three weeks.
- A starchy food such as any type of bread or pasta, rice, couscous, noodles, potatoes or other cereals should be included every day.
- Include a dairy food such as cheese, yoghurt, drinking yoghurt, fromage frais or custard every day.

Water

- Children are encouraged to bring a drink of water to school with them, particularly during the summer months.
- Regular water breaks are built into the school day and children are reminded to drink water at break times.
- A water fountain is situated in our Foundation Stage Unit.
- Parents are reminded not to send fizzy drinks into school – only water.

Avoid including these foods in packed lunches:

Snacks

- Snacks such as crisps should not be included every day. Instead include vegetables and fruit (with no added salt, sugar or fat). Savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice.

Sweets

- Chocolate bars, chocolate coated biscuits and sweets should not be included. Cakes and biscuits are allowed but please encourage your child to eat these only as part of a balanced meal.

Meat products

- Meat products such as sausage rolls, individual pies, corned beef pasties and sausages should be included only occasionally.

Nuts

- Due to the rise in allergies to nuts, we ask that nuts and seeds are **NOT** included in packed lunches. This includes Nutella spread or products. We are a **NUT FREE** school.

Special Dietary Requirements

The school provides food in accordance with pupils' religious beliefs and cultural practices. We also offer a vegetarian option at lunch every day. Pupils with individual care plans with medical special dietary needs are referred to BCCET Catering Team. An alternative menu will be drawn up in discussion with the dietician. Parents / Carers of pupils with less severe medical dietary needs are invited to discuss the menu and their child's needs with the school and the lead kitchen cook. Health plans for children with allergies or special dietary requirements are reviewed regularly and all appropriate staff members are kept up-to-date. The school aims to comply with Allergen Regulations introduced by the EU by signposting allergen information about food served on a regular basis at school

5. Responsibility

It is the responsibility of all staff including teaching, support staff and catering staff to implement the food policy and to actively act as role models to demonstrate positive attitudes to healthy eating and to develop pupils' awareness and understanding of how to make healthy food choices. Senior Members of staff lead on the development and monitoring of the Policy and liaise with the cook and Trust. The lead governor on health and wellbeing ensures the policy is implemented. BCCET and kitchen staff are responsible for providing high quality food that complies with the national nutritional standards for school food and contributing to a welcoming and positive eating environment. The menu is available to parents via the school website and from the school office.

Whole School Food Policy

6. School and Packed Lunches

BCCET is responsible for ensuring the quality of the food offered.

- Our school meals are cooked on site and are nutritionally balanced and include healthy options.
- Many of our children bring a packed lunch to school. Children learn the importance of a healthy lunchbox through the formal curriculum and we provide information for parents with regard to healthy packed lunch contents. We do not allow fizzy drinks and actively discourage the inclusion of sweets and chocolate in lunch boxes.
- As a school, we encourage social interaction at mealtimes and expect good manners. We strive to make our hall a pleasant environment in which to dine.

7. Waste and Disposal

The school will, within reason, send any uneaten packed lunch food items back home. The rationale for this is that parents can also monitor what their child has consumed during the day and then raise any concerns over their child's food intake with the school.

8. Packed Lunch Containers

It is the responsibility of the parents / carers to provide an appropriate packed lunch container where food items can be stored securely and appropriately until the lunchtime period. Parents are advised to include an ice pack. Food products prepared and stored in ambient temperatures after a period of time can have increased levels of bacteria in them.

9. Storage of Packed Lunches

The school will provide storage area / facilities for packed lunch bags, in the most convenient and appropriate place possible. However the school cannot provide cooled storage areas and therefore cannot take legal responsibility for foods prepared at home and then brought into school.

10. Breakfast Club

- Our Breakfast Club operates on a daily basis from 8.00am for children from Reception to Year 6. The food offered is consistent with a healthy diet and includes fruit juice, toast and cereals.

11. Snacks

- Our under 5's receive a carton of free school milk each day which is distributed in Foundation Stage during the morning and afternoon sessions;
- Our Foundation Stage and Key Stage 1 children receive a piece of fruit each morning which is distributed by Teaching Assistants at break time;
- Key Stage 2 children are encouraged to bring a piece of fruit as a snack for break time - no other snack is allowed.

12. Partnership with Parents

- Our partnership with parents is crucial in shaping how our children behave with regard to health.
- We advise parents on healthy options for packed lunches and discourage chocolate and fizzy drinks.
- It is unnecessary for parents to send any food into school except for snacks in Key Stage 2 and packed lunch boxes.
- To meet the aims of this food policy (e.g. religious, ethnic, vegetarian, medical, financial and allergenic needs) we do not accept any food to be shared in class.

13. Monitoring and Review

- The Whole School Food Policy will be monitored by the SLT.
- Regular reviews will be held by key staff to assess the implementation of the policy.
- We will seek the opinions and views of parents at Open Evenings.
- We will inform governors of outcomes at meetings.

Whole School Food Policy

Signed: _____

Designation: _____

Date: _____

Review Date: March 2026