



Our Mission Statement

Holy Trinity Primary and Nursery school is a Christian community in which pupils, staff, parents, governors and parishioners are working together, within a safe, healthy and stimulating learning environment, to achieve education of the highest possible quality, in order to prepare pupils to meet the challenge of their futures.

We celebrate the value of each child and set high expectations of them in our endeavour to sustain and develop their gifts and talents.

Date Adopted	
Signed (Governors)	
Signed (Headteacher)	
Date for review	

Rationale

Our school is an accredited healthy school (enhanced Healthy school Gold award 2016). It is important that we consider all elements of our work to ensure that we promote health awareness in all members of the school community.

We can provide a valuable role model to pupils and their families with regard to food and healthy-eating patterns.

Through effective leadership, the school ethos and the curriculum, all school staff can bring together all elements of the school day to create an environment that supports a healthy lifestyle.

Aims:

Proper nutrition is essential for good health and effective learning.

We aim to:

- Provide a consistent programme of cross-curricular nutrition education that enables pupils to make informed choices without guilt or anxiety.
- Provide a 'whole school, whole day' approach to nutrition that makes the 'healthier choices, easier choices'.
- Work in partnership with catering staff to ensure that nutritional standards are implemented by providing attractive, value for money meals that are appropriate to local needs.
- Work in partnership to achieve a pleasant and sociable dining experience which enhances the social development of each pupil, rewarding good behaviour through the 'Star Table' scheme.
- Involve pupils and parents in all decision making.

We aim to promote healthy & balanced eating by:

- Encouraging pupils to choose a variety of foods to ensure a balanced intake in line with the national nutrition guide – 'The Balance of Good Health' and the nutrient standards.
- Encouraging pupils to eat foods which are rich in vitamins, iron and calcium, in particular fruit, vegetables, meat, beans, bread and low fat dairy products.
- Encouraging starchy foods as a source of energy (such as bread, pasta, rice and potatoes) rather than fatty foods.
- Encouraging fruit juices, lower fat milk and sugar-free drinks.
- Discouraging sugary drinks and less healthy snacks between meals.

FOOD IN SCHOOL SPRING 2023

School Catering:

We believe that the subtle messages that pupils receive about food and health from the daily life of school are as important as those given during lessons, e.g. school menus, peer pressure to eat certain snacks in packed lunches. By working together, we promote healthier eating habits.

- School lunchtime menus are agreed between the school and catering staff. Local preferences are considered within the framework of the nutritional standards.
- All children are given a portion of vegetables as part of their meals. They are encouraged to try some, even if it is a small portion.
- Due to the large difference in calorie requirements between infants and juniors, portion sizes are adjusted accordingly.
- Subsidised milk is available at morning break times.

Breakfast:

Our before school provision offers children the option of a healthy breakfast.

Packed Lunches:

The school encourage parents to provide healthy packed lunches in line with this policy.

School will monitor packed lunches and advise parents if the policy is not upheld.

Mid-morning Snack:

In consultation with parents it has been agreed that the only snack children can bring to school is fruit or raw vegetables. This helps to reduce litter and ensures children still have an appetite for their lunch.

Drinks Policy:

- Children are encouraged to drink water at school particularly after PE, active play and in hot weather.
- Water is supplied constantly through the drinking stations in each KS1 and FS class and in the practical area in KS2.

Allergies

Please ensure that the office is informed of any allergies.

Please note that nuts are not allowed in school.

This includes

- Packaged nuts

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- Peanut butter or chocolate spreads containing nuts
- Cereal, granola or chocolate bards containing nuts
- Cake or biscuits containing nuts
- Peanut-based sauces like satay
- Any food made with sesame seeds (which can cause a similar allergic reaction)

The above list is not exhaustive. Please check the ingredient lists carefully.

School Ethos, Environment and Organisation:

The school recognises:

- The importance of lunchtime organisation on the behaviour of pupils. (This will inform OFSTED inspections).
- The value of promoting social skills.
- Teachers, caterers and lunchtime organisers work together to create a good dining room ambience and the development of appropriate table manners.
- Non-teaching staff are supported by the school behaviour policy.
- All reception and KS1 children are encouraged to have school meals to support the development of social skills and to promote acceptance of a wide range of foods. This has been provided free of charge from September 2014.
- Liaison with secondary schools provides an opportunity for the smooth transition to a cash cafeteria system.

Free School Meals:

The school recognises the particular value of school meals to children from low-income families. The system for free school meals is actively promoted to parents by the school and a non-discriminatory process is emphasised. From September 2014 free school meals have been provided for all Reception, year 1 and 2 children.

Treats and Rewards:

To ensure consistent messages, sweets are not used as rewards. Birthdays are celebrated through the 'Bookworm Club' and alternative methods of rewards are used, such as extra playtimes and 'Golden Time'.

Curriculum, Teaching and Learning:

- The National Nutrition Guide – 'The Balance of Good Health' is used across the curriculum. Pupils are given the opportunity to apply this to school meals / packed lunches.

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- Pupils are given the opportunity to taste, touch, smell and feel a variety of foods.
- Multicultural aspects of food are explored and linked with school meal theme days.
- Parents are encouraged to join in classroom cooking sessions.
- A member of the school catering team is available at Reception intake meetings.

Parental Involvement:

- Information about school catering is provided at parents' evening and in school newsletters e.g. menus, theme days, free school meals.
- Parents and governors are invited into school to eat lunch with children.
- Feedback from parents is invited both informally and through the yearly questionnaire.

Pupil Involvement:

- Regular feedback regarding school dinners is sought from pupils and this is used to improve school dinners.