

St. Matthew's C. of E. Primary School with Brunel Nursery School School Food and Nutrition Policy

Our Mission Statement

We aim to provide a positive learning experience in a safe and respectful environment. We strive to teach an inspiring and inclusive curriculum that promotes a love of learning. As a Christian school, we endeavour to develop the spiritual and moral values of all members of the St. Matthew's family, and a meaningful, loving relationship with God. We want our children to be cheerful and independent individuals who reach their potential and are proud of their achievements. We hope to develop confident, caring citizens who are well prepared to enjoy happy and rewarding lives.

Our motto: Live, Love, Learn

Responsibilities

The Governing body recognises the important connection between a healthy diet and a student's ability to learn effectively and achieve high standards in school. In addition the role a school can play, as part of the larger community, to promote family health and sustainable food practices.

The Governing body 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. Sharing food together and being grateful for food were behaviours that Jesus modelled and encouraged. As a Church of England Primary School we follow his example.

Aims:

To improve the health of pupils, staff and their families by helping to influence their eating habits, through increased knowledge and awareness of food issues, including what constitutes a healthy diet.

To ensure that all school food served throughout the day meets the Government's requirements for School Food Regulations – January 2015.

To ensure pupils are well nourished at school and that every pupil 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 pupils e.g. religious, ethnic, vegetarian, medical and allergenic needs.

To make the provision and consumption of food, an enjoyable and safe experience.

To demonstrate and encourage hospitality and gratitude.

To introduce and promote practices within school to reinforce these aims, and to remove or discourage practices that negate them.

Aims to be achieved by:

1. Giving thanks for food and those who provide it.
2. Providing a nutritionally balanced two course meal which contributes to the health of pupils and staff and promotes the benefits of healthy eating to the wider learning community.
3. Adopting a whole school approach to school food.
4. Increasing pupil's knowledge of the benefits of healthy eating as part of a healthy lifestyle.
5. Using fresh and wholesome ingredients secured locally, wherever viable.
6. Ensuring that staff preparing, cooking and serving meals are suitably trained and understand the basic principles of nutrition.
7. Providing facilities which are safe for staff and promote positive social interaction, allowing meals to be eaten in pleasant and safe surroundings.
8. Ensuring, wherever reasonably practicable, that meals meet the special dietary requirements of all pupils and staff.
9. Ensure an equitable provision for those entitled to free school meals, so as to encourage maximum uptake.
10. Ensuring that food served throughout the school day meets the requirements of the School Food Regulations of 2014
11. Ensuring that fresh drinking water is readily available during the luncheon period and throughout the school day.
12. Setting a pricing policy that reflects the needs of the school, staff and pupils.

Methods:

1. Establish an effective structure to oversee the development, implementation and monitoring of this policy and to encourage a participatory approach to achieving the objectives.
2. Ensure the Food and Nutrition Policy is understood and made readily available to all those involved in the health and wellbeing of pupils.
2. Integrate this Policy within the School's Development Plan and to ensure that regular performance targets are set and monitored including the uptake of paid and free meals.
3. Develop an understanding and ethos within school of safe, tasty and nutritious food through both education and example.
4. Create an environment, both physical and social conducive to the enjoyment of safe, tasty and nutritious food.

Last reviewed: November 2019

Next review: November 2022