

# HOLY TRINITY C of E PRIMARY SCHOOL

EAST FINCHLEY

LONDON, N2 8EA



*'At Holy Trinity School we promise to provide opportunities for every child  
to be the best that they can be.*

*We aim to create a happy and secure Christian environment in which children can grow in confidence  
and independence.*

*We strive for excellence in teaching and learning to achieve high  
standards together.'*

*Our vision is to create a family rooted in love for one another where children and adults can  
flourish and achieve their potential to reach their own spiritual, academic and personal goals.*

***"Love one another. As I have loved you, so you must love one another" John 13:34***

Policy Name: **Whole School Food Guidelines**

<b>Sub Committee to review</b>	CPC
<b>Target Audience</b>	All staff, parents, Governors
<b>Curriculum / non curricular</b>	Non curricular
<b>Associated Policies / Documents</b>	Safeguarding, Behaviour and Anti-Bullying, Equality Policy, PSHE
<b>New Policy or Review of existing policy.</b>	Review
<b>Date of Submission</b>	July 2019
<b>Date for Review</b>	July 2024
<b>Reviewed</b>	Every 5 years

We are committed to promoting a healthy diet and to giving all our pupils consistent messages about all aspects of health to help them understand the impact of particular behaviours while encouraging them to take responsibility for the choices they make.

<https://www.unicef.org/child-rights-convention>

#### **Article 24**

Every child has the right to the best possible health. Governments must provide good quality health care, clean water, nutritious food, and a clean environment and education on health and well-being so that children can stay healthy. Richer countries must help poorer countries achieve this.

The school encourages children to eat a variety of five portions of fruit and vegetables a day, which has been shown to reduce the onset of certain life-threatening conditions, as well as being helpful in tackling and preventing childhood obesity.

#### **Rationale - Why have a whole school food policy?**

In the last 30 years there has been a dramatic increase nationally in adult diseases such as diabetes and heart disease and an increase in adult obesity. These are related to a poor diet as a result of dietary imbalance. We are now beginning to see children developing symptoms of these diseases whilst still in childhood.

We also know that if children's diets are inadequate or provide insufficient fluid their performance at school will be affected due to difficulty in concentration and being more likely to be absent from school through ill health.

As a result of these increasing concerns healthy eating has become a core part of the [Healthy Schools London awards programme](#) and in order to fulfil this, healthy schools will be required to have a whole school food policy. This will ensure that the school meets the standards for the awards, offers consistent messages relating to nutrition that are appropriate to the school and is able to communicate these to the whole school community.

It is important that we consider all elements of our practice to ensure that we promote health awareness for all members of the school community. We aim to provide a valuable role model to pupils and their families with regard to food, the growing/farming/cooking of food produce and healthy-eating patterns and behaviours. Through effective leadership, the school ethos and the curriculum, all school staff can create an environment that supports a healthy lifestyle.

#### **Aims and Objectives**

- To ensure that we are giving consistent messages about food and health
- To give our pupils the information they need to make healthy choices- teach them about food groups and encourage them to eat a variety of food
- To promote health awareness
- To contribute to the healthy physical development of all members of our school community
- To teach children about the nutritional value of food
- To teach pupils where food comes from and how it is grown

This whole school food policy takes account of the requirements of the Government published School Food Plan, for standards of school food.

<http://www.schoolfoodplan.com/>

We are a multi-cultural one form entry Church of England School with a Nursery. Holy Trinity CofE School serves a community which is diverse in its cultural, social and economic constitution. Children at the school come from different ethnic backgrounds, different religions, different socio-economic backgrounds and speak different languages. The food children eat in school is very important for their education. Not only does a well-balanced diet help with general health but establishing healthy eating habits at a young age can give them knowledge for the future.

Holy Trinity CofE School:

- has hot meal provision
- has no vending machines
- children are encouraged to bring in a healthy mid-morning snack (in addition to the free milk provided for under-fives and free fruit for KS1)
- does not have a tuck shop
- does have breakfast provision
- provides cooking experiences within the school curriculum
- has easy access to free, clean, palatable drinking water for pupils
- children are encouraged to bring water bottles to school

### **Foundation Stage and Key Stage 1**

All children under five years old are entitled to free milk. All EYFS and KS1 classes have a snack of fruit or vegetables.

### **School lunches and packed lunches**

All our school meals are provided by a contract with Caterlink. Fruit and vegetables are available each day as a choice for the children. They provide a meal which pays due regard to nutritional balance and healthy options. There is a daily salad bar which offers a wide choice of cold salad items including pasta, rice or potato salads and bread. There is a vegetarian and non-vegetarian option. The School Cook has been invited to attend School Council meetings in order to discuss preferences with our pupils. Alternatively, children can bring a packed lunch to school.

Holy Trinity endeavours to ensure that pupils' packed lunches are healthy and nourishing as we recognise the importance of a nutritious, balanced diet for pupils' health and well-being. The school will work with the pupils and families to encourage healthier choices. On occasions, packed lunches may be monitored for their content. Children cannot bring fizzy drinks or sweets within their packed lunch.

Each KS1 pupil is entitled to a free school meal and in Key Stage 2 children pay for a hot meal from the school kitchen, unless children are in receipt of a free school meal.

### **Dietary Requirements**

Holy Trinity CofE School endeavours to identify the special dietary requirements (consider medical/allergenic/cultural/religious/ethical requirements) of our pupils and staff through pupil information forms, conversations with parents, staff and pupils, consultation with school council and questionnaires. In response to these dietary requirements we ensure that food and drink provision throughout the school day reflects these requirements.

### **Water for all**

During school meal times only drinks which comply with the Whole School Food Plan Guidelines may be consumed. If children bring in a sugary drink, they will be asked to take it home and we talk to parents and carers and remind them of the food policy.

We have water fountains in the playgrounds and children are encouraged to drink water regularly throughout the day and have water bottles in class. All classes have water suitable for drinking.

### **Dining Room Environment**

At Holy Trinity, we aim for a welcoming dining environment that encourages the social interaction of pupils.

In the dining room we have ensured there is a welcoming atmosphere by:

- providing communal tables to encourage a positive social atmosphere
- having displays around the walls
- improving the relations between MTS and pupils through education and training;
- presenting the daily menu in the dining room for pupils to see
- having menus on the website for parents to access
- having Y5&6 monitors help to clear plates and left over food

### **Other Issues**

- Sweets or chocolates are not encouraged in school. Cake and sweets are not to be given out for birthday celebrations
- The use of sweets for rewards is not permitted. Instead, children are rewarded with stickers, praise, visits to other classes to celebrate their work and phone calls home to parents.
- During SATs week all year 6 pupils are offered a free breakfast paid for by the HTSA.

### **Food across the Curriculum**

In EYFS, KS1 and KS2, we are weaving food education across the whole curriculum. There are a number of opportunities for pupils to develop knowledge and understanding of health, including healthy-eating patterns and practical skills that are needed to understand where food comes from such as; shopping, preparing and cooking food.

**Literacy** provides children with the opportunity to explore poetry, persuasion, argument and narrative work using food and food-related issues as a stimulus, e.g. writing to a company to persuade them to Fairtrade goods in children's food and drink, food diaries, writing instructions etc.

**Maths** can offer the possibility of understanding nutrition labelling, calculating quantities for recipes, weighing and measuring ingredients.

**Science** provides an opportunity to learn about the food groups available, their nutritional composition, digestion and the function of different nutrients in contributing to health, and how the body responds to exercise.

**Physical Education** provides pupils with the opportunity to develop physically and to understand the practical impact of sport, exercise and other physical activity such as dance and walking. Children take part in Walk to School days/weeks. There are a large number of before and after school sports clubs. School visits provide pupils with activities to enhance their physical development, e.g. to activity centres.

**RE** provides the opportunity to discuss the role of certain foods in the major religions of the world. Children experience different foods associated with religious festivals.

**ICT** can afford pupils the opportunity to research food issues using the internet and other electronic resources. Pupils design packaging and adverts to promote healthy food choices. They can record results of a food survey and write website reviews

**Art** sessions may include observational drawing of food, healthy eating poster/lunchbox design.

**PSHE** helps children to consider cultural diversity, menu planning, nutrition, encourages young people to take responsibility for their own health and well-being, teaches them how to develop a healthy lifestyle and addresses issues such as body image.

**Design & Technology** children can participate in healthy eating, cookery workshops, designing tools, Food Technology and hygiene.

**Geography** shows children what food grows where, transporting food, waste/recycling and sustainability. It provides a focus on the natural world and changing environment, offering the chance to consider the impact our consumer choices have on people across the world that rely on growing food as their source of income. Through global studies children are able to appreciate the lives and cultures of people across the world.

**History** allows children to look at past diets and discoveries.

**Singing** can provide pupils with the opportunity to celebrate food for example in our Harvest Festival.

### **Partnership with Parents and Carers**

The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Each must reinforce the other. This is not always easy but our school is well placed to lead by example. Parents and carers are regularly updated about food at school through newsletters.

During HTSA events, for example, Summer Fairs etc., the school encourages multicultural foods at events. We also ask parents to consider health and safety with regard to food, for example, No nuts in cakes at cake sales.

Information about school meals and food is shared with parents via the Holy Trinity CofE School website.

