
St. Mary's CE Academy

'Excellence through faith & learning'



Whole School Food Policy

*"I have come that they may have life,
and have it to the full."*

John 10:10

**Reviewed: September 2026
Next Review: September 2027**



Food Policy

Introduction:

At St Mary's Church of England Academy, we aim to provide a caring environment where every child can thrive and is supported to achieve their unique & amazing potential as a child of God. As such, this means that we want our Whole School Food Policy to ensure that our children are happy & healthy as a result of the good food & eating habits that they develop whilst with us.

At our school, we are committed to giving all our pupils consistent messages about all aspects of health to help them understand the impact of particular behaviours and attitudes. We encourage them to take responsibility for the choices they make.

This policy should be read alongside the school's Personal, Social and Health Education (PSHE), Anti-Bullying & Equality Plan.

St Mary's supports the Government's '5 a day' and the Change4life Campaigns to encourage children to eat at least 5 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:

St Mary's is entirely committed to being a healthy school. As such, 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. The school 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, the curriculum, and working with parents, all school staff can bring together all elements of the school day to create an environment which 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
- To promote health awareness
- To contribute to the healthy physical development of all members of our school community
- To encourage all children to eat a well-balanced, healthy diet.

Settings for Food Policy:

St Mary's meals are cooked freshly on site every day by The Pantry.

School Lunches & Packed Lunches:

All our school meals are provided by The Pantry. This includes the use of fresh fruit and vegetables each day as a choice for the children. They provide a hot and cold option, both of which pay regard to nutritional balance and healthy options. Some children bring a packed lunch to school.

In our science & PSHE curriculum we highlight healthy choices and focus on what constitutes not only healthy meals but snacks and packed lunches too. Whilst we hope that children will think for themselves requesting nutritious and healthy options for their own packed lunches, we also have a Healthy Lunch policy & encourage a 'No chocolate, crisps or sweets – save these as a special treat!' rule.

All children are encouraged to eat their meals in a supportive & positive manner by our lunchtime supervisors. Those children who bring in a packed lunch from home are also encouraged to take home any uneaten items in order that parents / carers can see how much has been consumed.

We continue to endeavour to improve and maintain a dining environment which is conducive to a relaxed and social dining atmosphere & want it to be a quality experience for all of our children.

In order to protect those children who may have a severe allergic reaction to nuts, St Mary's aims to be a 'No Nuts' school. Where a child may have other allergies relating to food, then an individual care plan is drawn up with parents to ensure that the necessary staff are informed. This information will be updated onto Medical Tracker. The Pantry recognises all allergies and operates a system for parents to choose safe foods for their child. Photographs for easy identification of such children are also displayed in the school office & in the school kitchen in order that children were not exposed to foods containing allergens.

Water for all:

Water is freely available throughout the school day to all members of the school community. Children drink their water whenever they need to by bringing bottles to access water in the classroom. Cups are also available to borrow in every class. We ask parents not to send in fizzy drinks.

Snacks:

We continue to request that children only bring healthy snack such as fruit plus only water to drink. For medical reasons there may be exceptions to this principle for individual children.

Birthday cakes: Will be cut up and sent home and then parents can decide at home if their child can eat the cake.

Food across the Curriculum:

In class & across the curriculum, there are a number of opportunities for pupils to develop knowledge and understanding of health, including healthy eating patterns and some practical skills such as planning, preparing and cooking.

- Science provides an opportunity to learn about the types of food available, their nutritional composition, digestion and the function of different nutrients in contributing to health and how the body responds to exercise.
- 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 or cultures.
- PSHE encourages children to take responsibility for their own health and wellbeing. It teaches them how to develop a healthy lifestyle and addresses issues such as body image. Pupils are able to discuss issues of interest, e.g. the power of advertising, peer pressure, global food and poverty issues and the need for sustainable development & the aims of fair trade campaigns.
- Geography 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 who rely on growing food as their source of income.
- History provides insight into changes in diet and food over time.
- Physical Education provides pupils with the opportunity to develop physically and to understand the practical impact and benefits of sport and exercise and the need to consider food intake in relation to energy.

Partnership with Parents & Carers:

At St Mary's, we know 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, carers and pupils are regularly updated on our school lunches, water provision and packed lunch recommendations through school newsletters.

The Role of the LSB: To note the policy.