



## St Joseph's Primary School

### School Food Policy

A healthy diet plays a vital part in a child's wellbeing and their ability to learn effectively and achieve. By working in partnership with our parents and carers, we believe that we can help to improve children and young people's health and wellbeing by increasing their knowledge and understanding of food and help them to make healthy food choices.

As a school we aim to ensure that we provide healthier food and drink options at all times of the day, whilst taking into account individual needs such as cultural, ethical and medical.

We recognise that it is vitally important that children and young people eat well and understand that:

- What children eat today shapes how they'll eat for the rest of their lives.
- Too many children aren't getting enough of the right foods to eat – and too little of the foods that help keep them healthy.
- When children eat better, they do better – they are in a better position to reach their full potential
- Being able to cook is an essential life skill.
- Eating good food is one of life's real pleasures: every child should know how it feels to enjoy a tasty meal.

In order to achieve this we adopt a whole school approach to food provision, food education and pupils' experience of food by:

- Working in partnership with school food providers, catering staff, pupils, families and partners. - Ensuring that the food choices provided at school meet nutritional requirements as outline in the Nutritional Requirements for Food and Drink in Schools (Scotland) Regulations 2020.
- Ensuring that our approaches are based on current dietary advice and guidance in order to ensure that we equip our pupils with the skills and knowledge required to make well informed choices.
- Ensuring that we have a consistent whole school health promoting approach in which all stakeholders are aware.

#### **Responsibility of All**

This policy is relevant to everyone involved with food and drink on our school premises. Food education, meeting national standards and delivery of a robust Health and Wellbeing curriculum is the responsibility of all at St Joseph's Primary.

#### **Food Provision**

##### **Morning Snack:**

We are a health promoting school and encourage our families to make healthy and nutritious choices when planning ahead for snack. We encourage families to take part in different healthy eating initiatives including Wrapper Free Friday. Our school tuckshop, which is run by our catering team, provides a variety of nutritious snacks which meet the nutritional regulations.

##### **Mearns After Care Service**

Mearns After Care Service is a private company that operates in the school building before and after school each day. They provide a variety of breakfast/snacks, all of which meet the nutritional regulations.

**School Lunches:**

We operate a cashless system for school tuck and lunches which ensures dignity for all pupils. We ensure our dining hall fosters an ethos of community and enjoyment of eating with others. There is always a member of the Senior Leadership Team supervising the dining hall and some of our Pupil Support Assistants provide one to one support for individual children where required. Our Primary 7 pupils are effective Primary buddies model positive behaviour and lunch time routines to our new Primary 1 pupils at the start of the term.

Our catering manager and admin team work closely together to ensure that all allergy and dietary requirements are known and prepared for and this is also shared with the wider staff team.

Our school lunch menu is displayed in our school lunch hall, in all classrooms and is available to all parents via our school website.

**Packed Lunches:**

As a health promoting school, we ensure that we encourage our families to provide suitable, healthy packed lunches for pupils. We support families with this and provide information by providing healthy packed lunches through our health and wellbeing curriculum.

**Water:**

We encourage all pupils to drink water each day. Children are encouraged to drink more after physical exercise and on warm days. Water is available at break and lunch time in the dining hall and water coolers are available for children to refill their bottles throughout the day. We do not permit diluting juice in classrooms and insist that only water is provided in school water bottles. We believe that access to drinking water:

- Promotes good health and wellbeing amongst pupils, staff and other adults.
- Reduces tiredness, irritability and distraction from thirst.
- Can have a positive effect on pupils' concentration throughout the day.
- Raises awareness of the importance of adequate fluid intake as part of a healthy, active lifestyle.
- Demonstrates to parents, carers and the local community that the school values pupils' health and wellbeing.

**Food Waste:**

Our Eco Committee is working hard to reduce litter in the school grounds and surrounding areas. They promote sustainable packaging of foods (e.g. reduce disposable plastic through promotion of Tupperware) and encourage all members of the school community to recycle where possible. Our Eco Committee works with our catering team to ensure that all lunch hall food waste is collected correctly. We are committed to ensuring that there is minimal food waste and that all packaging and food waste are disposed of sustainably.

**Rewards and Celebrations:**

End of term or special celebrations are a time where we will provide a treat for the children across the school. Staff are aware that this is a school wide planned occasion and do not provide classroom treats on an individual basis. This allows us to closely monitor the sugar content and frequency of treats. There is a maximum of 4 times in the year where treats will be provided to pupils. The events are - Class Christmas Parties, Halloween Howl, End of year and P7 Leavers Celebration Day (P7 pupils only).

**Food and Health Technology:**

Staff should plan and provide learning experiences for children that develop their understanding of a healthy diet and their ability to make healthy food choices, to establish lifelong healthy eating habits. At St Joseph's, children should have the opportunity to participate in handling experiences, which provide children with the opportunity to demonstrate food preparation techniques in a progressive way. Children should also have an understanding of safe and hygienic practices when preparing food and have the opportunity to prepare a range of different types of food.

**Policy Review Date:** October 2025