

ST PETER AND ST PAUL CATHOLIC PRIMARY SCHOOL FOOD POLICY

Date: December 2025

Date to be reviewed: December 2026

Aims

As a Healthy School we want to ensure that we promote the health and well-being of the whole school community through all aspects of food and nutrition and provide consistent messages to pupils, parents and staff. Through all aspects of school life, we aim:

- To promote health awareness
- To give our pupils the knowledge and skills they need to be able to make healthy choices
- To ensure that we are giving consistent messages about food and health across the school day
- To ensure the food and drink available across the school day reinforces the healthy lifestyle message and food brought in are in line with the food provided
- To include the whole school community in the promotion of healthier lifestyle

Responsibility for food in school

Tracey Peters has overall responsibility for food provision and education, including overseeing that the policy is implemented.

Tracey Peters is responsible for overseeing that school food meets current guidelines for school meals, the dining room environment and packed lunches and food other than lunch (incl. breakfast club **and food at after school clubs**), and maximising take up of free school meal entitlement.

Michelle Bessant leads on cooking skills supported by Theresa Pryce.

Whole school community

Pupils

- Pupils have a voice through school council where school meals and the dining room environment are discussed regularly.
- Pupils are sent the menus home and feedback from pupils is received through parents comments in parent and pupil surveys. Parents are sent a healthy pack lunch flyer and there are links for NHS pack lunch menu. TO ENSURE THEY KNOW WHAT A HEALTHY LUNCH LOOKS LIKE.

Staff

- All staff should be aware of the policy and understand their role within it ensuring that teaching across the curriculum is consistent with the aims of the food policy.
- Staff are aware of the importance to role model healthy behaviours and how their food choices impact on children's perceptions.

TAs are encouraged to attend to support the delivery of the cooking skills curriculum and look after the technology room. There is access to fruit and vegetables in the staff room every day. Sweet foods are only shared on Fridays and Christmas.

Parents

- Menus are sent home termly. Caterlink provides tasters sessions of school lunch dishes for parents. Parents are invited to provide feedback on the meals.
- Children take food home they made in class. Parents give feedback on children's preference of the food.
- **The school invites parents to sample school lunches and to sit with their children.**

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- Parents adhere to the packed lunch guidance: no fizzy drinks, chocolate and a packed lunch should contain a savoury item, either a juice or water. The school only allows water with packed lunches, all children have the option of water or milk in the dining room.
- The school organises the summer fair where parents bring in food to share and the PTA organises termly cake sales. **The PTA have broadened the cake sales to include other diverse foods giving parents healthy options in supporting the school.**

Governors

- ***Is there a governor with oversight of food provision and food curriculum?***
- ***This governor responsibility could extend to having an oversight of all aspects of a Healthy School.***
- ***Governors are invited to special lunches (Christmas) when they have an opportunity to sample food whilst on governor's business.***

Food consumed on the school premises

All food served at the school on a regular basis between 8am and 6pm meets the mandatory school food standards and there is a process in place to ensure that the provision is coordinated across all food and drink outlets. Food served at breakfast clubs, fruit at mid-morning break **and after school clubs** all meet the statutory food-based standards for school food other than lunch. The school has completed the checklist to show compliance.

Islington council ensures that the lunches served by Caterlink meet the statutory nutrient and food-based standards for school lunches.

Breakfast

- The school has a breakfast club for working parents.
- Food served includes breakfast cereals such as Cheerios (consider replacing for a lower sugar cereal), rice krispies, cornflakes with skimmed milk and bread (50/50) with a fat spread, jam or honey.
- Children have been subsidised when a vulnerability was identified. Currently no children have been identified.

Snacks

- School is part of National School Fruit and Vegetable Scheme (NSF&VS) EYFS and KS1 children have their item of fruit during morning/afternoon break.
- **As part of NSF&VS, dried fruit is provided for the first day after each holiday. This is conflicting with the current oral health messages about not providing dried fruit as part of a snack due to the risk of tooth decay. The school can circumnavigate this by using the dried fruit as part of breakfast or cooking classes on these occasions.**

School meals

- The school is part of the council school meal contract and all children are offered a free school meal.
- Ten percent of children at the school bring in a packed lunch (17 out of 169), or school meal take up is 90%, of those bringing in a packed lunch 5 children (3% are eligible for free school meals).
- **Sharing menus with all families.** Children can choose to have a school meal or packed lunch each term. Caterlink provides taster sessions for parents and children. Children are encouraged to try a little of foods they may not be familiar during school lunches.
- School buddies help in the dining room to keep the environment clean and sit with children who have had medical appointments to keep them company.
- The dining room is a pleasant environment but can be noisy. Playing music is sometimes successful.

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- Tracey eats in the dining room once a week with children from nursery to year 6 who have been shown excellent behaviour or excelling in their work in class room and showing good manners throughout the day. It is known as Top Table.
- Nursery children have a family style eating environment with teachers sitting down and eating with them in the dining room. The two-year-olds provision incorporates adults and children sitting together downstairs. **(Parent volunteers, maybe included if they are in the process of settling in their children to establish good eating habits and routines).**

Equal opportunities and inclusion

- School food caters for relevant religious and cultural food requirements.
- Pupils with disabilities within the school are adequately catered for in the dining room. These pupils have access to adapted cooking equipment where required.
- The school will ask parents if the perspective pupil has any allergies to food items. This information is shared with catering staff and relevant teaching staff and will be taken into account when serving food or during cooking lessons and parties and celebrations. Parents are reminded to keep school informed of any changes in food allergies.
- The school works with parents and catering to ensure that pupils who have allergies or are diabetic can still access school lunches.

Packed lunches (see appendix 1)

- The school works in partnership with parents to encourage healthier options being included in packed lunches brought from home.
- Packed lunches include a savoury item and do not include fizzy drinks or chocolate. **Packed lunches have water only to make it consistent with school dinners. This is also communicated to parents for school trips via parent mail and class permission letters.**
- **Healthy packed lunches are monitored by Katie Hankins who requires all teachers to give her an updated list to see which parents are opting for packed lunches rather than a school dinner.**

After school clubs

- After school club has a menu. Foods provided include pitta, humous, carrots, cucumber, tomatoes, crumpets, toast (50/50), flora light butter, wraps, cheese (cheddar and Philadelphia), yoghurt, fruit and vegetables. **Instead of Jaffa cakes, pancakes and waffles are sometimes served as well as other bread type produces such as malt loaf, tea bread, fruit bread or rice cakes. Sliced processed ham does not meet the standards, sliced ham gammon would. Yoghurt is best served plain with the option of adding fresh fruit, tinned fruit in juice or stewed fruit.**
- **Find out if children bring in food or are provided with a snack if they attend football club?**

Drinks policy

- Children are encouraged to drink a water bottle with them. The water bottles are labelled and kept on a tray in the classroom. **Best practice is to have a water on desk policy so children have constant access to water and are reminded to drink it to keep hydrated by sight.**
- Teacher's role model drinking water in class and in the EYFS, Key stage 1 and 2 playgrounds.
- There is a water fountain in the Key stage 1 and 2 playgrounds. On the Key stage 2 floor there is water for the children to fill up their water bottles. Spare cups are available in classes for children who forget their bottles.

Food before and after school

- In Nursery, parents picking up their children have healthy snack boxes such as cherry tomatoes and vegetables. What happens across the rest of the school?

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- Think about taking a photo of children having a healthy snack and the photo put on the notice board 'Wow, you've been caught having a healthy snack' or included as part of reward system to have lunch with the headteacher.

Bake stalls (see appendix 2)

- The PTA organises regular cake sales for fundraising. The PTA to consider how else to fundraise so that the school meets the statutory standards for school food and is consistent with a healthy school. The PTA could organise other fund raising events such as selling other items that are not food, children to fund raise by doing a read-a-thon, busking, taking part in running to raise money. Bake sales can be held once per half term. Ideally the range of food would also include savoury items (bread, savoury snacks and/or fruit) so that parents/children do not have to buy cake to support the school.

Birthdays, festivals, celebrations, and events (see appendix 3)

- Parents are encouraged to provide a food basket to share in the class. Cakes are not accepted.
- At school parties, such as Christmas party, parents are invited to bring in specific items such as popcorn with a focus on savoury items. **To consider providing water only at parties.**
- **School to consider just a fruit party at Christmas for example to have even energy across the party and children going home who are not hyper. Dissociate fun with unhealthy food, to teach that we can have fun at parties serving healthy food and water.**

Rewards and prizes (see appendix 3)

- The school does not use food as a reward or for prizes as this would give these items a special value. Other items are used instead such as stickers, certificates, lunch with the headteacher.

Primary food and cooking skills education

Teaching pupils how to cook is an important part of our whole school approach to health and wellbeing. It is a perfect tool to captivate and stimulate pupil's interest and enjoyment of food as well as building self-confidence. Every child in each year group has a minimum of 3 cooking opportunities. The school provides the ingredients for the cooking skills lessons.

- Teaching depends on class teacher and it can be whole class based or in small groups.
- Sometimes parents come in to help with cooking. **The school could consider setting up a parent bank to help with lessons in cooking skills. Parents would have been taught knife skills and safe cooking with children, have DBS checked, and be available to support teachers across the school.**

Primary curriculum

- The school has implemented the Cooking Matters Scheme of Work, using the suggested recipes to teach progressive cooking skills across the years. All staff have access to the drive which has a hard copy of The Cooking Matters recipe and progressive skills from Nursery to Year 6. The shared Cooking /Music room also demonstrates cooking skills and recipes on cooking display boards.
- **Where in the curriculum and in which year groups are pupils taught other aspects about food: a balanced diet (using the eatwell guide), oral health, food safety and hygiene, planning and budgeting? Check curriculum for science, PSHE, cooking curriculum**
- Pupils learn about where food comes from, how it is grown, and seasonality of ingredients. Children learn about harvest and food growing through the topics.

Teaching and learning

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All cooking skills lessons enable children to develop food and cooking skills alongside safe and hygienic food practices and consumer awareness. Understanding the principles of healthy eating are a central part of learning within our cooking skills curriculum. We use a variety of recipes and ensure that each lesson provides ample opportunities for children to develop practical skills. The school has identified a room as a cooking room which is now being refurbished. Theresa to carry out risk assessments as per Cooking Matters guidance in relation to the use of knives, cookers and hobs, and electrical equipment.

Monitoring and evaluation

- The school will have a timetable for each class to use the cooking room. They will need to sign out the room to check that everything is left hygienic and in order.
- Senior leadership team will carry out observations to monitor the quality of teaching and learning in line with other subjects.
- **To implement cooking assessment in KS1 and KS2 (smiley faces sheets).**

Food safety and cooking facilities

- A multi-purpose room has been adapted to include a cooking space alongside music. The room and equipment is monitored by Ms Pryce. The teacher with overall responsibility for cooking skills teaching in the curriculum is Ms Bessant.
- Staff using the cooking space will have to sign out at the end of the session to ensure that the room is kept safe and clean and knives stored safety away.

Other areas of the curriculum

- When food is taught / used in other areas of the curriculum consideration is given to ensure that teaching and learning is consistent with the aim of the food policy, for example during enterprise week.

Supporting more vulnerable pupils

Supporting pupils who are entitled to free school meals

- We are working towards all children who are entitled to a free school meal taking up that entitlement and the pupils choose a balanced meal. **The school has identified children eligible for free school meals who are not taking up their entitlement and for the school to find out why they are not accessing their free school meals.**
- Identified children have access to free breakfast.
- **Partner with Felix project**

Supporting pupils with health issues which impact on their food consumption

- The school works with caterlink to ensure that children can access school meals regardless of medical conditions impacting on their food requirements.
- School nurse, school secretary and the school cook have worked together very closely to identify children with allergies and the need to adapt the menus to suit.

Supporting pupils and their parents / carers where weight might be an issue (see appendix 5)

- The school is working towards being a healthy school and creating a healthy environment for the children and staff.
- Leaflets are displayed in the reception area. **The school to make use of the free Change4Life resources that arrive with the NSF&VS in January (healthy eating) and July (physical activity).**
- All staff share concerns about children in their class in a dedicated staff meeting and discuss steps to take to support the families. **Staff to take into consideration weight and unhealthy habits more regularly as part of these meetings (children brought to school in a**

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pushchair/pulled along on a scooter, multiple teeth extractions, breathlessness not related to asthma or illness and to consider best options for families to address issues.

Other aspects of school life

Informal curriculum / extra curricular activities

- After school club might use cooking equipment. What do they prepare? Focus on savoury food, no more than 1 in 4 recipes can be sweet.
- School meals organises themed lunches, such as Chinese New Year.
- School meals and packed lunches are covered in assemblies and by teachers in the classroom.

Toilets

Children are free to use the toilets when they need to (after informing their teacher).

Sponsorship and fundraising

- The school does not use nutrition education materials with corporate logos or advertising.
- The school will only use vouchers or other reward schemes if the company involved promotes healthy lifestyle in line with the school's food policies.