



**This policy was written in the light of our Mission Statement, “Working together in the light of the Lord”.**

We recognise that good nutrition is essential if our pupils are to achieve their potential in life. We will help pupils to develop a positive attitude to Healthier Eating through the curriculum, food provision and links with families and community.

### AIMS

- To ensure that all aspects of food and nutrition in school promote health and wellbeing of pupils, staff and visitors. We aim to teach pupils ways to establish and maintain life-long healthy and environmentally sustainable eating habits.
- To enable pupils and staff to choose healthier meals in school.
- To help pupils and staff to understand the importance of a healthy and safe diet in the context of a healthy lifestyle.
- To ensure that everyone understands what healthier choices are.

### OBJECTIVES

- To run a healthy breakfast and After School Club, serving healthy food and snacks.
- To work closely with the Kitchen Manager and LBC Catering (if appropriate) to ensure that food being served at lunchtime is consistent with overall policy. To have a food week in school to promote healthy eating and drinking messages.
- To ensure that teachers/Care Club staff responsible for food in school have basic food hygiene training.
- A planned programme of food and nutrition will be delivered as part of the curriculum. This is mainly delivered through the Science curriculum and PSHE.
- Healthier Eating will be promoted in a consistent way by all teaching and non-teaching adults in the school.
- The ‘dining room’ menu will provide healthier options, which will be actively promoted. This will include all food provided through the school kitchen.
- Pupils and staff will be treated with equal respect in the dining room and encouraged to eat socially and without excessive time pressure.
- Suitable facilities will be available for pupils and staff to eat packed lunches.
- Pupils and staff will have access to drinking water.
- Healthier packed lunches will be promoted and measures taken to promote safe storage.
- Posters are displayed in both dining areas to promote healthy eating.
- Parents are reminded of appropriate content for a healthy lunch box. See Appendix 1 (letter to parents).
- Sweets, as treats, will not be used to reward.
- Food provided for school functions will meet healthier eating criteria.
- All educational materials related to food should be up-to-date, accurate and unbiased.

**How we will meet these objectives:**

- Discussion at School Council.
- Include, if applicable, any healthy eating issues in the School Plan.
- Establish a working party to plan food week activities from several groups involved in the school community.
- CPD – Food hygiene course for all Care Club staff.
- School is accredited with the healthy school award and this is reviewed by the Science team every 3 years.

**Monitoring and Evaluation:**

- Science Team to monitor plans and evaluate the coverage of food and nutrition across the school.
- Breakfast Club Play Leader to report on number of children using the service and children/parents views to be collected.
- Food week: Head Teacher to present certificates in assembly



# St Martin de Porres Catholic Primary School

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*St. Alban  
Catholic  
Schools'  
Partnership*

Dear Parents

**Appendix 1**

## **Re: Promoting Healthy Eating – Contents of a Packed Lunch.**

As part of our healthy schools programme here at the school, and in line with our Healthy Eating Policy, we monitor the contents of the packed lunches that are coming into school with the children so that we can promote and encourage healthy eating. Your child has come into school today with one (or more) of the following banned items in their packed lunch:

- Chocolate
- Sweets/Confectionary
- Fizzy Drink
- Other Item as detailed: .....

We would like the children, who have packed lunches, to be encouraged to have the healthier option in their packed lunches. As we know from research undertaken by the Schools Food Trust, eating a healthy school lunch can positively affect children's learning in the classroom and as you will be aware there is an increasing concern about the rates of obesity and health related problems in children.

An example of a healthy packed lunch would include:

- Sandwich/roll/wrap (savoury not sweet).
- Piece of fruit/fruit salad (cut into small pieces).
- Yoghurt.
- Raw vegetables (such as cucumber, tomatoes, peppers etc).
- Muesli/granola bar.

More information on healthy eating can be found on the following website:  
[www.childrensfoodtrust.org.uk](http://www.childrensfoodtrust.org.uk).

We will continue to work with the children to help them to understand the benefits that healthier eating will bring them.

Thank you for your continuing support.

Yours sincerely

J P Carroll  
Head Teacher