

St. Mary's College



School Food Policy

College, Preparatory School
and
Early Years Department

All sites collectively referred to in
this document as the 'College'

2024/2025

St Mary's College

School Food Policy

As a school, we pride ourselves in providing the best education to your children, within available resources, whilst attending our school. We extend this ethos by promoting healthy eating patterns to our children at school, by taking a more pro- active approach to improving the health and wellbeing of children. We seek to educate our pupils so they can make the right choices both now and in the future.

Process

This policy was discussed by the School Nutrition Action Group (SNAG) at the Preparatory school comprising of teaching staff, parents, governors and catering staff and the School Council at the College.

Aims

Proper nutrition is essential for good health and effective learning. We aim to:

- ensure that we are giving a consistent message about food and health through a comprehensive food policy
- give our pupils the information they need to make healthy choices through the curriculum and food offered. Dietary advice will be displayed on posters around the school.
- work in partnership with catering staff to ensure that nutritional standards are implemented by providing attractive, value for money
- achieve a pleasant and sociable dining experience which enhances the social development of each pupil.
- provide a mechanism for pupils and parents to feedback and contribute to the School Food Policy

We aim to promote a healthy & balanced lifestyle by:

- encouraging pupils to choose a variety of foods to ensure a balanced diet in line with national nutritional guidelines and the School Food Plan
- educating pupils to develop an understanding of the relationship between a healthy diet and physical activity for their short and long term well-being. This is promoted across the curriculum but in particular in science and physical education lessons, educating pupils of the reasons for exercise and a healthy lifestyle.

- discouraging sugary drinks and less healthy snacks between meals.
- encouraging pupils to choose a variety of foods to ensure a balanced diet in line with national nutritional guidelines for their packed lunch

School Catering

We believe that the subtle messages that pupils receive about food and health from the daily life of school are as important as those given during lessons, e.g. school menus, peer pressure to eat certain snacks in packed lunches. By working together, we promote healthier eating habits.

- School lunchtime menus are agreed at the SNAG /School council and discussed at PHSE sessions in line with the school food standards. Menus will be displayed on the school website
- Termly theme days are linked to curriculum areas or calendar events.
- All children are encouraged to try a portion of vegetables as part of their meals, even if it is a small portion.
- Seasonal food will be used wherever possible and pupils will be encouraged to understand the seasonality of food
- Salad is available to accompany any meal each day at lunch time
- Fruit is available to accompany each meal
- Allergens are identified for all food served and are available by request.

Monitoring and evaluation

A progress report on the school food policy is considered by the governors every 2 years and action identified in the school development plan. Parents are welcome to sample a school lunch, either attending pupils' choice day or arranging to visit school by contacting the Services Manager or the Head of each school.

Date of Policy January 2015

Date of Policy Review: August 2025