

Cookridge Holy Trinity Primary School Food Policy

2018

School Food Ambassadors

- * We are your School Food Ambassadors.
- * We work on the School Council to make our school better.
- * Last term we worked on writing a **WHOLE SCHOOL FOOD POLICY**.
- * We talked to Mrs Mann about food in school.
- * We spoke to you in the dining hall about food.
- * We asked you to fill in a questionnaire about food.
- * We asked someone from Leeds City Council to come and look at our school lunches.
- * Mrs Burdekin went on courses to find out about school food.
- * When we had done all that we wrote the policy!!

What are we doing and why?

- * We want everyone in our school to be healthy.
- * This means we have to eat the right foods to make sure our bodies and brains work really well.
- * It means we have to take plenty of exercise to keep our bodies fit and active.
- * It means we have to be able to relax our bodies and brains in good ways and get enough sleep so that our bodies can work well all the time.

What are we doing and why?

- * We want everyone in school- pupils, staff, parents and carers, governors and visitors to know what we have decided to do about food in our school and how we can keep ourselves healthy.
- * This is called a whole school approach to food and healthy eating.

Break Time Snacks

- * Children are allowed to bring a healthy snack from home consisting of either **fruit (fresh or dried)** or **vegetables** to eat at morning break time.



wiseGEEK

Water Only School

- * The school is a water only school. Children are encouraged to bring a water bottle of fresh water to school each day which can be drunk before going out to break and after lunch time play and at other times when the classteacher allows it. Packed lunch children are provided with water in the dining hall so an additional drink is not required. Children are encouraged to drink plenty of water throughout the school day.



Packed Lunches

- * We expect packed lunches to be as healthy as school meals. Packed lunches are expected to include **at least** one piece of fruit and/ or vegetables. Unhealthy snacks such as crisps are **strongly discouraged**. Sweets are not allowed to be eaten as part of a packed lunch. All left over food will be sent home so parents can see what their children are eating.



The dining hall

- * We expect pupils to use cutlery correctly and to show good manners. We also encourage pupils to try new foods and to choose food from the salad bar. Pupils are expected to use quiet, polite voices in the dining hall at all times to ensure a pleasant atmosphere in which to eat and socialise.



Birthdays

- * When it is your birthday you are allowed to bring in a small treat for the children in your class.
- * It would be great if this could be a healthy snack instead of sweets.



Rewards

- * Staff in school will give rewards for good work, competitions etc such as:
- * Trinity Bears/Cards
- * Extra playtime
- * Green Time
- * Staff will NOT give sweets as rewards or prizes



SFA

- * We will continue to check on the food in school each term.
- * You can put comments about food in school in the box in the entrance hall.
- * We will check it on a regular basis.



Cooking in School

- * We will be doing much more cooking in our lessons this year.
- * Mrs Elders is in charge of this part of our learning.
- * We will be learning to cook healthy foods.



Growing Food

- * Mrs Al-Kaseed and Mr Engelfield worked with a group of children to help them grow food to be used in our school lunches.
- * Last year the carrots they grew were eaten at lunch times.



Crag House Farm

- * Lots of you will have visited Crag House Farm and found out about how where we get our food from.
- * At the farm they sell lots of the food they produce.



Tell your parents about what we are doing in school.

- * This policy is available on the school website and will be shared with parents at transition evenings each year.
- * All parents are invited into school to try a school meal at some point during each year.
- * Tastings of school lunches are on offer during parents' evenings for parents.
- * School lunch menus are shared on the website.

Thank you

- * We have listened carefully to what lots of people think and say about food and healthy eating in school to write this policy.
- * We want it to help make us all eat in a healthy way and be able to do well with our learning.
- * We will be watching carefully to see how things improve over the next few months.
- * Thankyou for listening and happy, healthy eating!